



NEWSLETTER

Why Family Planning



Benefits and Outcomes of Family Planning

Family planning offers numerous benefits for both individual families and society as a whole.

Health benefits:

Responsible family planning can improve the health of children, mothers, and fathers by making it possible to plan the number and timing of pregnancies. This creates better opportunities for children's development as well as for parents' life and career planning.

Social benefits:

The ability to decide on the size of one's own family contributes to more stable social structures and will improve quality of life in the long term, particularly in poorer countries.

Planned family size:

Family planning enables couples to responsibly manage the social and economic challenges of family life and choose a manageable family size.

Family planning thus creates the conditions for a sustainable improvement in the quality of life for parents and children.

Access to contraceptives:

Effective family planning requires that people have free and reliable access to modern contraceptives.



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Family planning and development

The link between prosperity and birth rates



Source: Hellosafe

Source: Wirtschaftswoche

Wealthy countries differ significantly from poorer countries in terms of the average number of children per woman. In the world's wealthiest nations, the birth rate typically ranges between about 1.2 and 1.8 children per woman. Reasons for this include a high level of education, particularly among women, well-developed social security systems, access to modern healthcare and contraceptives, as well as higher living costs.

In the poorest countries, by contrast, women often have an average of between four and six children, and in some cases even more. There, access to education and family planning, especially for women, is often limited. At the same time, infant mortality is higher and state-provided retirement benefits are virtually nonexistent. Children therefore often take on an economic role within the family.

In summary: As prosperity increases, education improves, and social structures become more stable, the average number of children per woman decreases. A lack of social security and limited access to education, on the other hand, are often accompanied by higher birth rates.

Interesting fact:

Even with a constant global birth rate of 1.5 children per woman, humanity would, purely mathematically, not disappear for another 2,300 years. In fact, the global birth rate currently stands at about 2.3, meaning the world population continues to grow. The fear of humanity's imminent extinction, often spread by the media, is therefore greatly exaggerated.



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OVOLPE & Family Planning

Foundations like OVOLPE address this very issue. By developing educational programs, strengthening local partner structures, and sustainably improving access to contraceptives, we create measurable impact.

The focus is not on short-term interventions, but on long-term structural changes and genuine self-determination.

In 2025, the OVOLPE Foundation was able to further expand its family planning programs and significantly increase its international reach. A total of 3,971 students were reached through training sessions and educational events, including 1,748 in Africa and 2,223 in Asia.

Participants received comprehensive information on reproductive health, contraception, and responsible life planning.

This educational work has an impact that extends beyond the moment. Informed young people make thoughtful decisions, reduce health risks, and share their knowledge with families and communities. This creates a lasting impact with a strong multiplier effect.

Thanks to the support of our donors, we are creating change across generations. For 2026, we plan to involve additional schools, expand our reach, and support and establish a regional office in Southern Africa to enable even more young people to access reliable education and long-term prospects for the future.





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Family Planning in Africa

Family planning plays a crucial role in many regions of Africa in reducing unwanted pregnancies and promoting women's self-determination.

High birth rates:

In many rural regions of Africa, the average number of children per woman is around six. The resulting multiple burdens often lead to poverty, malnutrition, and health strain, as well as limited educational and employment opportunities.

Access to contraception:

Modern contraceptive methods are only limitedly available in many regions or are financially out of reach for large segments of the population. A lack of education and structural barriers further exacerbate this situation.

Education and Fertility:

Higher levels of education among women are closely linked to lower birth rates. Education is therefore a key factor in self-determined family planning and sustainable social development.

Religious and social leaders:

Religious and social leaders can play an important role in opening up social dialogue on family planning and supporting responsible decisions.

Economic prospects:

Economic development and access to contraceptives significantly influence decisions regarding family size. Investments in education, health education, and healthcare are therefore crucial for sustainable development.





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Family Planning in Asia

Family planning in Asia is strongly shaped by social norms, economic perspectives, and the capacity of health systems.

Fertility rate:

The average fertility rate in Asia is about 2.2 children per woman.

In more economically developed regions, it is often around 1.5 children per woman, while in less developed regions it can be significantly higher.

Pressure on family planning:

In some parts of Asia, women face social pressure regarding family planning. In certain regions, for example, there is a strong preference for male offspring.

Policy measures:

Policy measures to control birth rates can have complex effects. Restrictive laws, such as those regarding access to abortion, can increase unintended health risks for women.

With your support, we promote family planning and access to contraception for greater self-determination and better future opportunities.

DONATION ACCOUNT

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