



The Nature
Conservancy 

Healthy People Healthier Planet Why Family Planning is Relevant to Conservation

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What is Family Planning (FP)?

FP allows couples/individuals to decide if they want to have children

- When
- How many
- How to space them

FP gives individuals choice

&

Contraception makes this possible



Can FP be part of our equation?

- Protect land and water
- Tackle climate change
- Provide food and water sustainably
- Conserve and restore forest
- Build healthy cities



People & Planet

- Interconnected
- Imbalance: what we take and what we give back
- The time is now, we must act with **URGENCY** to allow the planet to heal



**41% of all
pregnancies
worldwide are
*unintended***

**214m women
have an unmet need
for modern
contraception**

FP as part of the solution

- Advances human rights
- Helps reduce poverty
- Improved nutrition outcomes
- Save lives
- Prevents HIV/AIDS transmission
- Supports women's and girls education
- Advances gender equality and empowerment



FP as part of the solution

- Access to water and sanitation
- Reduce waste
- Helps address climate change
- Helps protect marine resources
- Mitigate deforestation & unhealthy interactions b/w humans, domestic animals and wildlife



FP as part of the solution

- Contributes to economic growth
- Contributes to peace and stability
- Supports the achievement of the SDGs

With every US\$1 spent on FP, up US\$4 is saved in maternal and newborn care.



Impact on Quality of Life: Women

- Avoiding health risks (pregnancy)
- Induced abortion
- Nutritional depletion
- More time to care for other children
- Well being and quality of life
- Women empowerment
- Economic (household)



Impact on Quality of Life: infants

- Low birth weight
- Still birth,
- Preterm births
- Malnutrition
- Reduced likelihood of being breastfed
- Education
- Child labor



The Impact on Society

- Human loss
- Loss of productivity
- Medical costs
- Competing with other resources
- Economic gains



Tanzania: a case study

“A Situational Analysis of FP
program in Tanzania”

(May 2019)



Tanzania

- 1/3 of TZ is protected
- 50% of land covered by forests and woodlands
- Lake Victoria – largest lake in Africa
- Over 80% of the country's economy depends on the environment
- 70% of the population lives in rural areas



