

# IMPACT OF MEGATRENDS ON REPRODUCTIVE RIGHTS THROUGH THE LENS OF FAMILY PLANNING

## Strategic foresight

A structured and systematic way of using ideas about the future to anticipate and better prepare for change. It is about exploring different plausible futures that could arise, and the opportunities and challenges they could present. We then use those ideas to make better decisions and act now. Foresight can support government policy-making in the following main ways:

**Better anticipation:** to better anticipate changes that could emerge in the future.

**Policy innovation:** to reveal options for experimentation with innovative approaches.

**Future-proofing:** to stress-test existing or proposed strategies and policies.

## Foresight

does not predict the future, but rather explores the range of plausible futures that may emerge. It is one of the best tools to support open policymaking.

In the backdrop of global changes, one of the key aspects of family planning programme implementation is to understand the global megatrends that shape economic and social landscape of the country. The Review is the first step towards establishing a culture of “strategic foresight,” which is the combination of “futures thinking” and strategic management. The significance of this culture for the public health management and governance has transpired in the context of the pandemic when “the world has suddenly changed” and the new challenges had to be addressed in a completely different environment. Such abrupt changes are likely to become “a new normal” starting from today. It means that the “strategic planning” methods acceptable and practicable in a more stable and linear world, are gradually replaced by “strategic foresight” with a higher level of creative approaches. From now on, it will require to take



## Forecasting

is the process of making predictions about the future, based on past and present data and the analysis of trends.

## Megatrend

is a general direction of development, consisting of several phenomena, or a wide-ranging process of change. They are often considered to occur at the global level and development is often believed to continue in the same direction. Megatrends are not surprising: they are familiar things, changes that are already happening today and highly likely to continue happening tomorrow. They provide a useful view of broad future changes that can be narrowed down by focusing on more detailed trends, weak signals and the analysis of tensions.

## Mega - Macro - Micro

Each megatrend affects the macro-level of the state and society, but interactions with the megatrends always happen at the "micro-level" - through the specific actions, policies, research, products, etc.

## Recommendations

The megatrends review process identified three key areas that require actions for positive changes in *family planning and reproductive health in Kyrgyzstan*: research, policy and strategic partnerships.

account of the emergence of unexpected or new factors with disruptive effects ("black swans," disruptive innovations, etc.). Thus, the strategy and foresight go hand in hand and are constantly checked against the development dynamics of new technologies that can improve and enhance foresight and the prototyping of the end products and services through "user experience" (i.e., citizens' or taxpayers' experiences).

Family remains the starting point of every individual's life. One of paramount aspects of healthy, successful and strong family relations is family planning, which is normally understood as the ability of an individual or a couple to anticipate and have the desired number of children and spacing and timing of their births. The right to family planning – for responsible and mature parenthood – is an internationally recognized right of every person. Family planning is based on birth of wanted children in the optimal timing for a woman and a man, and on opportunity to define spacing between the births of their children. By planning a birth of every child, the couple reduces the risk of unwanted pregnancy and risks of maternal mortality. This addresses the issue of abortion as a birth control method resulted from an unintended pregnancy.

A thought-out system, cultural values and principles of family planning have impact on reproductive health of men and women and on society in general in the long haul. Analysis of megatrends and scenario planning for *family planning and reproductive health* (FPRH) development has to go through the lens of five factors:

1. Planned childbirth
2. A wanted child
3. Birth intervals ("intergenetic interval")
4. Access to FPRH services
5. FPRH policy

As of late 2020, the following five global megatrends can shed light on the situation in FPRH in the Kyrgyz Republic:

- I. Demography and external migration
- II. Urbanization and internal migration
- III. Healthy lifestyle and increasing longevity
- IV. Technology and economic development
- V. Governance and inequality

All five megatrends affect the FPRH area through their "drivers" (sub-trends) with wide-ranging impact. This impact can be visualized as a macro forecast through scenario building. This way one can create a prototype of the future product, service or technology. This prototype then can be analyzed for new opportunities and unmet needs.

