

# Saving Lives & Empowering Women

## What is Family Planning?

Family planning supports the healthy timing and spacing of pregnancies. It gives women access to information and contraception, so they can voluntarily decide if and when they have children. It's a simple and inexpensive tool that allows women and their families to survive and thrive.

**830**  
women

**DIE EVERY DAY**

from preventable causes related to pregnancy and childbirth.



**ONE**  
MILLION  
newborns

**DIE EVERY YEAR**

on their day of birth, and close to 2 million die in the first week of life.

Investing in family planning saves lives and overcomes poverty by promoting:



Higher education

Improved health for families



Economic self-sufficiency

If women had access to family planning services:

Maternal deaths would Drop by **30%**

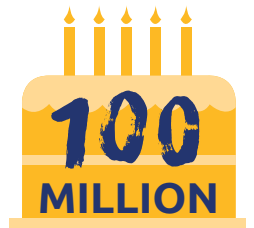
**1.4** MILLION child deaths could be averted each year

We've made significant progress already:



**Reduction**

in maternal deaths worldwide since 1990



children under age 5 have been saved over the past two decades.

We can end preventable maternal, newborn and child deaths within a generation by supporting women's access to critical health services.

**CARE calls on the U.S. government to support robust funding for international family planning.**



**YOUR VOICE.**  
**A WORLD OF CHANGE.**

Washington, D.C. Office  
1899 L St. NW, Suite 500 Washington D.C. 20036

202-595-2800 | [www.careaction.org](http://www.careaction.org)