

# FAMILY PLANNING & HEALTH

EMPOWERING PEOPLE, DEVELOPING NATIONS

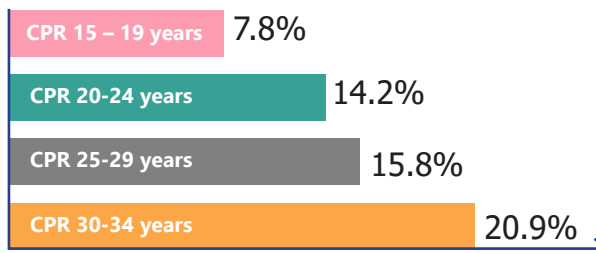
**Family planning allows people to attain their desired number of children and determine the spacing of pregnancies. It is achieved through use of contraceptive methods and the treatment of infertility.**

Source: WHO 2016

*Family planning has numerous health benefits for women, their sexual partners and their children.*

Family planning increases survival and improves the health of millions of people. Women who choose family planning are healthier and face lower risk of maternal death. Children born to women who space their pregnancies tend to be healthier and face reduced risk of death in their first five years.

## Overall CPR in Sierra Leone: 16%



**5.2**  
Total Fertility Rate

\* Contraceptive prevalence rate (CPR) is the proportion of women of reproductive age (15 -49 years) who are using (or whose partner is using) a contraceptive method at a given point in time .

\*\*The Total Fertility Rate (TFR) refers to the average number of live births a woman would have if she were subject to the current age-specific fertility rates throughout her reproductive years (15-49 years).

Source: SLDHS 2013

**In 2016, contraceptives provided to 327,374 new acceptors in the country prevented:**

**78,201 unintended pregnancies  
38,895 live births  
28,152 abortions  
28,114 unsafe abortions**

Source: GPRHCS Survey 2016

*Mek wi sev uman dem laif na Salone*

## Family planning helps to:

- Reduce maternal and child mortality
- Prevents unwanted pregnancies
- Reduce sexually transmitted infections including HIV
- Reduce adolescent/teenage pregnancies
- Prevent unsafe abortions
- Prevent infertility

## Family planning also prevent high-risk pregnancies among:

- Adolescents under 18 years
- Women over 35 years
- Women who have had many births too closely together

Women especially those with HIV/AIDS and other health conditions can also benefit from family planning.

Family planning could reduce maternal mortality by about **33%** and reduce child deaths by as much as **20%**

Source: UNFPA 2017

Maternal mortality rate (MMR) **1,165** per 100,000 live births

Source: SLDHS 2013

**46.8%** of maternal deaths are amongst teenagers

Source: SLDHS 2013

**25%** of maternal deaths are due to unsafe abortion among adolescents due to unplanned and unwanted pregnancies

Source: SLDHS 2013

**28%** of adolescents 15 – 19 years have commenced child bearing

Source: SLDHS 2013

Infant mortality rate – **92 per 1000** live births

Source: SLDHS 2013

Universal access to sexual and reproductive health rights services, including rights-based voluntary family planning services has immense benefits to the health of women, men and their children. The Government of Sierra Leone is working to improve access to family planning and other reproductive health services.



### Distance to the nearest health facility (all residences)

Less than one mile **62.1%**  
Greater than one mile **37.9%**



### Distance to the nearest health facility (rural)

Less than one mile **45.6%**  
Greater than one mile **54.4%**



### Distance to the nearest health facility (urban)

Less than one mile **82.4%**  
Greater than one mile **17.6%**