Our Current Situation

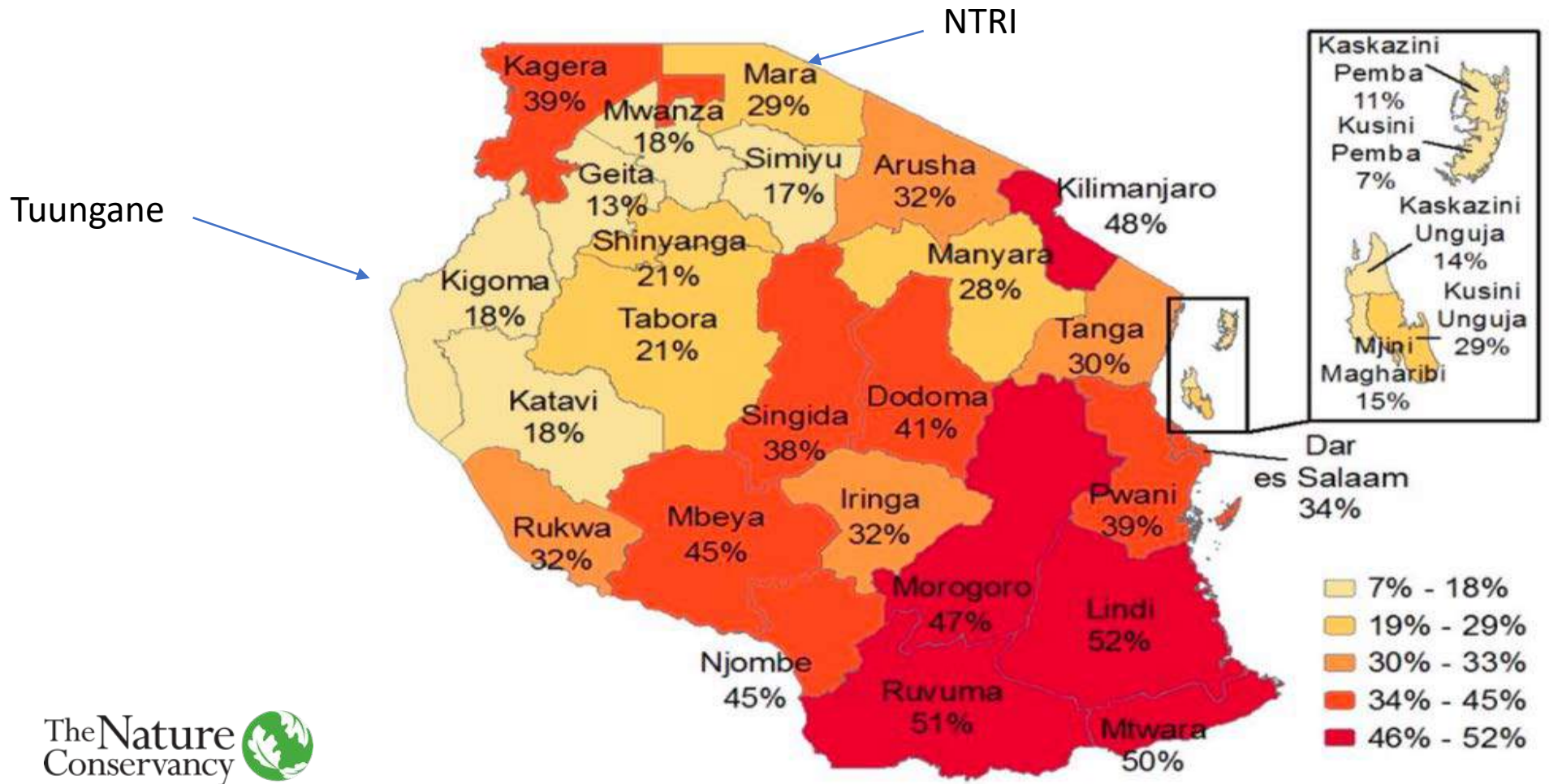
- Population 60 million now, 138 million by 2050
- 62% under 24 years of age
- Total Fertility Rate : 5.2 in 2016.
- 57% of 19 year old women are/have been pregnant
- Contraceptive Prevalence Rate amongst married women is 32%
- Unmet need for FP stagnating since 1999 between 20-24%



Modern Contraceptive Use

(by region amongst women of reproductive age)

Percentage of currently married women age 15-49



Challenges in FP implementation

Conflicting
messaging

Competing
priorities

Knowledge &
advocacy

Funding
unpredictability

Traditional
beliefs & social
norms

Myths and
misconceptions

Stock out of FP
commodities

Shortages of
health care
professionals

Conflicting messaging

- Fragmented government support
- Personal agenda,
- Acting to fast-track a political career,
- Reacting out of fear

Eg

- Retraction of all TV, radio, and publishing spots on FP
- Banning access to FP for youth in school
- Contraceptive users are “lazy”



Competing priorities

- Limited resources
- Immediate health needs: HIV/AIDs, maternal health, chronic illnesses

“You cannot expect someone in a remote community to walk 20km to the nearest clinic just to have access to family planning services when they do not have an immediate health problem. This is time taken away from their other immediate needs. You must bring services directly to them.”

Dr. Lugalo, Executive Director of UMATI

Funding Unpredictability

- Lack of unified vision
- Donor noticing lack of commitment
- Gov employee and civil servant uncertain on how to allocate resources
- FP gains may fall through the gap



Traditional beliefs and social norms

- Early marriage
- High teenage pregnancies
- Expectation to have children
- High number of children desired
- Men as decision makers



Myths & Misconceptions

- The pill causes cancer
- You cannot get pregnant the first time you have sex
- Some contraception cause infertility
- IUCD get lost in the uterus
- Implants get lost in the body
- Condoms have holes in them



Stock out of FP commodities

- Prioritizing life saving drugs
- Can cause Discontinuation
- Fuel negative misconception & trust in FP
- Limited capacity to correctly forecast



Shortages of Health Care Professionals

- Only 40% of health posts are filled
- Limited possibility to upgrade training
- First cater for emergency cases





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Let's Discuss

**How can conservation
organizations do more to
promote Family Planning?**

- Advocacy
- Improving access to multiple services
- Educate others on the link as why FP is relevant to conservation
- Educate others on why FP can go beyond improving the lives of individuals