

INVESTING IN UGANDA'S FUTURE



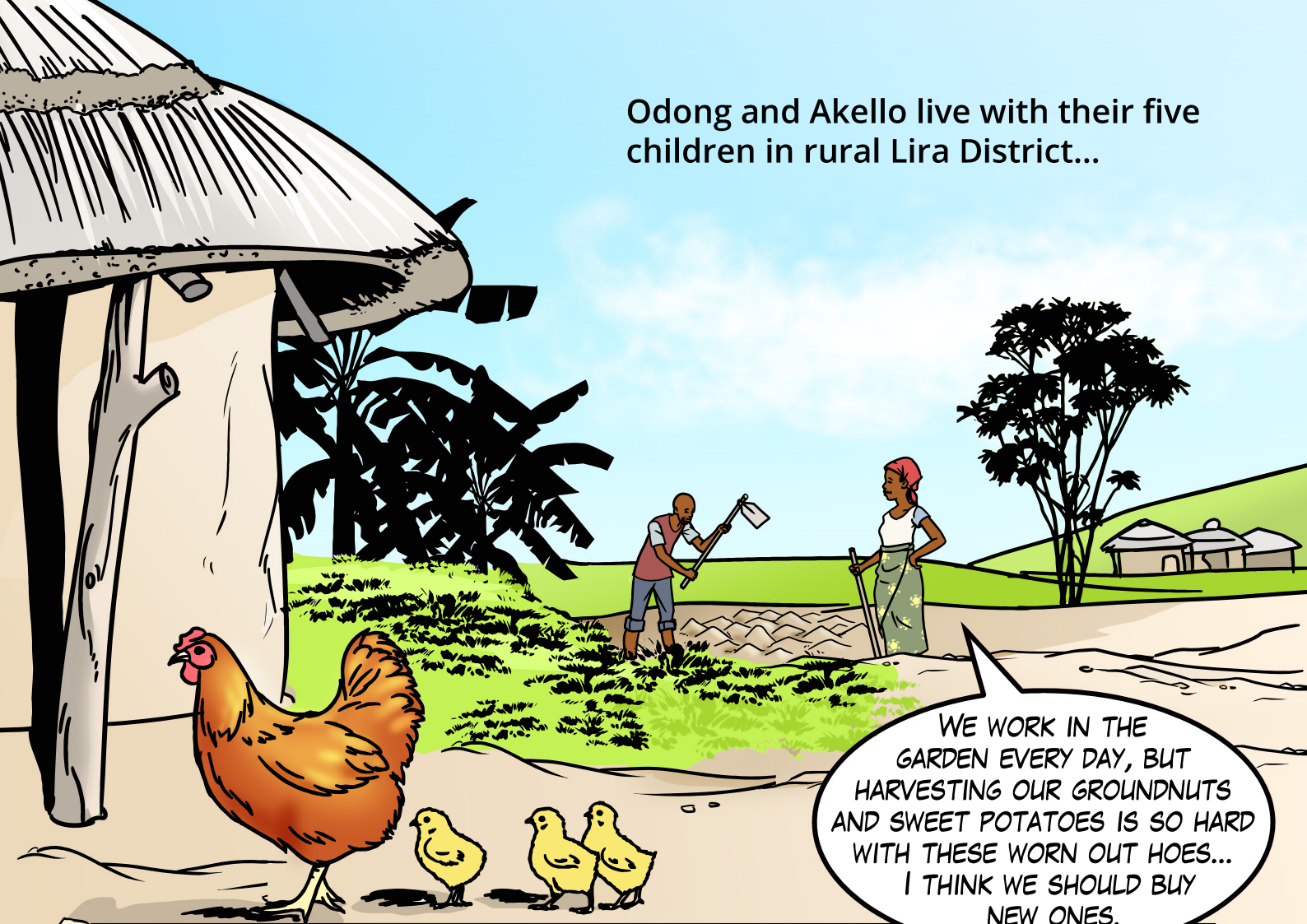
CHAPTER 1



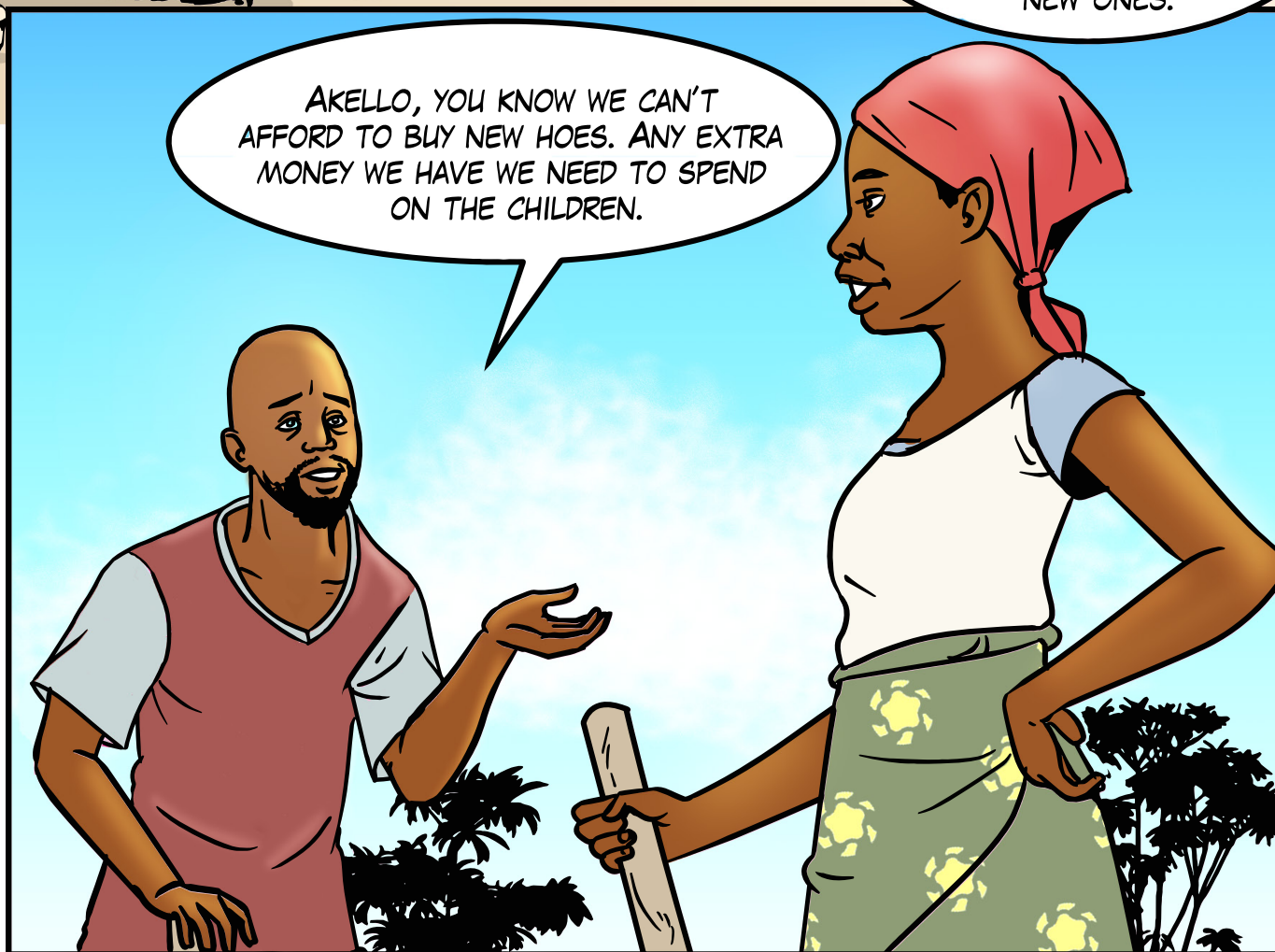
Uganda's population is one of the fastest growing in Africa. This surge in growth has led to a youthful Ugandan population. When parents have more children to care for, they have less to spend per child for food, health care, and education.



Odong and Akello live with their five children in rural Lira District...



WE WORK IN THE GARDEN EVERY DAY, BUT HARVESTING OUR GROUNDNUTS AND SWEET POTATOES IS SO HARD WITH THESE WORN OUT HOES... I THINK WE SHOULD BUY NEW ONES.

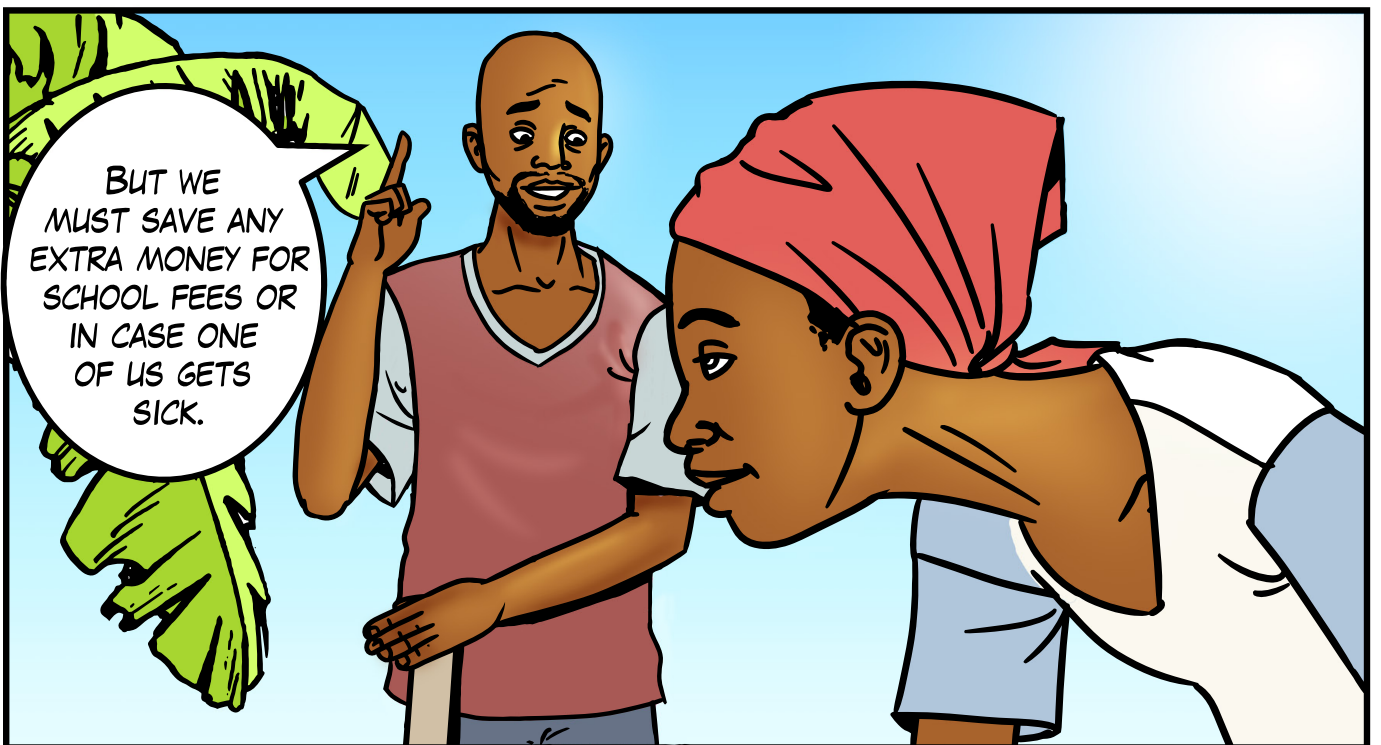


AKELLO, YOU KNOW WE CAN'T AFFORD TO BUY NEW HOES. ANY EXTRA MONEY WE HAVE WE NEED TO SPEND ON THE CHILDREN.

