

# Towards Sustainable Social Urban Growth: The Effectiveness of Population Management Program – Family Planning Services of Valenzuela City

Ramces M. Dili<sup>1</sup>, Francez Justine A. Almazan<sup>1</sup>, Anne Laura D.T. Fabroa<sup>1</sup>, Jamaica T. Torrejos<sup>1\*</sup>

<sup>1</sup>Department of Political Economy, College of Political Science and Public Administration, Polytechnic University of the Philippines, Philippines

\*Corresponding author: jmctorrejos@gmail.com

**Abstract:** The rapid population growth rate is one of the significant challenges to sustainable development, particularly in an urbanized area of Valenzuela City. Hence, this study aims to evaluate the family planning services of the Population Management Program towards sustainable social urban growth. A mixed-method approach entailed incorporating both qualitative and quantitative analyses. The challenges identified are limited funding, cultural and religious resistance, service accessibility, and inadequate information on family planning services. The study highlighted the significance of PMP Collaborative Governance Framework in interlinkages between institutions of governments, local communities, and academia in building leadership and operational efficiency in population management that can improve delivery of family planning services as well as greater socio-economic benefits of urbanization. The findings of this study showed that services rendered by the family planning program have actually led to increased knowledge in reproductive health, smaller size of households, and socioeconomic conditions of the clients of the three highly dense barangays of Valenzuela City. Collaborative governance is thus deemed an enabling tool that multi-sectoral partnership and community development activities towards sustainable social urban growth. This study provided program action plans for strengthening family planning services under the PMP, emphasizing collaborative practices and community sustainable development through framework. By filling gaps among stakeholders, the PMP can be a model for other fast-growing cities in the Philippines. These findings are essential for policymakers, practitioners, and researchers seeking to reduce the negative impacts of rapid urbanization while promoting socio-economic equity and sustainable development.

**Keywords:** Population Management Program, sustainable social urban growth, collaborative governance, rapid urbanization, socio-economic equity

Conflicts of interest: None

Supporting agencies: None

Received 17.07.2025      Revised 22.08.2025      Accepted 27.10.2025

**Cite This Article:** Dili, R.M., Almazan, F.J.A., Fabroa, A.L.D.T., & Torrejos, J.T. (2025). Towards Sustainable Social Urban Growth: The Effectiveness of Population Management Program – Family Planning Services of Valenzuela City. *Journal of Multidisciplinary Research Advancements*, 3(2), 59-67.

## 1. Introduction

In most developing countries, such as the Philippines, population growth highly stimulates economic growth (Simon, 1981). Moreover, the concentration of economic opportunities in urban cities has resulted in urban growth, which, as defined by Preston (1979), is an occurrence where there is a natural increase in urban population, predominantly happening in developing countries. Adding further, the increase in urban population size often comes with the pace of urbanization (Avis, 2016). However, in the past decades, it has been evident that the rapid population growth of developing countries has failed to attain the increased rate of their national income per capita, social welfare, and working-age population. Barbier (1989) and Turner (1993) suggest that to mitigate circumstances that hamper the development of cities—rapid and unsustainable population growth—policymakers must base their development plans on a comprehensive measure set including education, health, and quality of life.

Sustainable Social Urban Growth (SSUG) refers to the improvement of societal welfare within urban spaces through the integration of the principles of sustainability in the implementation of urban development programs. With sustainable social urban growth, people can live well in an environment that is pleasant, just, and in harmony with the environment (Dili, et al., 2025). Additionally, they stated that a high degree of sustainability minimizes the ramifications of rapid urbanization on the natural system. The indicators for measuring the sustainability degree in the population growth of urbanized settlements, as listed by Portnov and Pearlmutter (1999), are: (1) the overall rate of population growth; (2) the percentage change of urban population in the area; and (3) the average rate of net migration. Hence, The New York Times (1974) stated that when the governments of developing countries establish and prioritize their population management within the context of socioeconomic development, they can also mitigate their national issues in terms of underdevelopment, underemployment, malnutrition, and rapid population growth.

In line with this, the population in Valenzuela City, Philippines, displayed a trend of continuous soaring increase in population growth — from a population of 150,605 in 1975 to 568,928 over 32 years later (CEIC, n.d.). On the other hand, in the early years of the population management program implementation, the growth rate was relatively slower than in the past recent years. Nevertheless, the Philippine Atlas also reports that there is a downward trend in the average household size in Valenzuela City since 1990 — in its more recent data, from a 4.17 average household size in 2010, it went to 4.05 in 2015. This is lower than the reported average of the Philippines at that time, which was 4.4 (Statista, 2023).

