

# Self-Care Trailblazer Group Commitment



## Narrative:

The Self-Care Trailblazer Group (SCTG) is a global multistakeholder coalition dedicated to expanding the safe and effective practice of self-care so that individuals can better manage their own health, health outcomes are improved, and health systems are better equipped to achieve universal health coverage. We envision a world where self-care leads to more inclusive, equitable, and people-centered healthcare.

Self-care offers women and girls, adolescents and young people, rural populations, members of the LGBTQIA community, those in humanitarian settings, and other underserved populations an opportunity to access contraception and other sexual and reproductive health and rights (SRHR) products and services in an accessible, equitable, and user-friendly manner.

The SCTG supports FP2030's guiding principles of country-led partnerships, voluntary, person-centered, rights-based approaches to contraception, a commitment to gender equity, and equitable partnerships with adolescents, youths, and marginalized populations. We will commit the power of the SCTG coalition to help FP2030 advance person-centered rights-based contraception. We will apply our expertise to generate knowledge, evidence, and learning resources that are global goods that reflect and/or can be used or adapted within a country context to support an evidence-based self-care movement. We will mobilize our 630+ members to advocate at the global and country levels for self-care policies, budgets, and guidelines that advance self-care products and approaches to bring greater accessibility and use. In addition:

- The SCTG will grow its members by 10% annually. These members will advocate, as part of the coalition, for self-care SRHR products and services to be integrated into primary healthcare packages and UHC and included in regional and global resolutions, guidelines, and health financing priorities to ensure a more inclusive, equitable, and people-centered approach to SRHR services.
- The SCTG will advocate and work with major global health provider associations to ensure a component of their member outreach and education includes the important role of self-care products for contraception and SRHR and how clinicians can support clients to meet their self-care needs by the end of 2030. This will include a target of signing three memorandums of understanding with provider associations.
- The SCTG will work through our National Self-Care Networks to help pass new policies or review existing policies and/or financing schemes to improve access to self-care products and approaches (that include contraception and SRHR in up to ten countries by 2030).
- The SCTG will build political awareness and support with key influencers and decision makers (UN and regional bodies, multilateral organizations, and funding organizations and donor agencies) to increase their commitments and financial support for self-care for SRHR products and approaches by 2030.
- The SCTG will use the power of the coalition to advance advocacy efforts to build awareness and support for quality, evidence-based self-care amongst global, regional, national, and subnational self-care implementers, influencers, policymakers, and potential opposition by 2030.

## Outcomes:

- The SCTG will have a coalition of more than 1,000 members advocating for self-care SRHR products and approaches to be integrated into primary healthcare packages and UHC and included in regional and global resolutions, guidelines, and health financing priorities by the end of 2030.
- At least 12 global health provider associations (doctors, medical students, pharmacist, nurses, midwives, and other SRHR provider associations) will adopt language supportive of self-care in their strategies, priorities, and positions and/or include self-care as a component of member sensitization and outreach by the end of 2030.
- At least five additional countries will approve new policies, update current policies, and/or financing schemes to improve access to self-care products and approaches (that include contraception and SRHR) by 2030.
- At least five high-level agencies (UN and regional bodies, multilateral organizations, and funding organizations and donor agencies) will increase their commitments to advancing self-care guidelines and financial support for self-care for SRHR products and approaches by 2030 as a result of SCTG's advocacy.
- Awareness and support for quality, evidence-based self-care increases amongst global, regional, national, and subnational self-care implementers, influencers, policymakers, and potential opposition by 2030.