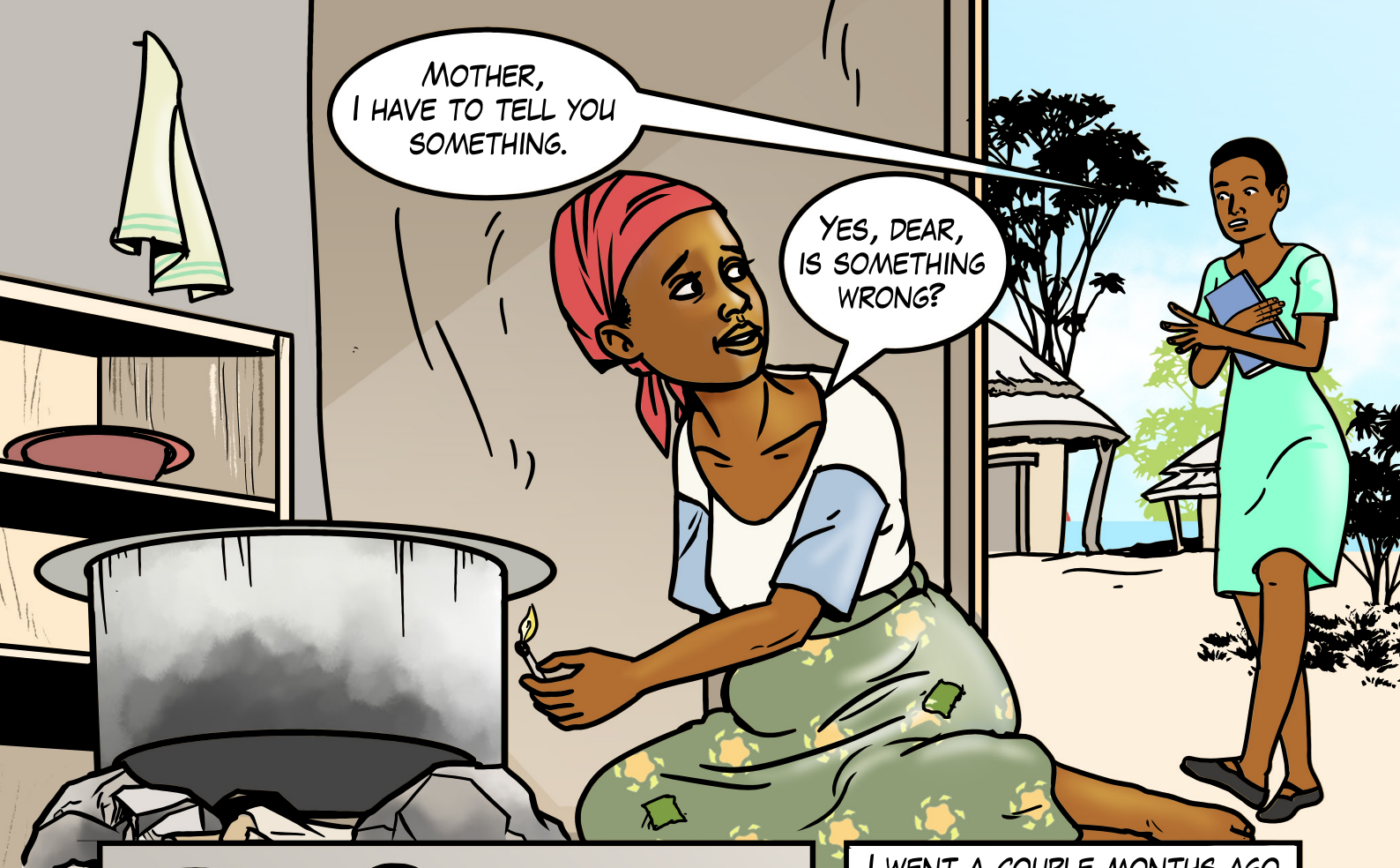


ACHOLA WAS BORN WHEN WE WERE TEENAGERS. IT HAS BEEN VERY DIFFICULT FOR US TO SAVE MONEY EVER SINCE THEN.

WE ARE DOING WHAT WE CAN. OUR CHILDREN ATTEND GOVERNMENT SCHOOLS AND WE ONLY HAVE THE FOOD GROWN FROM OUR LAND.

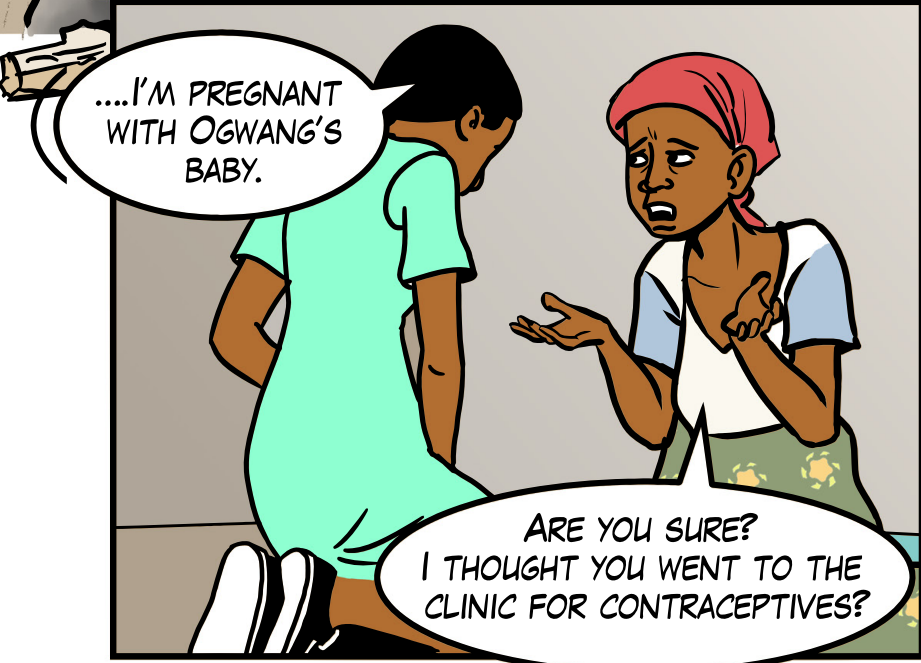


BUT WE MUST SAVE ANY EXTRA MONEY FOR SCHOOL FEES OR IN CASE ONE OF US GETS SICK.



MOTHER, I HAVE TO TELL YOU SOMETHING.

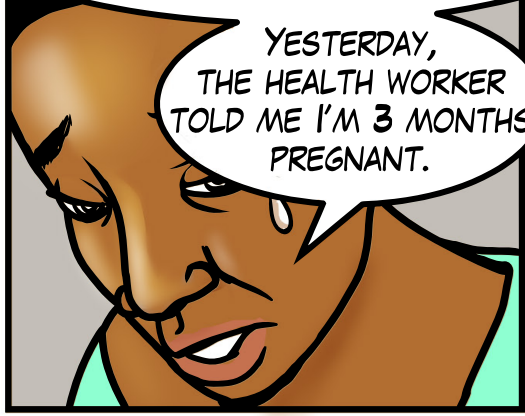
YES, DEAR, IS SOMETHING WRONG?



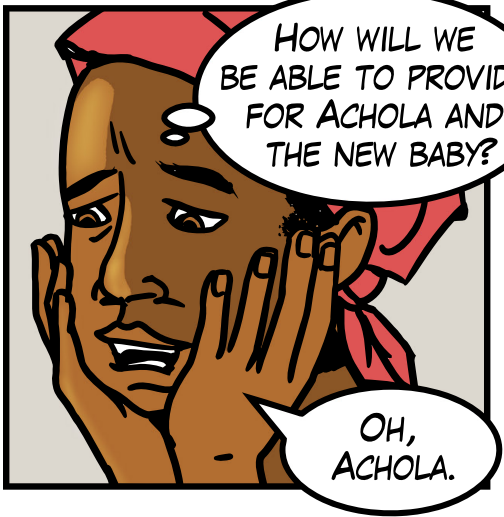
...I'M PREGNANT WITH OGWANG'S BABY.

ARE YOU SURE? I THOUGHT YOU WENT TO THE CLINIC FOR CONTRACEPTIVES?

I WENT A COUPLE MONTHS AGO, BUT THE HEALTH WORKER DIDN'T HAVE ANY CONTRACEPTIVES LEFT. WHEN I MISSED MY PERIOD, I TOLD MY FRIENDS BUT WAS TOO AFRAID TO TELL YOU.

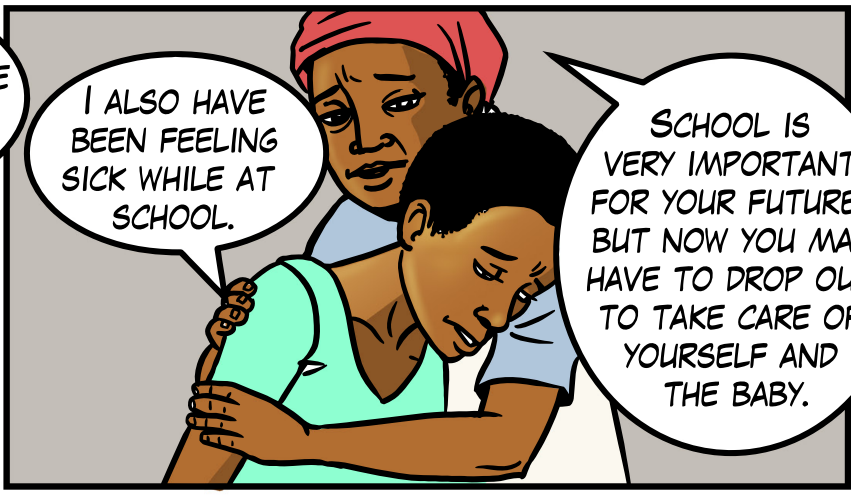


YESTERDAY, THE HEALTH WORKER TOLD ME I'M 3 MONTHS PREGNANT.



HOW WILL WE BE ABLE TO PROVIDE FOR ACHOLA AND THE NEW BABY?

OH, ACHOLA.



I ALSO HAVE BEEN FEELING SICK WHILE AT SCHOOL.

SCHOOL IS VERY IMPORTANT FOR YOUR FUTURE, BUT NOW YOU MAY HAVE TO DROP OUT TO TAKE CARE OF YOURSELF AND THE BABY.

Achola drops out of school. Six months later...

