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%**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>CPR Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 – 19 years</td>
<td>7.8%</td>
</tr>
<tr>
<td>20-24 years</td>
<td>14.2%</td>
</tr>
<tr>
<td>25-29 years</td>
<td>15.8%</td>
</tr>
<tr>
<td>30-34 years</td>
<td>20.9%</td>
</tr>
</tbody>
</table>

*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).**

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*

*Source: SLDHS 2013*
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.

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%