

Family Planning and Universal Health Coverage

OVERVIEW AND BACKGROUND

Family planning is a universal human right and an economic development issue that warrants attention from all stakeholders. Below are policy recommendations that highlight the intersectionality of family planning and universal health coverage (UHC), focusing on the rights and needs of family planning users and the challenges facing health systems.

The policy recommendations center on the global commitment to leave no one behind, highlight ways in which the UHC agenda can enable access to rights-based family planning by leveraging primary health care, and build on the global investment case for family planning.

These policy recommendations are informed by input from various stakeholders convened by FP2030, PAI, Management Sciences for Health, and Knowledge SUCCESS by bringing together policymakers, SRHR (sexual and reproductive health and rights) and gender equality advocates, government representatives, health financing experts, private sector actors, and researchers.



1.0 | INTEGRATING FAMILY PLANNING INTO UHC STRATEGIES

- **Family planning and UHC strategies must tackle shared structural barriers for UHC and family planning access and utilization.** Stakeholders should adopt context-based approaches in policy design, considering gender norms, income inequality, rural-urban divides, disabilities, and social health determinants.
- **The specific needs of women, girls, young people, individuals with disabilities, and LGBTI individuals when accessing health care, particularly family planning, must be addressed.** Vital interventions, such as male

engagement and sectoral support, drive family planning and UHC integration, ensuring access for SRHR, family planning, human rights, equity, and gender equality.

- **For a more robust policy engagement on integration, it is essential to prioritize policy design elements of family planning** and UHC integration within the broader policy frame of the realization of the SDGs by focusing on the needs of those most marginalized by health programs.
- **Prioritizing investments in a robust evidence base, integration, and capacity strengthening of primary health care (PHC) systems is critical** for realizing family planning as part of UHC and generating data for investing in scalable solutions and practical working approaches to family planning and UHC integration.



2.0 | IMPLEMENTING FAMILY PLANNING AND UHC POLICY

- **Financing models for UHC and family planning must consider community-level engagement** for integrating family planning services and an integrated PHC system tied to UHC funding streams that leverage proven tools. Achieving UHC rarely depends on a new financing scheme, and new approaches should be taken to ensure they are complementary.
- **Before expanding to subnational and national levels, integrating family planning services needs engagement at the community level.** Policies integrating family planning into UHC should prioritize community leadership, scaling up, and multisectoral partnerships, including the engagement of the private sector. The UHC political declaration embeds family planning as UHC's integral part, emphasizing equitable access and an integrated primary health care system that encompasses SRHR and FP.

- **National health insurance (NHI) can be a useful tool for financing family planning.** Family-based NHI memberships can jeopardize access for young people and adolescents if they are dependent on their parents' insurance plan. An NHI scheme that is broadly financed and not restricted to individual or family contributions would promote more equitable family planning access for young people.
- **Effective tools within integrated PHC-UHC for family planning services should be leveraged.** UHC is essential for achieving universal health as an SDG 3 goal and fulfilling right to health, yet reaching marginalized communities remains challenging. Many PHC points address FP gaps via social marketing, pricing models, and financial approaches. Exploring diverse financing models for UHC and PHC delivery is crucial because of contextual differences. Best-practice approach aids governments in effective family planning integration across diverse PHC, amplifying successful programs for expanded access. Addressing their diverse needs and integrating family planning as an essential component are crucial.



3.0 | CREATING DEMAND AND LEVERAGING SOCIAL AND BEHAVIORAL CHANGE FOR REALIZING EQUITABLE CHANGE THROUGH FAMILY PLANNING & UHC INTEGRATION

- **Efficient government spending for family planning requires tailored approaches that acknowledge challenges.** Family planning efficiently prevents diseases and reduces cross-sector expenditures, highlighting the need for sustainable, integrated primary health care investment to enhance access and diminish financial barriers.
- **Family planning strategies must prioritize at-risk population segments through the principle and values of meaningful engagement that can be operationalized through youth-friendly services financed by the government to create demand for family planning services integrated into UHC.** This is key in engaging vulnerable groups, investing in their leadership, enhancing policy involvement, and prioritizing users' needs for FP and SRH (sexual and reproductive health) services.

- **Social behavior change should be leveraged to address health barriers through norms, gender-transformative approaches, and rights.** This drives accountable health systems, operationalizing engagement, access, rights-based family planning, and people-centered principles.
- **Innovative solutions are crucial for subsidizing commodities, establishing sustainable pricing models, and enhancing family planning affordability within SRH services.** This includes addressing barriers that limit access for certain populations and limit scalability such as discriminatory and punitive laws, providing ensuring innovative and tailor-made solutions, providing subsidies for commodities from suppliers, and ensuring sustainable financing mechanisms for family planning.
- **Financing efforts to integrate family planning into UHC through financing schemes help ensure access to sexual and reproductive health and family planning at all levels of the PHC system.** Governments and other health service providers must adopt universal and comprehensive coverage for FP through UHC strategies anchored in integrated PHC systems that offer options and modalities that put the least economic and financial strain on end users.



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