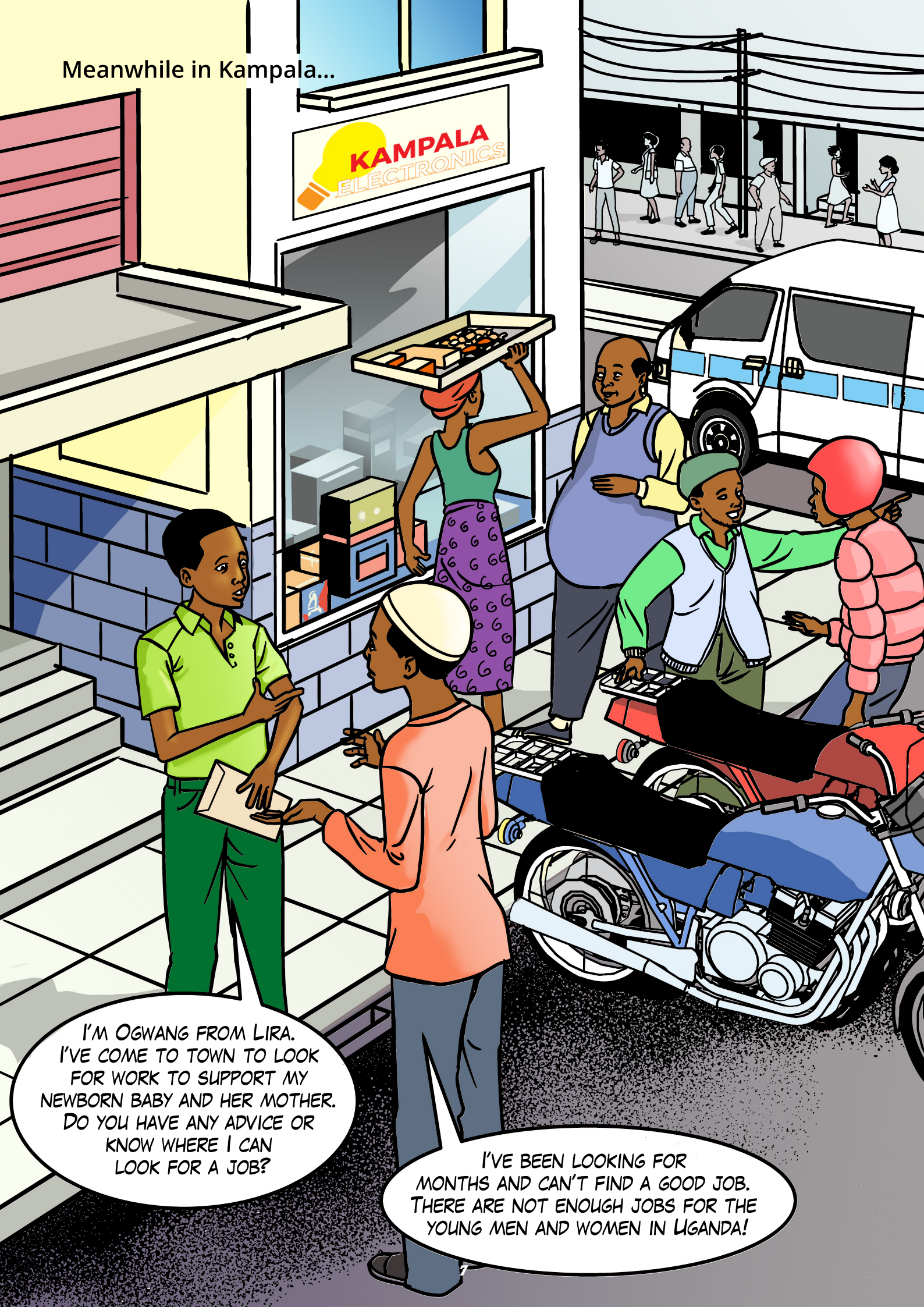


ACHOLA HAS GIVEN BIRTH. IT'S A GIRL!



WITH THE DROUGHT, OUR CROPS ARE SUFFERING; HOW WILL WE CONTINUE TO FEED OUR FAMILY AND THE NEW BABY?

Meanwhile in Kampala...



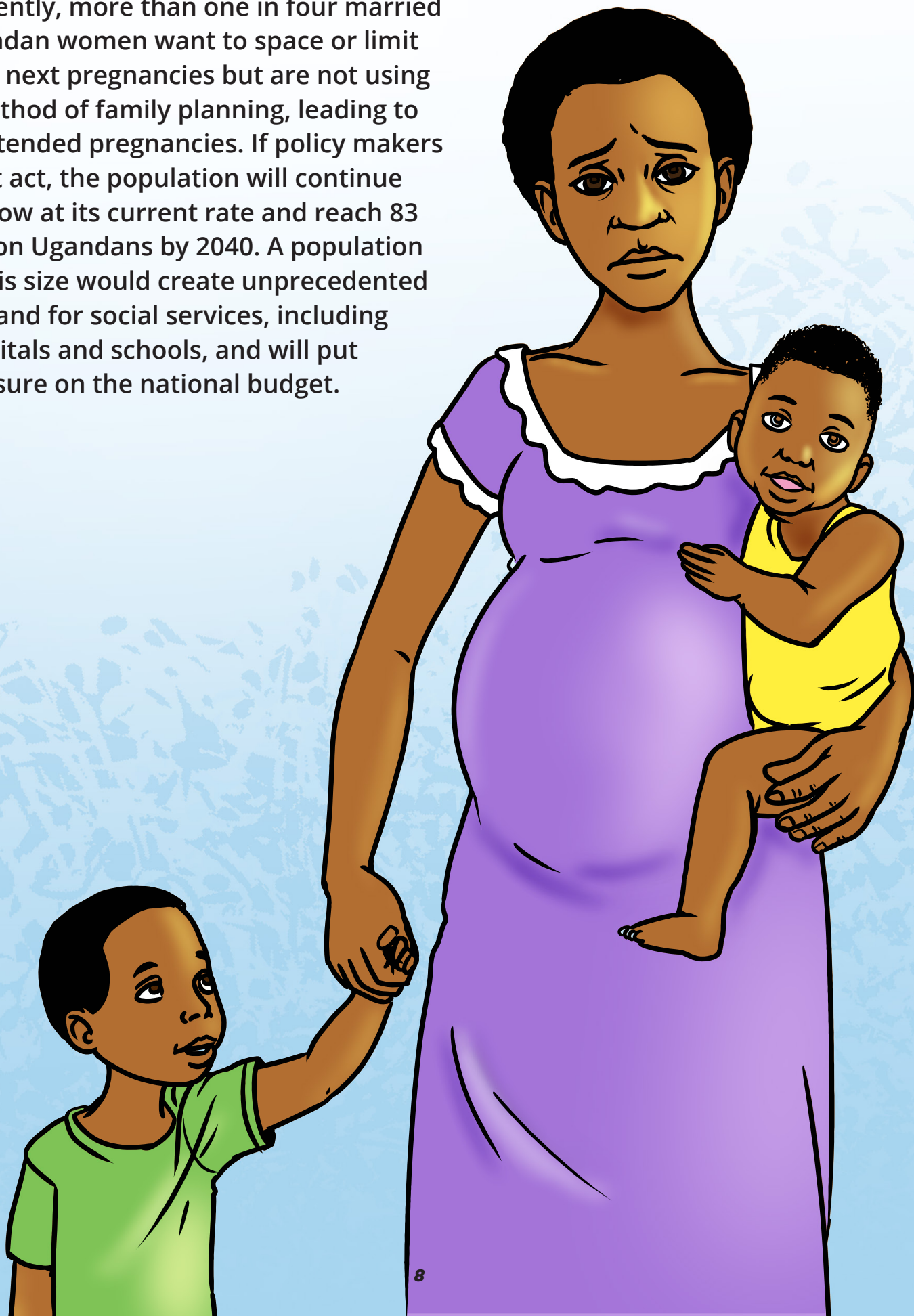
KAMPALA
ELECTRONICS

I'M OGWANG FROM LIRA. I'VE COME TO TOWN TO LOOK FOR WORK TO SUPPORT MY NEWBORN BABY AND HER MOTHER. DO YOU HAVE ANY ADVICE OR KNOW WHERE I CAN LOOK FOR A JOB?

I'VE BEEN LOOKING FOR MONTHS AND CAN'T FIND A GOOD JOB. THERE ARE NOT ENOUGH JOBS FOR THE YOUNG MEN AND WOMEN IN UGANDA!

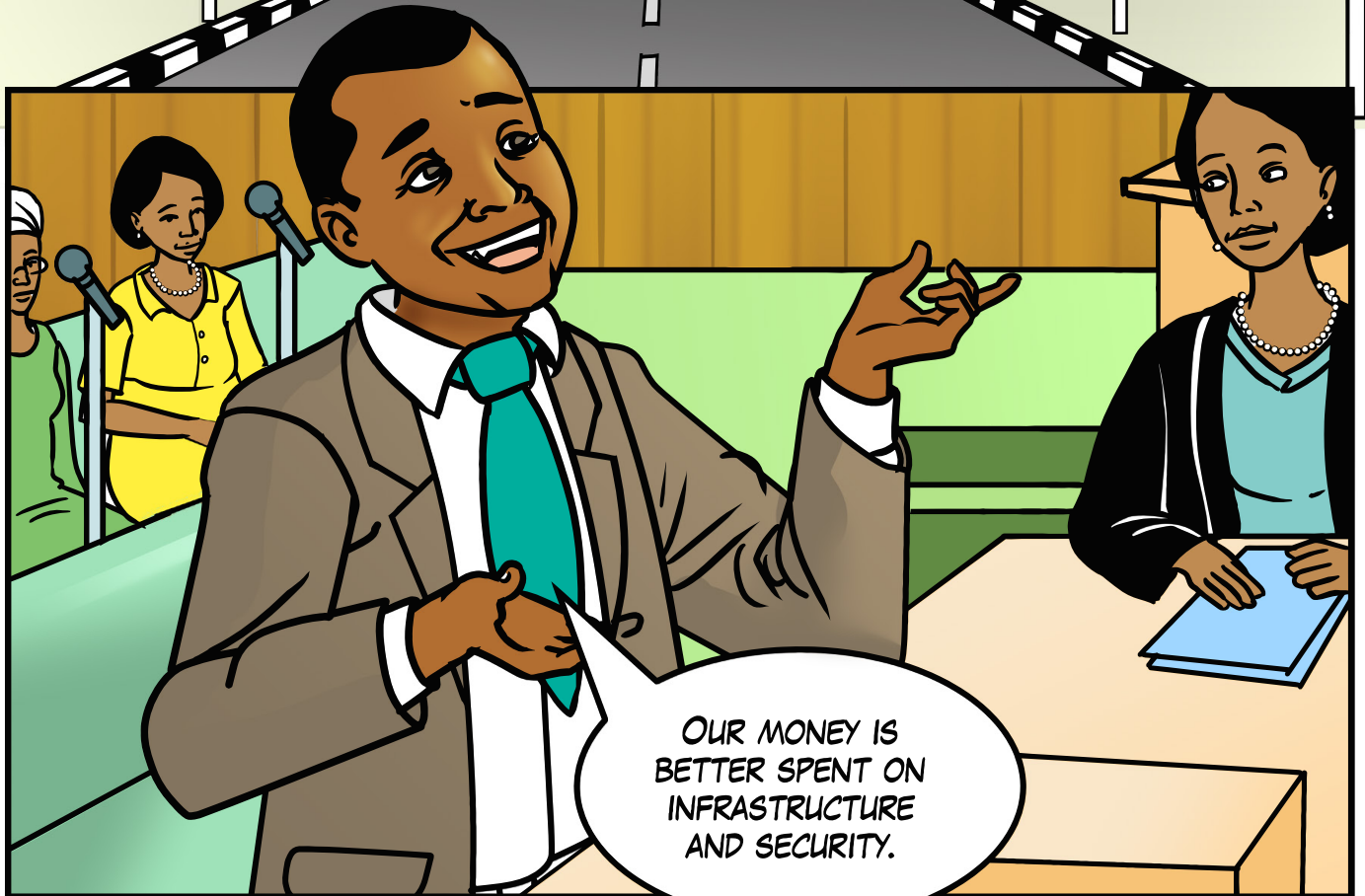
CHAPTER 2

Currently, more than one in four married Ugandan women want to space or limit their next pregnancies but are not using a method of family planning, leading to unintended pregnancies. If policy makers don't act, the population will continue to grow at its current rate and reach 83 million Ugandans by 2040. A population of this size would create unprecedented demand for social services, including hospitals and schools, and will put pressure on the national budget.

