

Curamericas Global Fact Sheet

Family Planning



What is Family Planning?

Family planning lets men and women of reproductive age make choices that can determine the number of children they have and the spacing of pregnancies. Education on family planning allows women to make informed choices about their own health. Family planning methods include but are not limited to oral contraceptives, condoms, injectables, and abstinence.

Family planning is extremely valuable due to the benefits it can have on both maternal and child health. By being able to choose a family planning method, women can space and limit their pregnancies which can decrease their risk of health problems, most importantly risk of death and the risk of death of the infant. Family planning can also decrease risk of transmission of HIV from mother to child. By reducing the rate of unintended pregnancies, family planning helps reduce the need for unsafe abortions and reduce adolescent pregnancies which have higher rates of infant mortality.

Curamericas Global and Family Planning

Still struggling to overcome a severe lack of infrastructure and basic health system after their civil war, most Liberians have little or no access to basic healthcare. To help address this issue, Curamericas Global has a partnership with Ganta United Methodist Hospital (GUMH), the Nehnwaa Child Survival Project in Nimba County, Liberia. GUMH serves an area of over 450,000 people; the Nehnwaa Project focuses on reducing child and maternal mortality in this region with the third highest maternal mortality rate in the world. Family planning has been incorporated into the Nehnwaa Project to aid in reducing mortality in north-central Liberia.

Addressing Family Planning in the Community

Curamericas Global is working to increase access, knowledge, and practice of family planning to our beneficiaries. Results of focus groups and household surveys in our projects have indicated cultural barriers and a general lack of knowledge about family planning. Curamericas Global focuses on education in communities to teach women and men together about the methods and the benefits of practicing family planning.



Trained traditional midwives (TTMs) and community health volunteers (CHVs) go into communities to share the importance of family planning. These participants are crucial to sharing these messages because they are trusted individuals in the rural communities where we work. Project TTMs and CHVs are able to provide some methods of family planning, as well as on-going education. All community health teams and health facility staff receive proper training on effective communication skills and best approaches to family planning in the region where they work to ensure the quality service our beneficiaries deserve.