

Family Planning Improves Health and Saves Lives

Nigeria



BENEFITS

Family planning promotes healthy decision making; prevents unplanned pregnancies; allows couples to adequately space their births; lowers the risk of illness and death; and lowers healthcare costs, thus allowing more resources for health.

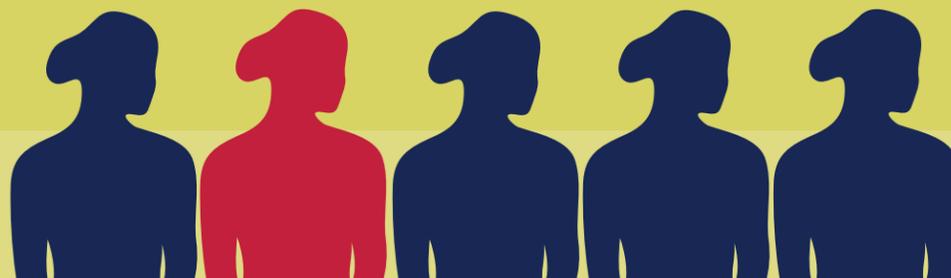
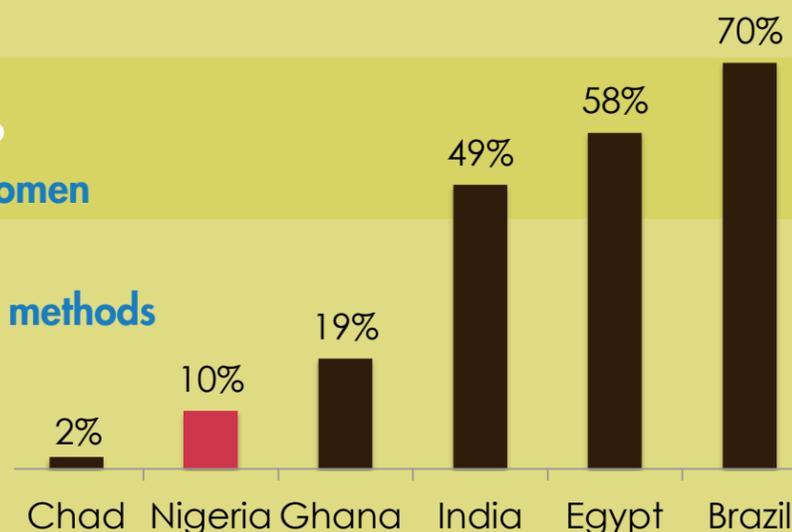


- ✓ prevent more than **700,000** mothers from experiencing serious health complications
- ✓ save the lives of **31,000** mothers and **1.5 million** children

NEED

6 million couples are not receiving family planning services

Only **10%** of married women use modern contraceptive methods



One in Five married women wants to space or limit births

ACTION

To achieve the benefits of family planning, Nigeria should support free access to family planning commodities; provide counseling to couples by trained healthcare providers; ensure access to modern family planning commodities and services; and educate couples about the benefits of family planning.