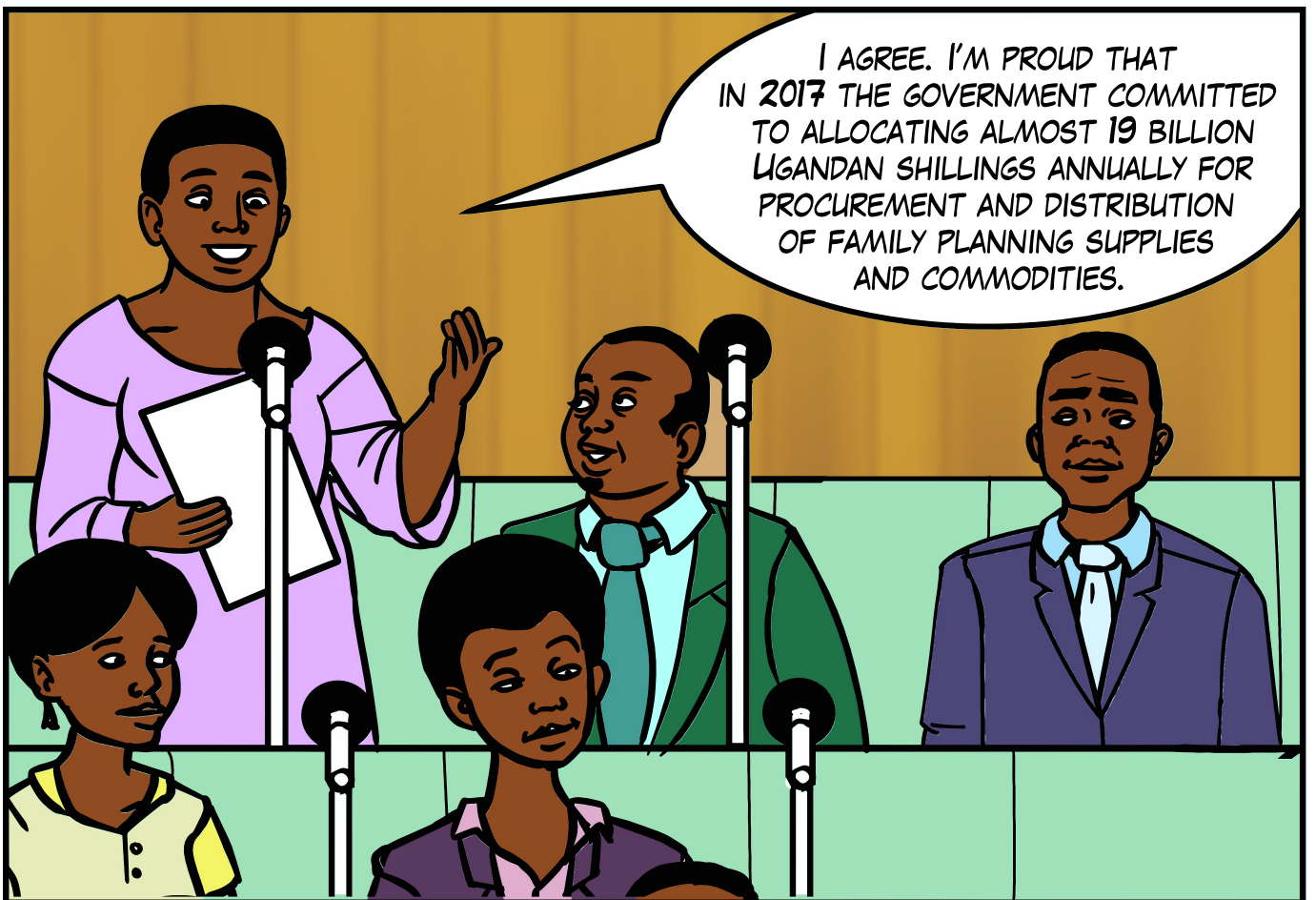
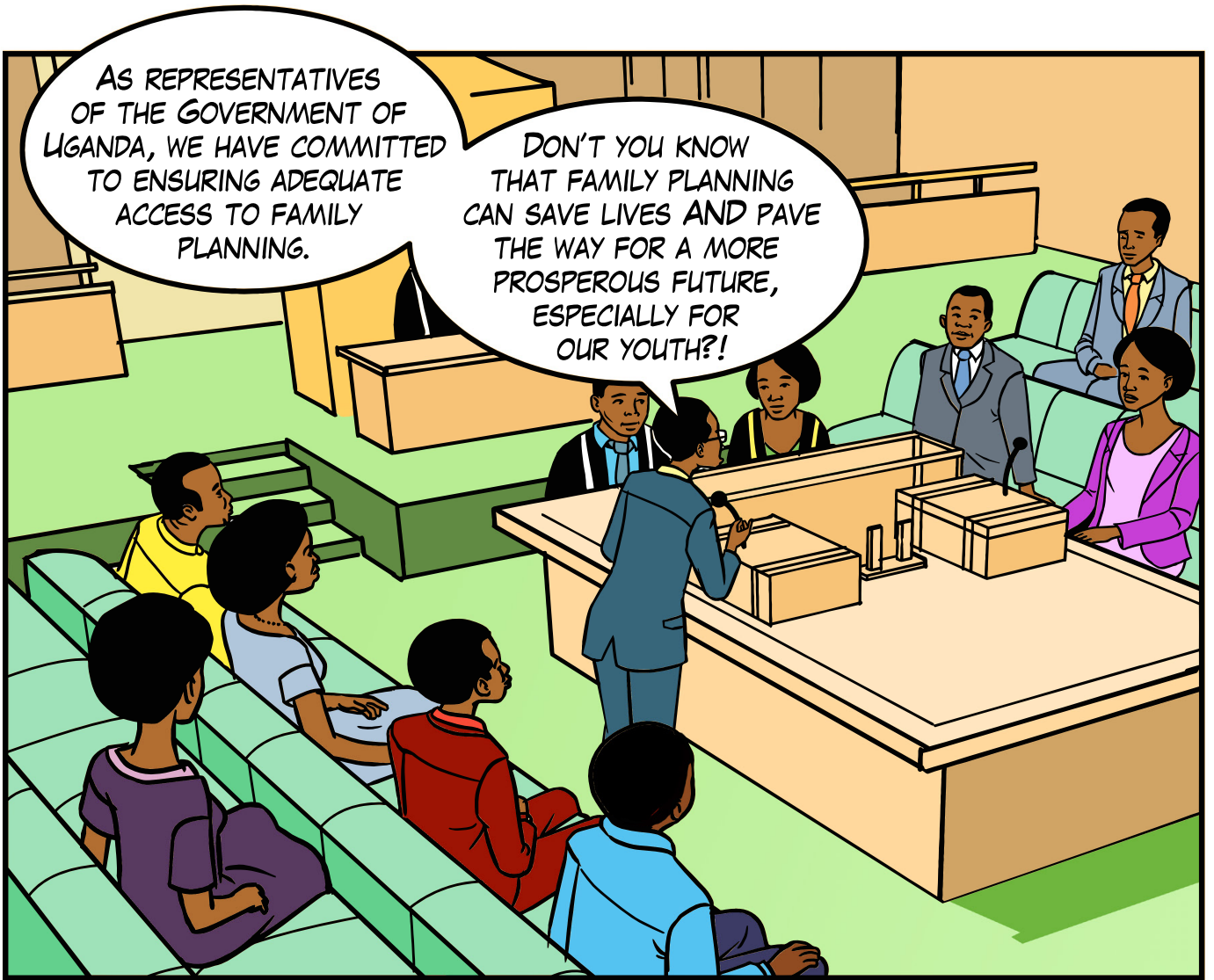


