What is Family Planning?
The term “Family Planning,” as used by Christian Connections for International Health, means enabling couples to determine the number and timing of pregnancies, including the voluntary use of methods for preventing pregnancy - not including abortion - harmonious with their values and religious beliefs.

Healthy Timing & Spacing of Pregnancies Reduces Abortions
Effective and affordable services to help women time and space their pregnancies (also known as family planning) reduce the likelihood of abortion by helping to avoid poorly timed, unintended and dangerous pregnancies. Christian organizations support access to services to plan pregnancies for the health of mothers, children and families.

Global Statistics
According to the World Health Organization, 210 million women across the globe become pregnant each year:

- **80 million** of these pregnancies are unintended.
- **44 million** women and girls have induced abortions, and about **22 million** of those are considered unsafe (unsafe abortions are performed by someone without adequate training or in unhygienic conditions)
- **47,000** women die each year as a result of unsafe abortions, **5 million women** are admitted to hospitals with complications, and another **3 million** suffer complications but do not receive care.

Preventing Abortions
The results of a study released in 2015 by Washington University in St. Louis, Mo. revealed that providing contraception at no cost substantially reduced unplanned pregnancies and cut abortion rates by up to 77 percent from the U.S. national average. To reduce the number of abortions, women need access to effective and affordable family planning services and information.

Community Health Workers at the ACK Namasoli Health Center in Kenya trained by the Christian Health Association of Kenya to provide family planning services in their community.

A Christian Global Health Professional Speaks Out
“In the Republic of Georgia, our programs helped 670 primary health care sites add family planning services provided by general practitioners. We have documented fairly dramatic decreases in abortions parallel to increases in family planning utilization.”

**Nancy Pendarvis Harris**, Vice-President, John Snow, Inc.
What Can Faith-Based Organizations Do?

Know the Facts

- How family planning methods work.
- Access to effective family planning reduces the likelihood of abortion.

Provide Information, Education and Services

- Address sexuality, pregnancy and family planning with adults and young people holistically, based on current science and scripture study.
- Provide a wide selection of family planning methods aligned with beliefs and values; and maintain high standards of medical practice in all programs.

Involve Communities and Community Leaders

- Use existing structures and groups, such as churches and community health workers, to inform people about family planning and to make information, services and supplies easily accessible for them.

Advocate

- U.S. funding for family planning through the foreign affairs budget is a critical, lifesaving investment which has improved maternal and child health worldwide. Fully funding these programs would help avoid abortions and save the lives of women across the globe.
- Country investment in family planning is critical to improving the health of families and communities. Advocate for your government to commit investments to family planning. See if your country has made a commitment: www.familyplanning2020.org/entities

Plea from a Christian Doctor

“From a public health perspective, and a Christian perspective, we should be willing to help over 40 million women avoid the social, emotional and spiritual trauma—and for many, the life-threatening risk—of resorting to an induced abortion.”

W. Henry Mosley, MD, MPH
Professor Emeritus

Department of Population, Family & Reproductive Health, Johns Hopkins Bloomberg School of Public Health

Community Health Workers who raise awareness about healthy timing and spacing of pregnancies in Sitapur, Uttar Pradesh, India.
Adrienne Allison/World Vision

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