Moreover, towards the promotion of social welfare and reinstatement of dignity, the city government of Valenzuela spearheaded its own model of the Population Management Program. This initiative was made precisely to sustainably manage the population growth in the city due to the rapid population growth that was seen before its implementation. Population management programs implemented by the PMO consist of advocacy and information campaigns and activities, barangay family planning services and counseling, accessible surgical procedures, and free commodities. This serves as Valenzuela City's recognition of its responsibility to ensure that its constituents are provided with tools to help them make better decisions for their families and society. The objectives of PMP include the enhancement of the local policy environment supporting reproductive health (RH) and family planning (FP) programs for the poor and vulnerable and increasing the capacity of the local government to ensure a stable, safe, free, and effective supply of RH and FP commodities.

However, there are few to no studies conducted evaluating this program under this specific initiative. Discerning the effectiveness of family planning services implemented through the Population Management Program of Valenzuela City, together with the collaboration of its citizens in the program's operation, may contribute to the conceptualization and improvement of family planning services spearheaded by government institutions and health care workers, as well as in the studies to be conducted by future researchers. Therefore, the study evaluated the effectiveness of family planning services under the Population Management Program of Valenzuela City, identifying challenges, and gauging community views and responses. This research is essential for informing future policy decisions and ensuring sustainable social urban growth.

## 2. Materials and methods

The study was conducted in Valenzuela City, where the family planning services under the Population Management Program (PMP) are implemented. The data was collected from three barangays with the highest household density, reported by the Local Government of the City in their 2023 Ecological Profile, namely: Palasan, Pariancillo Villa, and Arkong Bato. The degree of population density in the selected barangays was most helpful in determining if the objectives were met. On the other hand, to assess the effectiveness of the PMP, this study utilized a mixed-method research design — particularly the mixed-method evaluation design. The sources of the data were collected through the available government documents, existing related literature, interviews with the key informants, and surveying the respondents. As per the government documents, the researchers approached the city health office, where the PMO is situated, for the accessibility of the files they may deem necessary for the conduct of this study. Researchers collected government documents that were most helpful in the successful fulfillment of the study. This included LGU ordinances, laws related to the study, and other government documents that reinforced the depth of the research. As for where the data was extracted, 304 respondents were selected through the Purposive Sampling Technique. The indicators of this sampling technique were the following: length of residency, which is at least 5 years; respondents should be at least 18 years old during the population boom in Valenzuela City in 2020; they should be active participants in the programs launched by the Population Management Office (PMO). The data gathered from these respondents were analyzed and interpreted through the measures of frequency distribution and variability. Since the data from respondents was insufficient, key informants were also approached for data gathering. The key informants in this study were the academics, policymakers, and implementers. As per Valenzuela City Ordinance No.60, the officers-in-charge in the Population Management Office (PMO) were the: PMO Head of Office, PMO Assistant Head of Office, Population Management Office III, and the barangay representatives. Although there are other administrative personnel in the office, the researchers chose the barangay health workers and barangay health councilors since their direct contact with the implementation of programs and the operation of the office was most helpful in evaluating the effectiveness of the family planning services.

### 3. Results and discussion

#### 3.1. Family Planning Services in Promoting Residents' Welfare

Family Planning Services are crucial in promoting the welfare of the residents. As the National Academies Press (2001) stated, these services help in bolstering the improvement of social factors, such as better access to education, health, and employment. The administered survey particularized these factors to evaluate whether the impact of family planning services in the context of Venezuela holds the previously mentioned statement true.

In terms of basic literacy, the respondents generally agree that the family planning services effectively enhance their knowledge regarding responsible parenthood and reproductive rights. This reflected the alignment of the program to the guiding principles of the Republic Act 10354, or *The Responsible Parenthood and Reproductive Health Act of 2012*. Specifically, it adheres to Section 3(c) which states that providing universal access to medically safe, non-abortifacient, effective, legal, affordable, and quality reproductive health care services, methods, devices, and supplies are in line with the state's duty to promote the right to health, responsible parenthood, social justice, and full human development. Furthermore, the program demonstrates compliance with Section 3(f) which states that the state shall promote and provide information and access, without bias, to all methods of family planning services. Moreover, the World Health Organization (WHO) mentioned that ensuring access to these services advances several human rights, including freedom of opinion, expression, choice, and the right to education. Thus, providing these services increases the knowledge of responsible parenthood and the reproductive rights of the beneficiaries (Kumar et, al. 2024).