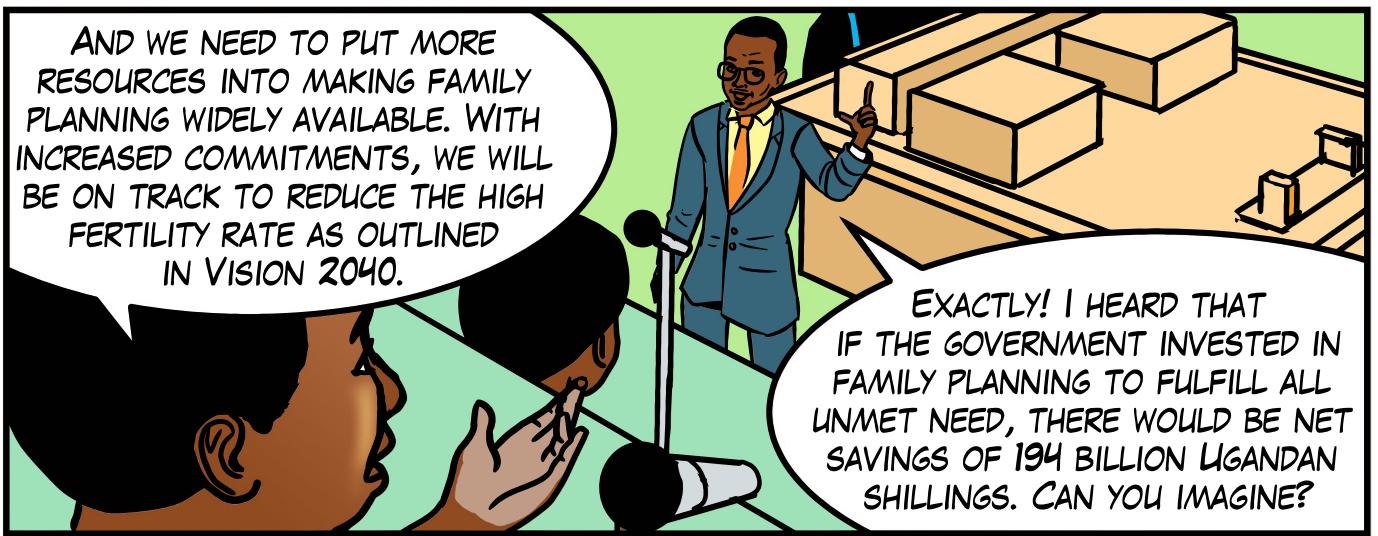
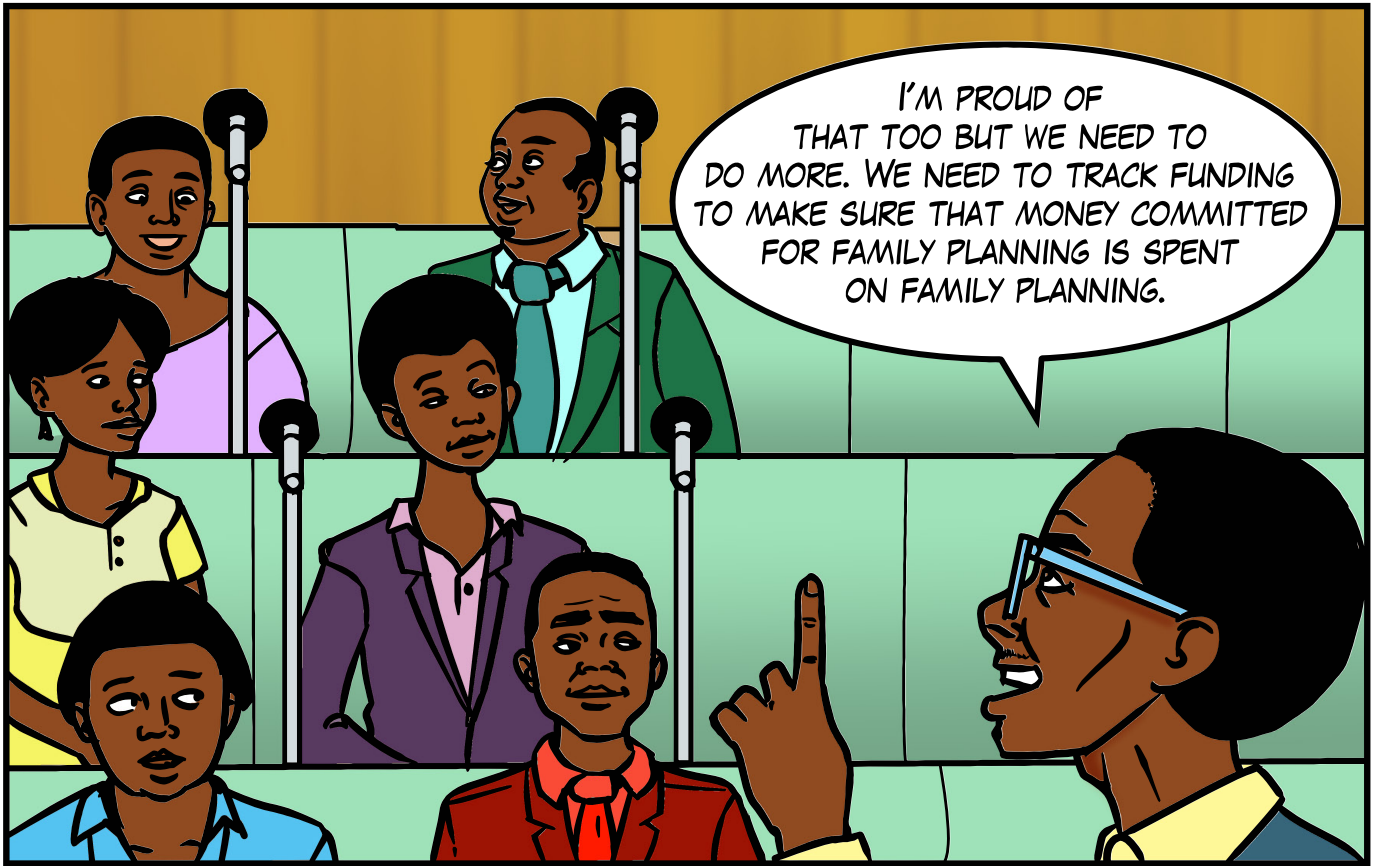


WHY SHOULD THE GOVERNMENT INVEST IN FAMILY PLANNING?



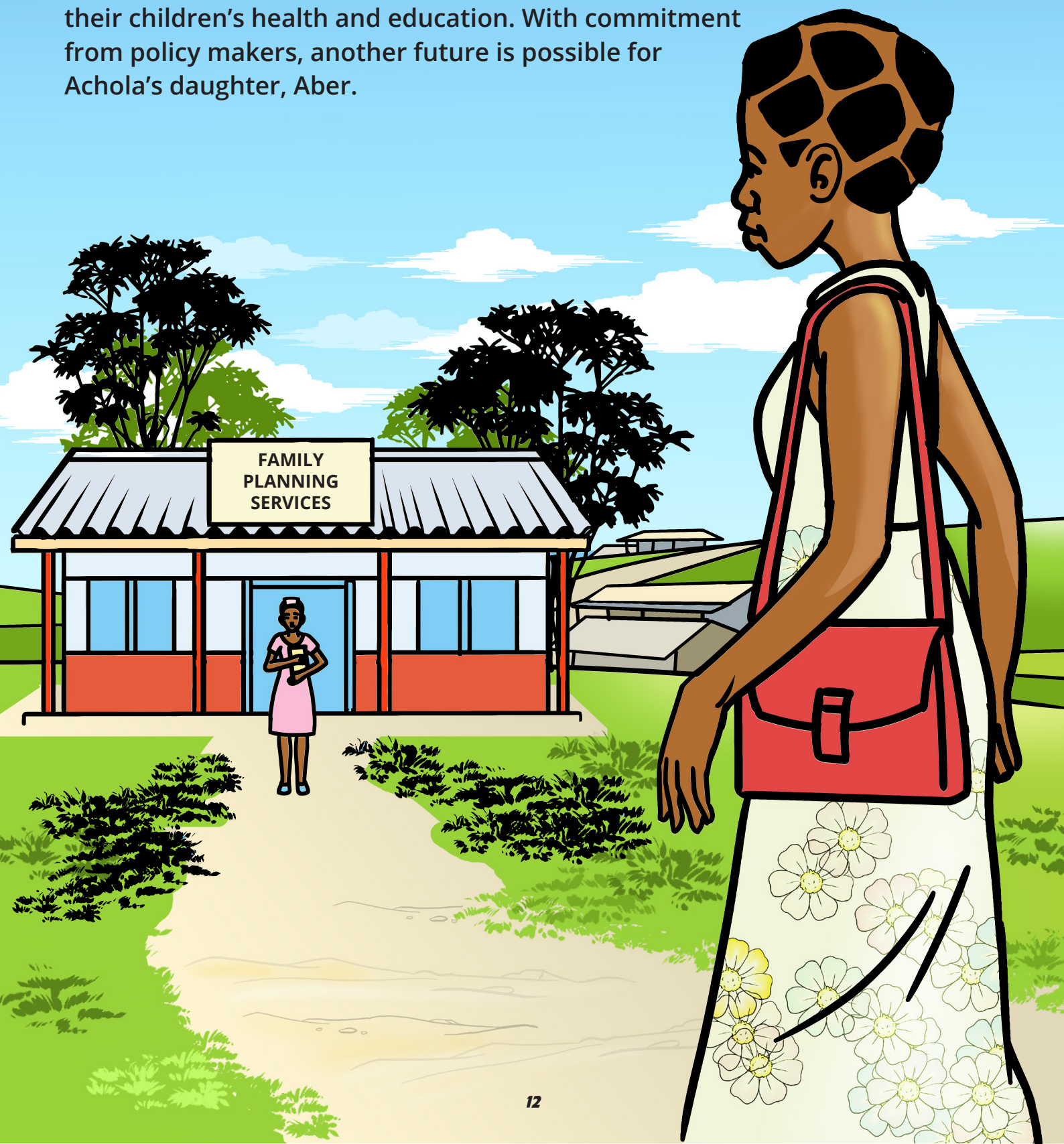
OUR MONEY IS BETTER SPENT ON INFRASTRUCTURE AND SECURITY.





CHAPTER 3

A sustainable, prosperous future for Uganda is possible if policy makers act now. Supporting access to family planning information and supplies for Ugandans will help families space births and avoid unwanted pregnancies. Smaller families mean that parents have more income available for each of their children, making them better able to invest in their children's health and education. With commitment from policy makers, another future is possible for Achola's daughter, Aber.



Aber, like all Ugandan youth, receives life skills education in school.



Life Skills

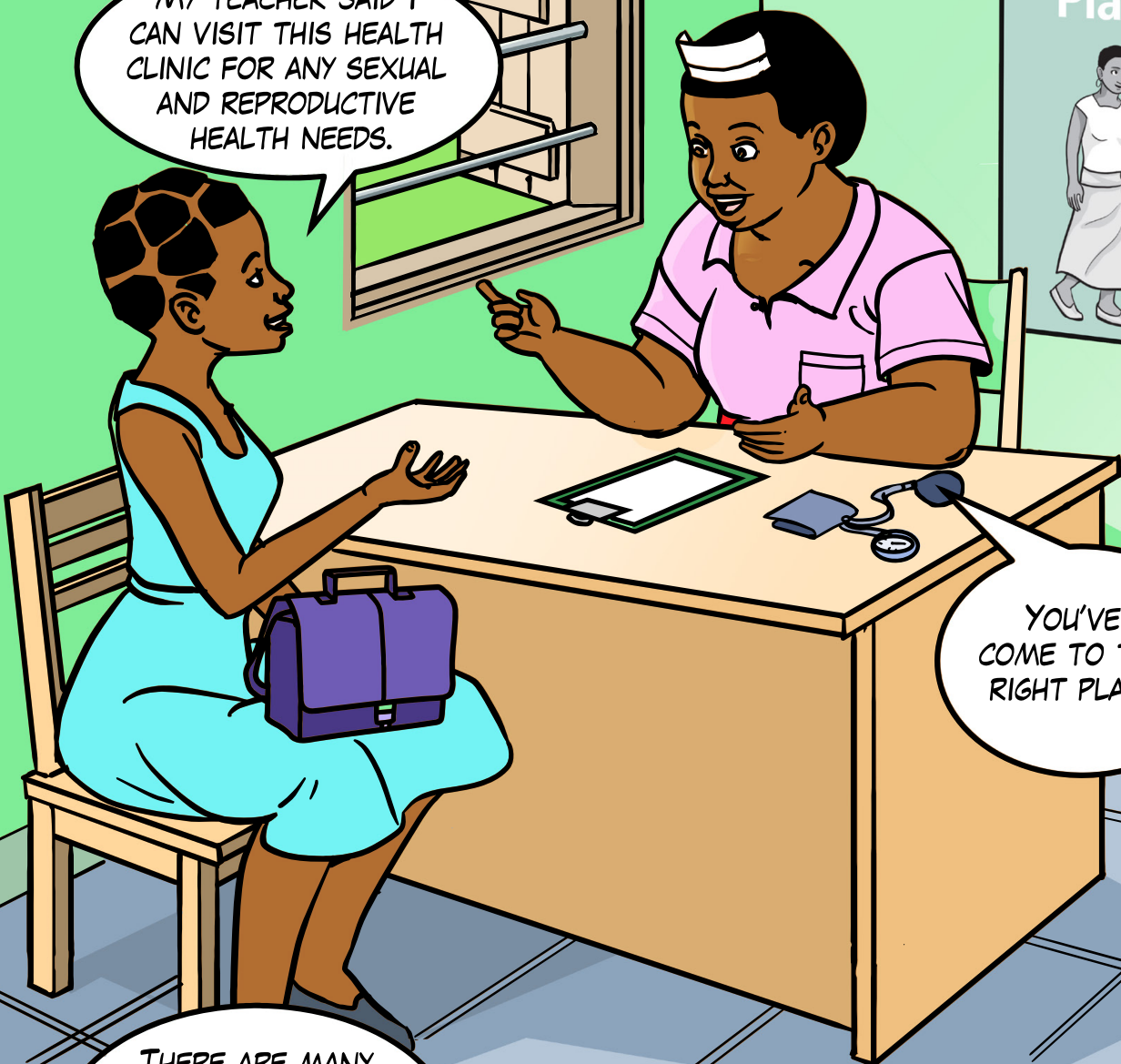
- Prevention of pregnancy
- Sexually transmitted infections
- Sexual abstinence and marital faithfulness

YOU CAN OBTAIN SEXUAL AND REPRODUCTIVE HEALTH SERVICES THAT ARE RIGHT FOR YOU AT THE HEALTH FACILITY.



