



REDUCED PRESSURE ON NATURAL RESOURCES

If women around the world had access to family planning, future population growth would be slower than most current estimates, reducing pressure on natural systems that are already over-taxed.

HEALTHIER MOMS AND BABIES

Access to family planning allows women to space their pregnancies, which means babies and moms are far healthier. Healthier women are better able to adapt to a changing environment.

GREATER INVESTMENT IN CHILDREN

Birth-spacing lets parents invest more in kids' well-being. And family planning can help girls complete their education - one of the keys to a resilient society.

WOMEN AT THE CENTER

When a woman is in charge of her reproductive destiny, she is healthier and more resilient. And the benefits for a sustainable world ripple on. Learn more at resource-media.org/fp

ENVIRONMENTAL BENEFITS

- 1 FOOD:** Family planning combats hunger by slowing growth in demand so food production can keep pace.
- 2 WATER:** As population grows, so does demand for water. Slower growth helps reduce pressure on finite water resources.
- 3 FORESTS:** Slower growth can support forest protection, aiding the millions who depend on forests for their well-being.
- 4 BIODIVERSITY:** Slower-growing communities can ease pressure on local wildlife and boost habitat health.
- 5 CLIMATE CHANGE:** Family planning boosts climate resilience, and slower growth can help reduce climate pollution.