## **I: Demography and external migration**

Drivers ("sub-trends") with wide-ranging impact	<ul style="list-style-type: none"> <li>•Increasing longevity</li> <li>•Feminization of migration</li> <li>•Birth rate decline</li> <li>•Growing inequality</li> <li>•Gender stereotypes</li> </ul>
Visualizing the roadmap of sub-trends (drivers) through scenario building and macro forecast	<b>Increasing share of aging population puts the stress on the healthcare system. The systemic attention to and work on FPRH may make population stay healthy and ensure a high level of human development in the country</b>
Impact on future product, service or technology	<b>Development and introduction of new FPRH services, expanding services for women migrants, informing (awareness raising) citizens in migration on the long-term risks of ignoring the issues of FPRH and on opportunities to receive services</b>
Opportunities and unmet needs	<b>Human development efforts, informing migrants, training of service providers, partnership with NGOs and private sector actors in provision of contraceptives, services and protection of reproductive human rights</b>

## **II: Urbanization and internal migration**

Drivers ("sub-trends") with wide-ranging impact	<ul style="list-style-type: none"> <li>•Fluctuations of fertility rate per woman</li> <li>•Raising educational level</li> <li>•Expansion of an outlook</li> <li>•Changing inequality dynamics</li> </ul>
Visualizing the roadmap through scenario building and macro forecast	<b>Moving to the city broadens an outlook and raises expectations of families, including in the area of family planning and reproductive health services</b>
Impact on future product, service or technology	<b>Emergence of new approaches and types of services through self-organization of citizens, private and nongovernmental sectors</b>
Opportunities and unmet needs	<b>Use of media platforms to inform and solicit feedback on FPRH services in new (and vulnerable) residential areas and in the country in general</b>

### III: Healthy lifestyle and increasing longevity

Drivers ("sub-trends") with wide-ranging impact

- Maternal mortality
- Access to medical services and contraceptives
- Healthcare sector policies

Visualizing the roadmap through scenario building and macro forecast

Promotion of the healthy lifestyle with a focus on intergenerational intervals leads to healthy maternity as a prerequisite for the wellbeing and development of a family, and in the end - to healthy aging

Impact on future product, service or technology

Media and information platforms, promotion of the healthy lifestyle and big data projects for healthcare and education sectors

Opportunities and unmet needs

Revision of a paradigm of public service delivery and partnership between the state, civil society and private sectors, as well as the incentives for childbearing with healthy intervals

### IV: Technology and economic development

Drivers ("sub-trends") with wide-ranging impact

- Growth of big data
- Technological development
- Gignomics
- Demography
- Legacy institutions and infrastructure
- Individualized medicine and education

Visualizing the roadmap of sub-trends (drivers) through scenario building and macro forecast

Virtualization of public services and enhancing inclusion in health care, including the private and nongovernmental sectors

Impact on future product, service or technology

Online services, applications, chatbots and platforms for FPRH designed and developed by non-governmental and private sectors, with the coordinating role of the state

Opportunities and unmet needs

The risks of the digital barrier and new types of inequality can be mitigated through the promotion of healthy lifestyles, education and media platforms

### V: Governance and inequality

Drivers ("sub-trends") with wide-ranging impact

- Growth of civic engagement
- Globalization of civil society and business
- New types of inequality
- Clash of cultural norms

Visualizing the roadmap of sub-trends (drivers) through scenario building and macro

New social contract, the state is creating an ecosystem for FPRH services provision by the civil society and private sector actors

Impact on future product, service or technology

Digital technologies bring about new opportunities in education, healthcare, banking, and public service delivery as a whole

Opportunities and unmet needs

Restructuring and adaptation of approaches to promoting healthy lifestyles and educating a new generation of managers and specialists in FPRH through network organization of labour and interactions