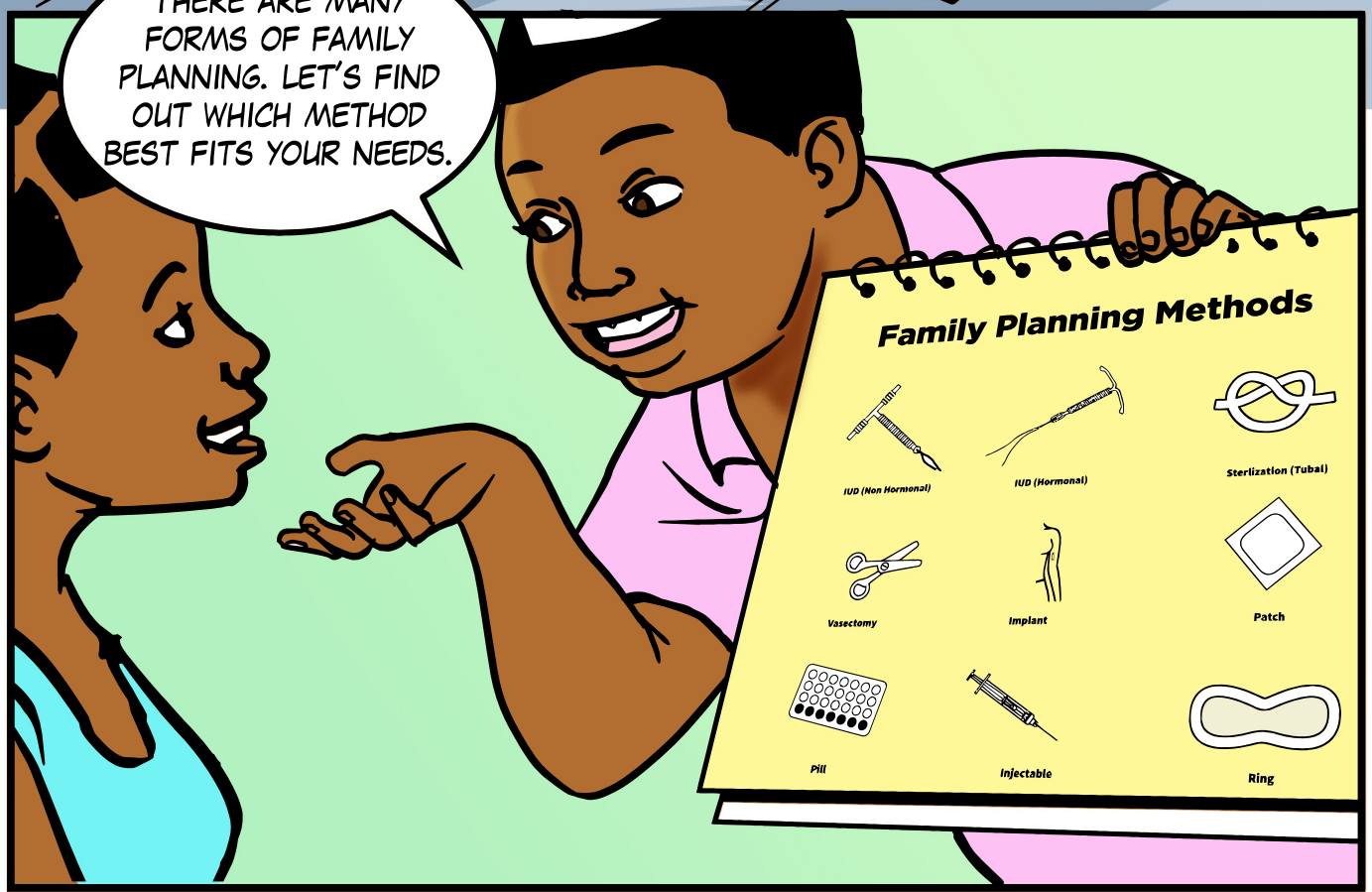


MY TEACHER SAID I CAN VISIT THIS HEALTH CLINIC FOR ANY SEXUAL AND REPRODUCTIVE HEALTH NEEDS.


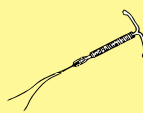



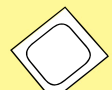


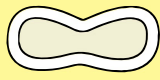


YOU'VE COME TO THE RIGHT PLACE!

THERE ARE MANY FORMS OF FAMILY PLANNING. LET'S FIND OUT WHICH METHOD BEST FITS YOUR NEEDS.



Family Planning Methods

 IUD (Non Hormonal)	 IUD (Hormonal)	 Sterilization (Tubal)
 Vasectomy	 Implant	 Patch
 Pill	 Injectable	 Ring



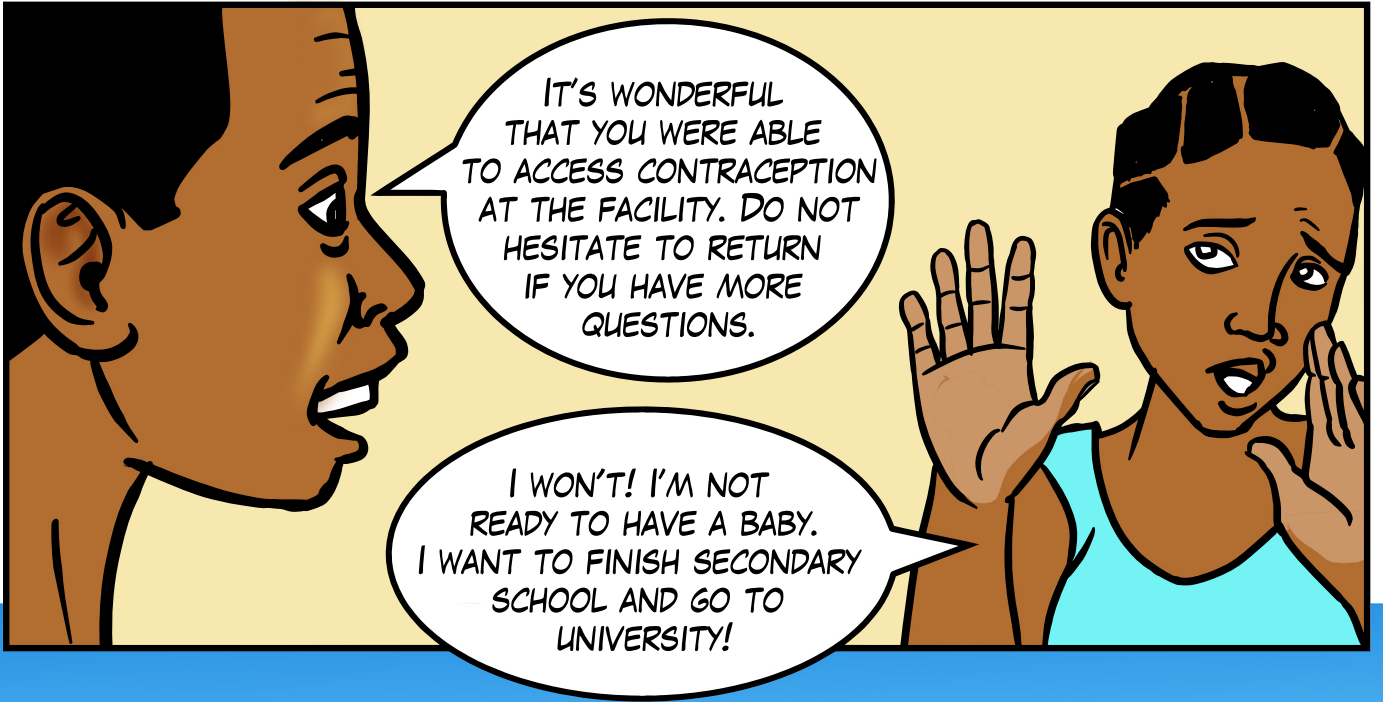
ABER, DID YOU KNOW THAT I HAD YOU WHEN I WAS 17? I WASN'T ABLE TO PROTECT MYSELF FROM AN UNPLANNED PREGNANCY.

BUT NOW THAT THE GOVERNMENT OF UGANDA HAS INVESTED MORE IN FAMILY PLANNING YOU CAN GO INTO ANY HEALTH CLINIC TO GET FAMILY PLANNING INFORMATION AND WALK AWAY WITH A CONTRACEPTIVE METHOD THAT WORKS BEST FOR YOU.