**Table 1:** Family Planning Services in Promoting Resident's Welfare

Statement	Mean	Standard Deviation	Verbal Interpretation
<b>Basic Literacy Rate</b>			
The family services offered by the Population Management Program contribute in enhancing your basic literacy rate regarding responsible parenthood and reproductive rights.	4.61	0.81	Strongly Agree
The family planning services under the Population Management Program affected your family's ability to plan for the number of children you want.	4.39	1.17	Strongly Agree
<b>Availability of Health Services</b>			
The accessibility and availability of health services provided through the family planning services for your family are sufficient.	4.48	0.86	Strongly Agree
The quality of health care you receive in the family planning services caters to your needs and concerns regarding responsible parenthood and reproductive rights.	4.60	0.77	Strongly Agree
<b>Nutritional Status</b>			
The family services provided by the Population Management Program contribute to improving the nutritional status of your family members.	4.42	0.92	Strongly Agree
<b>Income Level Status</b>			
The family services offered by the Population Management Program improved the income level and financial well-being of your family.	4.24	1.18	Strongly Agree
<b>Housing Condition</b>			
The family services offered by the Population Management Program enhanced the housing conditions of your family.	4.45	0.94	Strongly Agree
<b>Overall</b>	4.46	0.95	Strongly Agree

Table 1 revealed that the majority of respondents believe the program positively affects their family planning decisions and influences their family's ability to plan the number of children desired. The findings indicate a high level of satisfaction with the quality of services provided. This shows that the program is in line with achieving Sustainable Development Goals,

particularly SDG 10: Reduce Inequalities by addressing the needs of the people, specifically those of women, the poor, and the marginalized. Furthermore, some studies support the finding that family planning services address the needs and concerns of the people with regards to responsible parenthood and reproductive rights (Cottingham et. al. 2012; Mbizvo and Phillips, 2014; Newman and Feldman-Jacobs, 2015). As one of the key informants mentioned, providing the needs of the community extends far more than just a family planning program and other related services. It includes a targeted approach based on residents' socioeconomic status, cultural aspects, and religious beliefs of the community. The findings on the fifth statement on whether the family planning services contribute to the improvement of the family's nutritional status suggest a positive but somewhat varied perception of the program's impact on nutrition. This shows that the program is in line with the 1987 Constitution which states that the state shall promote the right of children to proper nutrition. Furthermore, this reflects that the program helps with achieving the Sustainable Development Goal, particularly Target 2.2 to end all forms of malnutrition. The findings on the sixth statement, which evaluates whether the family planning services have helped improve the family's income and financial situation, state that while most respondents perceive a positive effect on financial situations, the impact may be less consistent across families. This finding aligns with Article 2, Section 9 of the 1987 Constitution which states that the state shall free the people from poverty through implementing policies that provide adequate social service, a rising standard of living, and an improved quality of life for all. Finally, the seventh statement assesses whether the family planning services have contributed to the condition of the family's home. The findings suggest a positive evaluation of the program's effect on housing conditions, with some variation in the responses. The interpretation reflects the generally positive assessment, but the variability shows differing experiences among respondents. Universal access to family planning services primarily benefits poor households by narrowing the gap between rich and poor families. It is associated with better nutrition, improved health, and enhanced educational opportunities for children while enabling couples to plan their family's futures more effectively (Canning and Schultz, 2012; Kumar et al., 2024).

This indicates that family planning services under the Population Management Program are generally seen as contributing positively to the welfare of residents. This includes improvements in literacy, health, nutrition, income, and housing. While the mean scores are consistently high across all statements, the standard deviations suggest some variability in the respondents' experiences, implying that the impact of the program may vary between families or communities. Nonetheless, the overall assessment highlights the significant role that the program plays in promoting the welfare of Valenzuela City residents.

## 3.2. Collaborative Governance Practices within the Population Management Program

### PMP Collaborative Governance under Principled Engagement

Principled Engagement in the context of collaborative governance pertains to the enactment of standardized operating procedures and strategic actions to build a better connection with the communities — these aid in the overall effective implementation of programs and policies.

Key informants in this study believe that family planning services under the Population Management Program are essential for the effective implementation and achievement of the program's objectives of promoting their residents' welfare and reinstatement of their dignity. They also emphasized that these services are crucial for controlling and stabilizing the population growth of Valenzuela City, which is key to the city's sustainable urban development. This is in concurrence with the World Economic Forum's (2018) position on family planning which they stated plays a vital role in population management. Scholarly produced literature and the results derived from the interviews with key implementers prove the essentiality of family planning services in the population management program. Furthermore, to ensure that the services meet their objectives, specific implementing regulations have been identified as effective in addressing the challenges and barriers in the operation of family planning services. These include standard operating procedures, regulation of the program's accessibility, free family planning services, mandatory training and capacity-building for healthcare providers, community education and awareness programs, regulations on monitoring, data collection, and evaluation, and policies on privacy and confidentiality.

