

A woman with dark hair, wearing a black headscarf with intricate blue and yellow embroidery, is looking directly at the camera. She is holding a baby in her arms. The baby is wearing a light-colored garment with a patterned border. The background is a blurred blue door.

**TOWARDS UNIVERSAL ACCESS TO
FAMILY PLANNING
INFORMATION AND SERVICES
IN PAKISTAN**



POPULATION DYNAMICS IN PAKISTAN

Pakistan is the sixth most populous country in the world with 208 million people and a population growth rate of 2.4% per year. The population dynamics pose challenges to national development, economic growth, and security.



IMPORTANCE OF FAMILY PLANNING

Family planning is the information, means and methods that allow individuals to decide whether, when, and how many children to have. In Pakistan, one in every five women wish to use contraceptives, but do not have access to them. The country also endures around 10% of global unsafe abortions every year. Through access to family planning information and services, couples can ensure that every pregnancy is wanted.



DATA



208
million
population



2.4%
intercensal
population growth



20%
unmet need for
contraceptives



170
mothers die per
100,000 live births



2.2
million unsafe
abortions per year

A close-up photograph of a woman wearing a yellow headscarf with a patterned border, holding a newborn baby. The baby is wrapped in a yellow and red striped cloth and is looking towards the camera. The woman is looking down at the baby with a gentle expression. The background is slightly blurred, showing more of the woman's headscarf and the baby's clothing.

FAMILY PLANNING SAVES LIVES


Family planning prevents maternal deaths, saves children's lives, and also ensures that every pregnancy is intended, therefore reducing the cases of unsafe abortions.

Pakistan has lower use of modern contraceptives compared to many Muslim-majority and other comparable countries in the region. Only 26% of all women aged 15-49 years use a modern method of contraceptives, and 20% of women who wish to use contraceptives do not have access to them. The availability, accessibility, acceptability, and quality of family planning services is imperative to save lives.

UNFPA works closely with the Government of Pakistan to increase the uptake of family planning information and services to enable an estimated 5.8 million women to become additional users of modern contraception by 2022.

FAMILY PLANNING IS A HUMAN RIGHT

The year 2018 marks 50 years since family planning was declared a basic human right at the United Nations International Conference on Human Rights in 1968. This rights-based approach to family planning ensures the right for individuals to determine freely and responsibly the number and timing of their children with access to quality information and services, free from discrimination and coercion. It is characterized by treating people equitably, with dignity and respect, and providing high quality care to all.



UNFPA advocates widely at policy-level to ensure that family planning is embraced as a basic human right, enabling a couple to decide on the size of their family as they wish.

FAMILY PLANNING EMPOWERS WOMEN

Access to contraceptive information and services is central to achieving gender equality. When a woman is empowered to plan whether and when to have children, she is better enabled to complete her education, to have more autonomy within her household, and to improve her earning power. This strengthens her economic security, education, health and well-being, as well as that of her children and family. She becomes an active contributor towards poverty reduction and national development.



UNFPA works with all stakeholders to foster an enabling environment that remove social and cultural barriers, and allow every woman to make an informed decision over her fertility and choices in life.

WHAT IS FP2020?

Family Planning 2020 (FP2020) is a global partnership that supports the rights of women and girls to decide, freely, and for themselves, whether, when, and how many children they want to have.

FP2020 works with governments, civil society, multilateral organizations, donors, the private sector, and the research development community to enable 120 million more women and girls, around the world, to use contraceptives by 2020.

Pakistan's Commitment to FP2020

The Government of Pakistan acknowledges that all citizens are entitled to high quality family planning information and services.

By 2020, Pakistan pledges to contribute 6.7 million additional users of modern contraception, thereby achieving a contraceptive prevalence rate of 50%. This will be achieved through additional resources, raising the per capita expenditure on family planning to \$2.50, and a programmatic refocus to address information and service needs.





OUR PARTNERS

- **Federal and Provincial Government units**
such as Population and Health Departments, and Bureaus of Statistics
- **National & International NGOs and Research Institutions**
such as Population Council, Rahnuma (FPAP), JHPIEGO, and Pathfinder
- **Development Partners**
such as DFID and DFAT



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