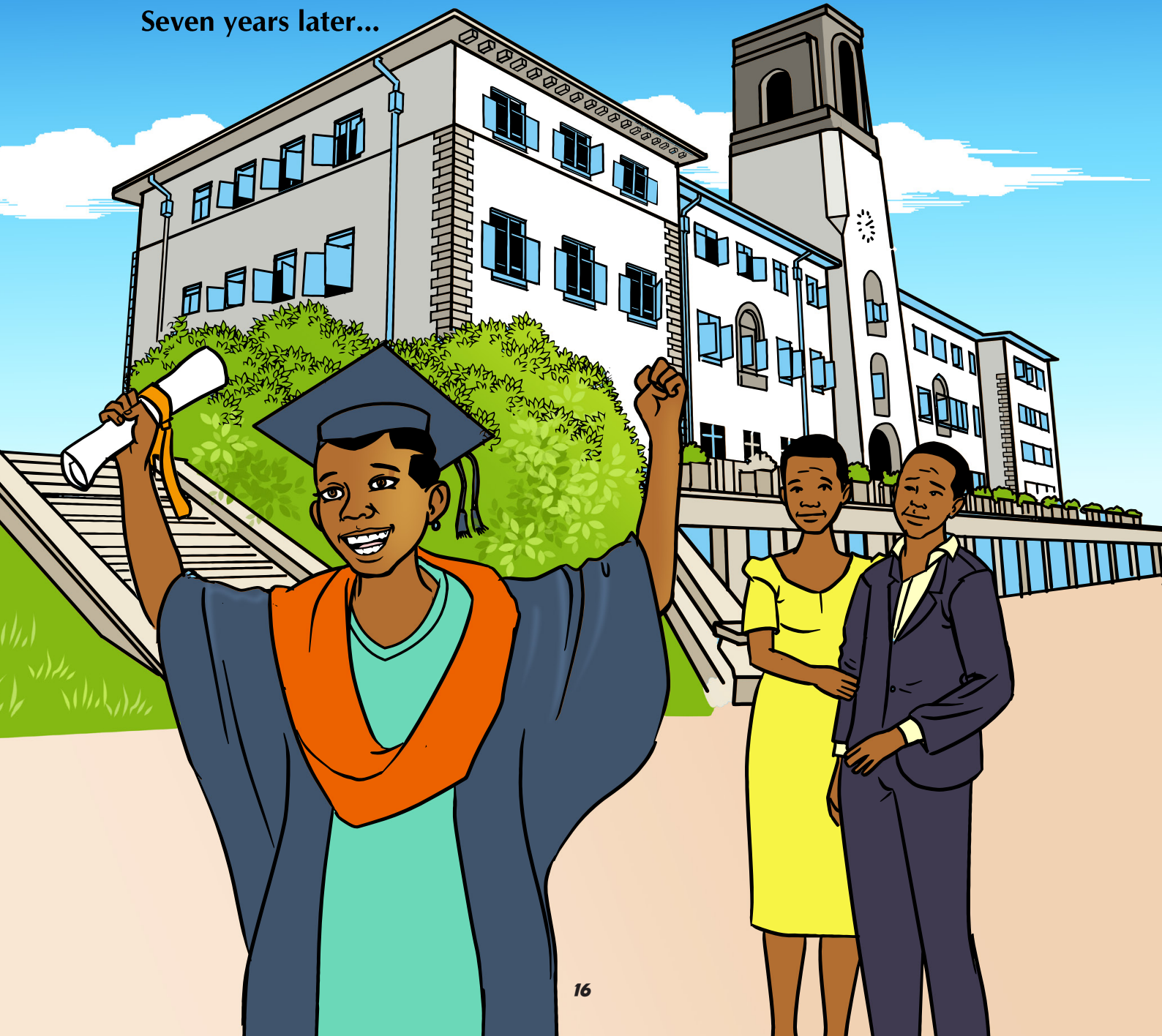


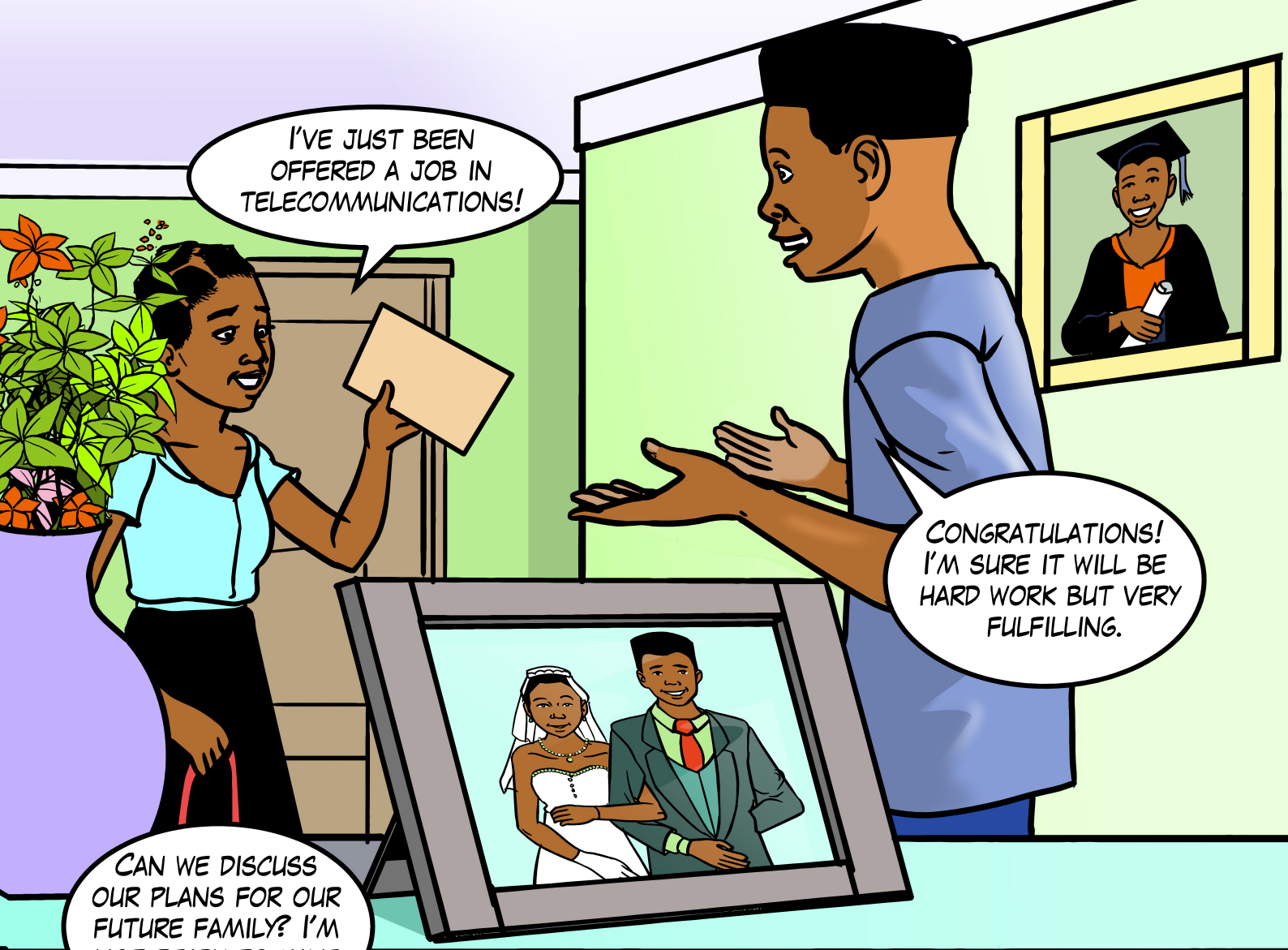
YES, MOM, I VISITED A CLINIC EARLIER TODAY.

THE NURSE WAS VERY KIND TO ME AND EXPLAINED ALL THE CONTRACEPTIVE OPTIONS.



Seven years later...





I'VE JUST BEEN OFFERED A JOB IN TELECOMMUNICATIONS!

CONGRATULATIONS! I'M SURE IT WILL BE HARD WORK BUT VERY FULFILLING.

CAN WE DISCUSS OUR PLANS FOR OUR FUTURE FAMILY? I'M NOT READY TO HAVE CHILDREN YET!

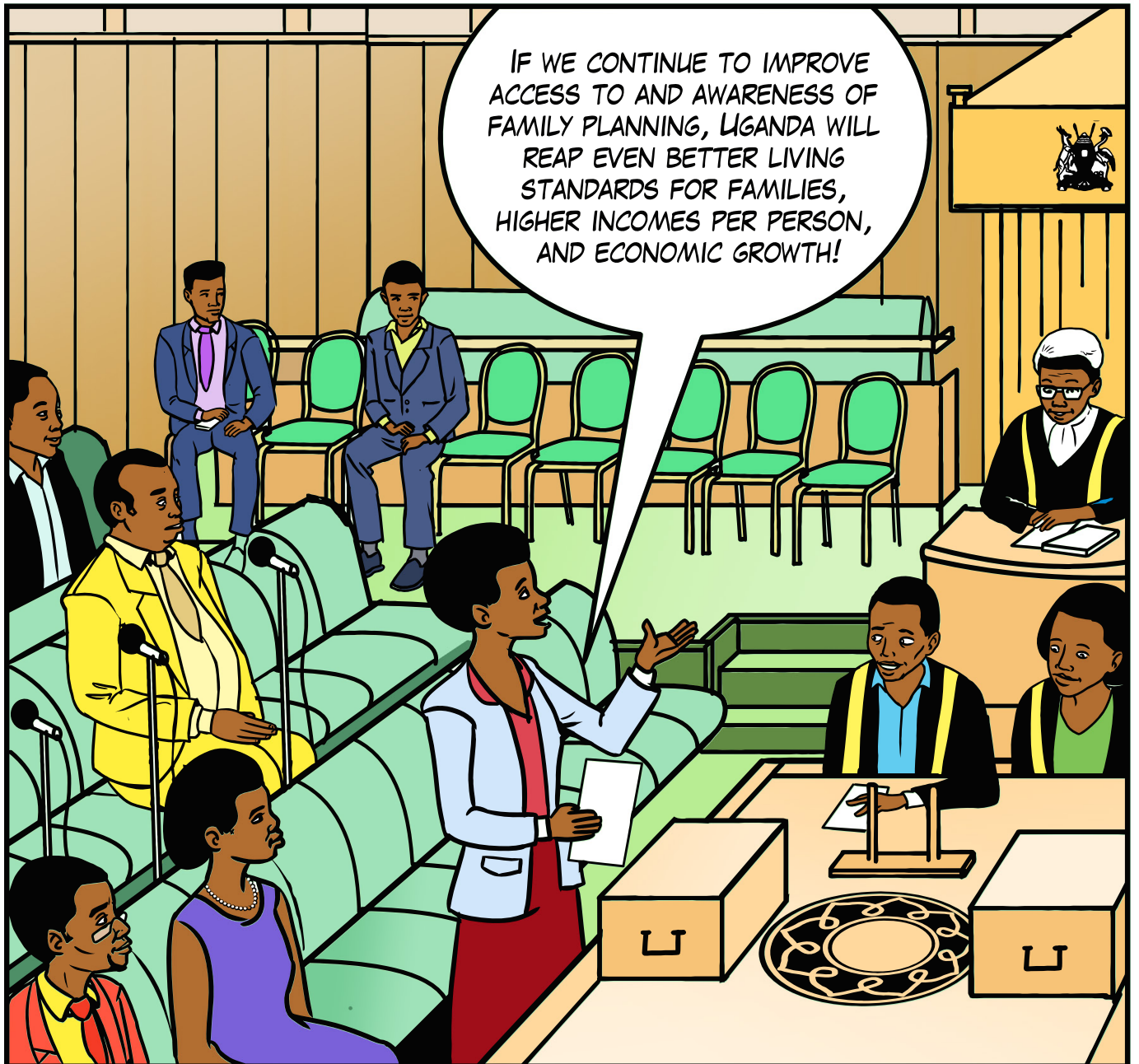
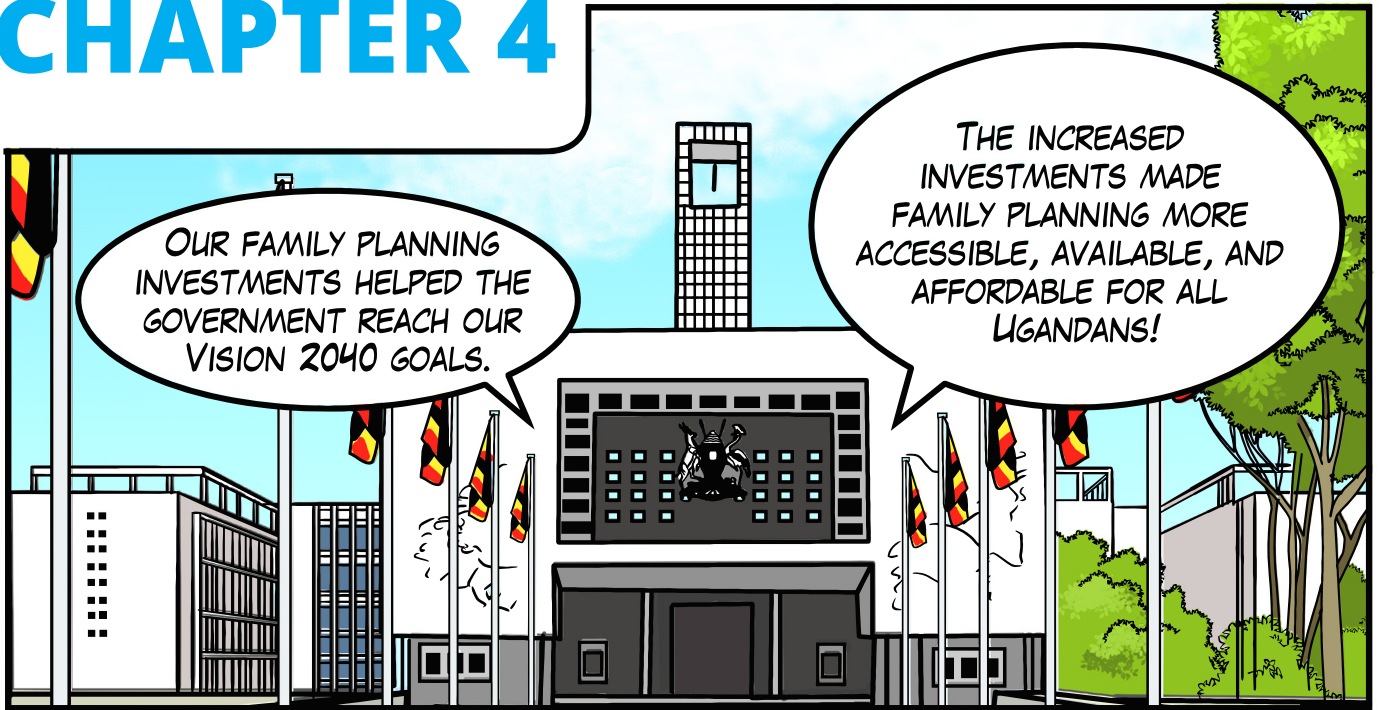
I'VE WORKED SO HARD AT UNIVERSITY AND I WANT TO FOCUS ON MY JOB FIRST BEFORE HAVING CHILDREN.

