

TO: Director Merck, Crimson and Gray Research
Representatives of the Department of Public Health Services

FROM: Committee for Education Research, Crimson and Gray Research

DATE: 10 July 2024

SUBJECT: Requesting Approval for Research into Family Planning Education

Per the request by the Department of Public Health Services for Crimson and Gray Research to support their initiative to expand public outreach and education campaigns in overlooked matters relating to public health and community wellbeing, the following proposal outlines how the Committee plans to conduct initial research on the topic of Conscientious Family Planning (CFP), eventually to be incorporated into a report detailing suggestions for a public awareness program on the subject.

Introduction

For decades, the stresses placed on our environment and natural resources by rapid industrialization and global commercialization have been compounded by the exponential increase in the human population. Despite medical advances in contraception and social advances in the rights and opportunities afforded to women in much of the world, a staggering 41.6% of pregnancies in the United States in 2019 were unplanned (U.S. Centers for Disease Control and Prevention, 2024) – substantiating claims by the United Nations that the roughly 50% rate of unplanned pregnancy worldwide constitutes a global crisis (United Nations Population Fund, 2022). This reflects a general lack of conscientious family planning, with drastic consequences to individuals, society, and the environment.

This report aims to demonstrate how these seemingly complex problems can be curtailed by a simple tried-and-true approach: education and empowerment. Upon approval, our team can deliver a program tailored to raising public awareness about the critical importance of CFP and how our community leaders can encourage its adoption.

The Root of the Problem

Many factors may contribute to the prevalence of unplanned pregnancy. In the developing world, lack of access to education and healthcare – often in addition to restricted legal and familial rights for women – contribute significantly to high fertility rates. These problems are also prevalent in – but certainly not limited to - the poorer classes of wealthier countries, where cultural attitudes and social behaviors (such as alcohol consumption) may also have an impact. The relative newness of safe, effective contraception is also a factor; it will take time for our perception of childbearing to shift from an inevitability to a matter of choice. But it *must* change.

Data from countless studies over the last several decades have provided a mountain of evidence to prove the effectiveness and benefits of CFP. Studies by entities such as the World Health Organization and the U.S. Centers for Disease Control have tracked trends in the usage of birth control and the resulting effects on birth rates, maternal and infant mortality, prenatal care, and sexually transmitted diseases. The economic impact of these trends on healthcare costs have also been extensively studied, with the unanimous conclusion that access to family planning services and preventive care leads to massive reductions in expenditure (U.S. Congress Joint Economic Committee, 2020; American College of Obstetricians and Gynecologists, 2015).

Economists have also noted how the admission of women into higher education and professional career fields skyrocketed after the legalization of contraceptives, as well as mounting increases in economic outlook for successive generations (U.S. Congress Joint Economic Committee, 2020). Criminology studies have noted a striking connection between expanded access to family planning in impoverished communities and reductions in crime rates (Hill, N. J., Siwatu, M., & Granger, M., 2008; Colen, C. G., Ramey, D. M., & Browning, C. R., 2016).

In short, the benefits of CFP, both to individuals and to society, are plentiful and irrefutable. Our team aims to research how best to communicate these benefits to the public so as to encourage the widespread adoption of CFP practices. Conveying the message from different viewpoints – to appeal to individual choices, to appeal to the community-minded, and to appeal to environmentalists – will allow it to reach the widest audience.

The Plan of Action

Accordingly, our research will focus on picking out the most tangible benefits to each of these groups and determining how to structure this information into a versatile and effective public awareness campaign. Our research need not delve too much into medical or economic statistics, nor will it include any topics that may be considered controversial. Our purpose is not to polarize or inflame, but to facilitate and encourage informed decision-making.

Research will be organized around a central question: How can we inform the public about the benefits of CFP? More detailed research will be divided into three sub-questions: Why should individuals practice CFP? Why should community leaders support CFP? And why should environmental advocates both practice and encourage CFP?

Key Terms

Conscientious Family Planning (CFP)

Family planning is the practice of conscious and informed decision-making regarding whether to have children, how many, and when to have them. This process may be straightforward and largely intrinsic – as with persons who simply do not want children – or may involve complex evaluation of several internal and external factors.

Conscientious family planning usually involves some type of action to prevent undesired pregnancy, which may include a variety of birth control methods varying in efficacy and ranging

anywhere from celibacy to elective surgical sterilization (e.g. a vasectomy, tubal ligation, or salpingectomy).

Research Methods

Research will be divided into three categories:

- Benefits of CFP to individuals/families
 - Topics include: better access to education and job opportunities, more economic stability, medical benefits of preventing/planning pregnancy, effects on life outlook for children from stable families, etc.
- Benefits of CFP to communities
 - Topics include: benefits to the workforce, productivity, crime and poverty rates, healthcare system, and so on.
- Benefits of CFP to the environment
 - Topics include: ability of more prosperous and stable countries to allocate more resources to environmental issues; can also tie into the Reducing Overpopulation angle, touching on reductions in consumption, land development, and pollution.

Research will consist of examining relevant studies and articles from databases, as well as government and non-government organizations, and be divided by category among members of the team.

Qualifications



Project Manager – Evelyn Smith (e.smith01@crimsonandgray.org)

As a student of multiple disciplines, Ms. Smith has extensive experience in research, data analysis, and presentation across a variety of fields. She has a background in pre-medical studies from her early higher education and in leadership and project management from her time in the non-profit organization Toastmasters International.

Research and Requirements Director – Harry Pulivarthy (h.pulivarthy@crimsonandgray.org)

With a background in computer science and machine learning, Mr. Pulivarthy is a highly-qualified researcher and data analyst. He has conducted prior research in both engineering and the social sciences, familiarizing him with the research process across multiple disciplines.

Senior Editor – Gian Roque (g.roque@crimsonandgray.org)

As a Consulting Engineer for Hargis Engineers and Bulletin Editor for Key Club, Mr. Roque's detail-driven workflow and commitment to communication make him ideal for a Chief Editing position. His extensive experience in engineering and editorial roles demonstrates his ability to manage people and projects and ensure satisfactory results. This history of professional management and attention to detail are fitting attributes for a Senior Editor.

Information Designer – Hunter Dang (h.dang@crimsonandgray.org)

Mr. Dang's background in graphics and data visualization stemming from his statistics classes help him create interesting graphics that engage the audience. He has previous experience combining written and visual elements from managing a blog.

Budget

Our plan of action centers around conducting research and creating an effective awareness campaign to educate the public on CFP. To better understand our demographic, our team may choose to conduct various surveys to gauge people's understanding and awareness of CFP. As such, a tentative budget of \$50 is set, used to produce paper copies of these surveys. Other operational costs (general research and development) are negligible.

Schedule

Initial research will be completed before this Sunday, July 14, 2024. Final recommendations to be delivered by July 26. See Appendix A for complete Task Schedule.

Final Remarks

Upon approval, the research described herein will be incorporated into a white paper document describing in full detail a proposed educational campaign to raise public awareness of the importance of Conscientious Family Planning. Our Committee for Education Research is deeply grateful for the opportunity to work with our public health officials and local civic leaders to advance a solution to this critical issue. Questions should be directed to Project Manager Evelyn Smith via company email.

Bibliography

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Appendix

Appendix A

No Later Than 14 July	<ul style="list-style-type: none">• Preliminary draft of white paper (containing full proposed education campaign) to be submitted for internal team review
NLT 21 July	<ul style="list-style-type: none">• Suggested revisions to be submitted by team in collaborative document• Status update to be submitted to Director Merck by Project Manager
NLT 26 July	<ul style="list-style-type: none">• Final revised draft of white paper to be submitted