

FAMILY PLANNING AND THE SUSTAINABLE DEVELOPMENT GOALS

Investing in family planning can serve as a catalyst for progress across the 17 Sustainable Development Goals (SDGs) outlined in the 2030 Agenda for Sustainable Development. This comprehensive and visionary plan, adopted in 2015 by all United Nations Member States, aims to provide a collective framework for fostering peace, prosperity, and sustainable development for both humanity and the planet.

Family planning plays a vital role in achieving Sustainable Development Goals 3 and 5, which call for universal access to sexual and reproductive health and rights and gender equality. However, the significance of family planning extends beyond these goals and is vital to the other 15 goals.

Family planning:

- Aids in progress toward gender equality and promotes women's empowerment
- Advances the security and prosperity of communities
- Promotes resilience to a changing climate
- Improves health and well-being

1 FAMILY PLANNING CONTRIBUTES TO ECONOMIC SECURITY AND PROSPERITY

When women and girls can plan their pregnancies, it significantly impacts their lives, boosting education and employment prospects and advancing SDGs 1, 4, and 8 by reducing household poverty.

GOAL #1: NO POVERTY

Enabling women and girls to act on their reproductive health intentions keeps more girls in schools, helps more women enter the workforce and can reduce the need for pregnancy-related and newborn care, thereby lowering healthcare costs.



GOAL #4: QUALITY EDUCATION

Access to quality education, including comprehensive sexuality education, and reproductive health services empowers girls to prevent early pregnancy and extend their schooling. Research indicates that each year of education for a girl boosts her future earnings by 10%.

GOAL #8: DECENT WORK AND ECONOMIC GROWTH

Family planning promotes longer life expectancy and fosters smaller families, driving a demographic shift toward more working-age adults. This shift, known as the "demographic dividend," results in an expanded labor force, spurring higher productivity and economic growth.



2 FAMILY PLANNING ADVANCES HUMAN RIGHTS, HEALTH, AND WELL-BEING

By empowering women and girls to delay, time, and space pregnancies, family planning leads to healthier children and prosperous families. Family planning helps meet SDGs 2, 3, and 5:

Goal #2: Zero Hunger, and Goal #3: Good Health and Wellbeing

Adequate pregnancy spacing enables women to provide better care and resources for their children's healthy development while safeguarding their own well-being. A recent study found that children born less than 2 years apart face 1.5 times higher undernutrition risk than those born with a greater than 2-year gap.



Goal #5: Gender Equality

Family planning and gender equality are interconnected. Family planning allows people to exercise their rights to determine whether, when, and how often to have children, enhancing opportunities for women, men, and gender diverse individuals to shape their lives, pursue education, and participate in the formal workforce.

3 FAMILY PLANNING BENEFITS SOCIETIES AND OUR PLANET

Population dynamics impact natural resource management and climate adaptation. Reducing population growth enhances economic security and reduces social unrest, promoting peace and stability. Family planning helps meet SDGs 12, 13, and 16:



GOAL #12: RESPONSIBLE CONSUMPTION AND PRODUCTION

Access to family planning can slow down population growth and contribute to the preservation of our planet. For example, uptake of voluntary family planning methods reduces demand for food and relieves some of the environmental pressures of overfarming, overfishing, and overgrazing.



GOAL #13: CLIMATE ACTION

Incorporating family planning into environmental programs enhances household health and resilience to climate-related crises. Recent research shows that combining family planning with universal education for children could cut carbon emissions by nearly 70 gigatons from 2020 to 2050, helping us move closer to net-zero emissions.



GOAL #16: PEACE, JUSTICE, AND STRONG INSTITUTIONS

The strain of rapid population growth can threaten a fragile state's stability and security. Family planning can reduce this stress and contribute to more peaceful societies where all people's needs are routinely met.



4 MAKING PROGRESS TOWARD ACHIEVING THE SDGS

The Sustainable Development Goals are about protecting our planet and its inhabitants. From goals that promote human rights to goals focused on building resilient infrastructures, investment in family planning is an integral part to overcoming global development challenges.



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