HOW MANY CHILDREN SHOULD WE HAVE? MAYBE TWO OR THREE?

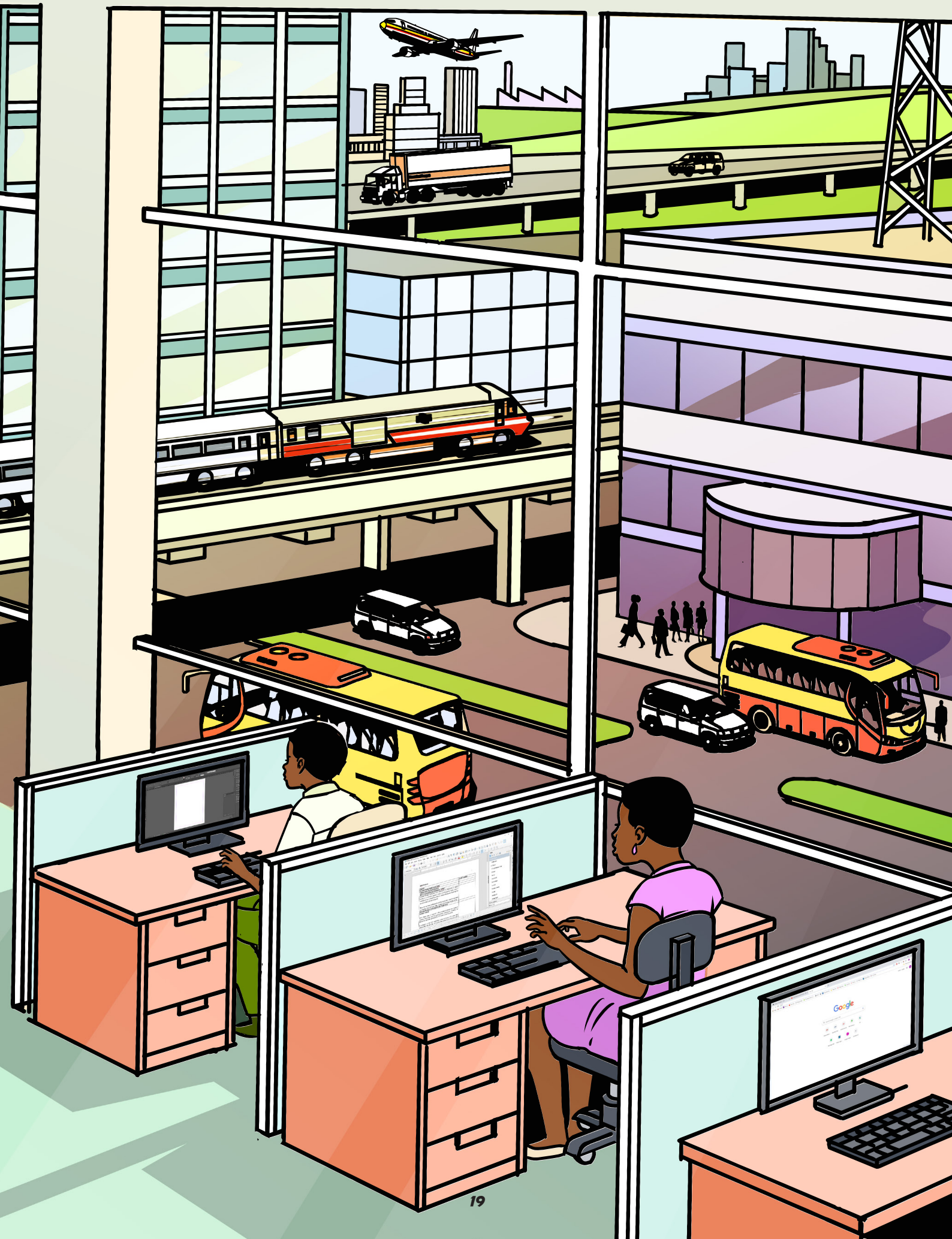
YES, WITH TWO TO THREE CHILDREN, WE WILL BE ABLE TO BETTER INVEST IN THEIR HEALTH AND EDUCATION—AND EVEN SAVE MONEY FOR OUR FUTURE.

I'M NOT READY TO HAVE CHILDREN YET EITHER. WE ARE STILL YOUNG AND CAN WAIT TO HAVE A BABY.

CHAPTER 4



Investing in family planning now will benefit Uganda's future.





POLICY MAKERS SHOULD:

- **Prioritize and support the government's commitments to use domestic resources to procure a range of family planning commodities and distribute them to health facilities.**
- **Local governments should create budget lines for family planning and advocate for contraceptive uptake in their communities.**

I, Honourable

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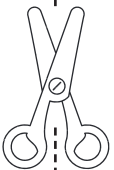
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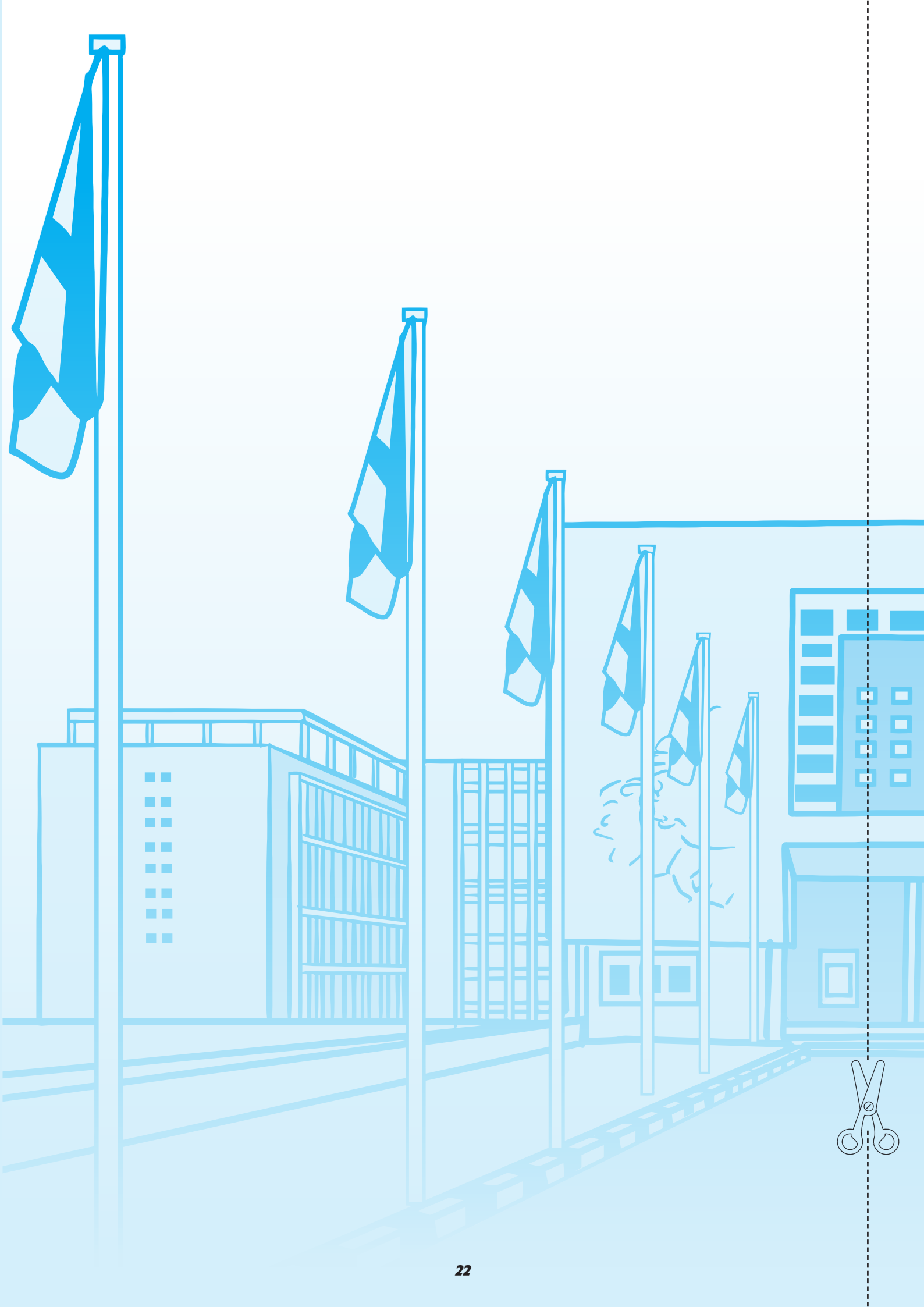
..... constituency,

commit to supporting an increased budget
for family planning commodities

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Signature





REFERENCES

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Michael Vlassoff, Aparna Sundaramand, and Akinrinola Bankole, *Benefits of Meeting the Contraceptive Needs of Ugandan Women* (New York: Guttmacher Institute), accessed at <https://www.guttmacher.org/report/benefits-meeting-contraceptive-needs-ugandan-women>, on May 21, 2019.




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