

FAMILY PLANNING AND SUSTAINABILITY

**LIA VOLPA
UM WOMEN'S RESOURCE CENTER**

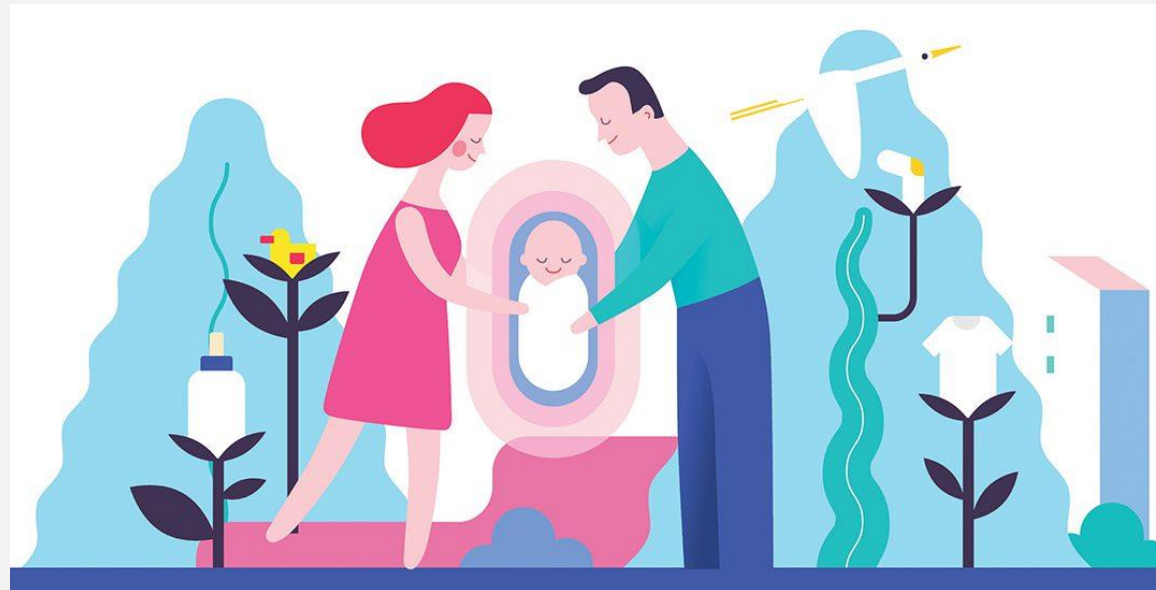
CURRENT POPULATION: 7.7 BILLION



<https://e360.yale.edu/features/why-india-is-making-progress-in-slowing-its-population-growth>

WHAT EXACTLY IS FAMILY PLANNING?

- “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” (World Health Organization)
- Family planning is NOT forced sterilization, restrictions on the number of children a family can have, or dictating when a family chooses to have children



THE IMPORTANCE OF FAMILY PLANNING

- When family planning is put in place, couples choose to have fewer children
- The family's health benefits, household resources per capita increase, and each couple's carbon footprint shrinks
- A study of a voluntary family planning program in California demonstrates that family planning is the single most cost-effective way to abate carbon dioxide emissions

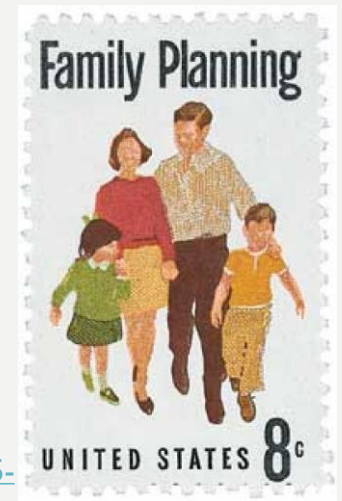
Improving family planning counseling choice architectures requires an understanding of providers' complex decision-making environments



Source: USAID-funded SHOPS Plus project led by Abt Associates

NOT JUST FOR THIRD WORLD COUNTRIES

- It is just as important to provide family planning in first world countries as it is in the rest of the world
- Per capita emissions in wealthy countries are much greater than in low-income countries
 - In the US per capita emissions are more than double the global average
- Averting an unintended pregnancy in a high-emitting country will do **more** to help the climate than will averting a similar pregnancy in a low-emitting country.



<https://www.hipstamp.com/listing/us-1455-family-planning-mnh-025/25653036>

PROJECT DRAWDOWN

- “Project Drawdown is a nonprofit organization and coalition of scholars, scientists, entrepreneurs, and advocates from across the globe that is mapping, measuring, modeling, and communicating about a collective array of substantive solutions to global warming, with the goal of reaching drawdown”
- Educating girls is #6 on the list and family planning is #7
- Key strategies:
 - Make school affordable
 - Help girls overcome health barriers
 - Reduce the time and distance to get to school
 - Makes schools more girl friendly



ROLE OF THE WOMEN'S RESOURCE CENTER

- The WRC is a student-run, consensus-based organization dedicated to raising awareness of women's and gender issues.
- The WRC provides a current list of organizations and professionals that serve to assist individuals in Western Montana with family planning or other needs.
- The WRC also provides a safe place for support or to discuss pertinent issues with others.
- Currently seeking interns for Fall 2020

UNIVERSITY OF MONTANA
**WOMEN'S
RESOURCE
CENTER**



STAY IN TOUCH

- TALK: 406-243-4153
- MESSAGE: UMT.WRC@GMAIL.COM
- VISIT: UNIVERSITY CENTER 210

RESOURCES

- Anon. 2020. “Health and Education.” *Project Drawdown*. Retrieved April 13, 2020 (<https://www.drawdown.org/solutions/women-and-girls/family-planning>).
- Gaffikin, L., & Engelman, R. (2018). Family planning as a contributor to environmental sustainability: weighing the evidence. *Current Opinion in Obstetrics & Gynecology*, 30(6), 425–431. <https://doi-org.weblib.lib.umt.edu:2443/10.1097/GCO.0000000000000489>
- Hirsch, Carina. 2017. “Family Planning: A Win-Win for Women and Climate Change.” *Women Deliver*. Retrieved April 13, 2020 (<https://womendeliver.org/2017/family-planning-win-win-women-climate-change/>).
- Patterson, Kristen P. 2015. “How Family Planning Could Help Slow Climate Change.” *Population Reference Bureau*. Retrieved April 13, 2020 (<https://www.prb.org/ms-blog-family-planning-climate-change/>).