### PMP Collaborative Governance under Joint Capacity

Joint Capacity in the context of collaborative governance means ensuring the program is inclusive, accessible, and culturally sensitive to make certain that the relationship between communities and implementing institutions reinforces the efforts toward materializing sustainable social urban growth.

The key informants in this study emphasize the initiatives of the implementers aimed at making family planning services more accessible and inclusive, with the goal of effectively improving the welfare of community members. These initiatives not only provide a convenient means of delivering products and services but also highlight the importance of building knowledge and trust with residents. Furthermore, the key informants recognize the need to involve more men and youth to strengthen the implementation of the program. Providing services that cater to the specific needs of the youth can help reduce teenage pregnancies. Additionally, since traditional and modern contraceptives have primarily been used by women,

promoting the engagement of men will help ensure a more balanced gender participation. The key informants also stress the importance of leveraging digital tools to improve service delivery and monitor resident engagement. As religious beliefs continue to significantly influence the acceptance of family planning services, the key informants highlight the importance of respecting these beliefs while promoting the program. They stress the need for culturally sensitive education, one-on-one counseling, and shifting the narrative of family planning services. Instead of solely focusing on limiting family size, it should be framed as an essential part of responsible parenthood, contributing to the overall health and well-being of families. Additionally, the key informants recognize the importance of partnering with religious leaders to present family planning not as opposing the church, but as complementary to its values. Although several key informants acknowledge the influence of religious beliefs on the acceptance of family planning services, each barangay representative negates the notion that religion significantly affects the utilization of these services. The perceptions of the key informants towards family planning services vary, as each barangay employs different approaches to motivate its residents. It is important to emphasize that barangay representatives work directly with the community, making their insights more reflective of the residents' perspectives. Furthermore, this is reinforced by the residents, as more members of religious groups have become increasingly accepting of this program.

### **PMP Collaborative Governance under Shared Motivation**

Shared motivation in the context of collaborative governance pertains to the strategic interagency partnerships and alliances that will help institutions and communities to better achieve their shared objectives. Thus, PMP family planning services interlinked with national health targets assure strong program consistency and quality through collaboration with such health institutions as the City Health Office and the Department of Health (DOH). Other NGOs, such as DKT Philippines and the Family Planning Organization of the Philippines, do their part by sharing with the local population easy access to contraceptives, education, and campaign advocacy. These partnerships contribute to the mobilization of resources and knowledge that assures sustainability and effectiveness in the programs themselves. Capacity building and technical support are also important factors in program implementation. Training by health institutions ensures that services provided for family planning are conducted ethically and effectively. Targeted interventions such as sterilization procedures address specific needs for contraceptive use. It was further emphasized that the decisions made in the agencies are data-based, and for instance, the Commission on Population ensures technical support for policies and programs to meet community needs. However, bureaucratic barriers, logistic constraints, and accessibility barriers within PMP family planning services to populated dense areas create an interruption in the smooth delivery of services, and coordination is required along with targeted outreach strategies.

This would indicate the importance of family planning in sustainable development because it integrates with general urban planning, social services, and public health policy. Its consistency with urban growth is ensured through a partnership with the Valenzuela City Planning and Development Office, while it is integrated with broader support systems for low-income families through a partnership with the Valenzuela City Social Welfare and Development Office. The planning is gender-responsive, underpinned by GAD funds, and stresses inclusivity and empowerment. These results reflect that family planning is a public health priority but also an integral component of sustainable urban development that addresses issues of overpopulation and resource management while ensuring long-term benefits for society.

### **3.3 Effectiveness of Family Planning Services**

The effectiveness of family planning services under PMP was determined through surveys and validated by the key informants of this study. The results show that FPS was able to address the needs of the residents. This underscores the positive feedback from the respondents regarding the program's role in enabling them to take control of their lives, efficiently budget their finances, and free them from the financial burden of raising a family that they cannot sustain. It can be inferred that FPS provides the necessary tools for people to limit the size of their families, which in turn provides them with more opportunities in life, improves their family's health, and brings them closer to financial freedom—ultimately leading to a prolonged life expectancy.

**Table 2: Effectiveness of Family Planning Services**

<b>Statement</b>	<b>Mean</b>	<b>Standard Deviation</b>	<b>Verbal Interpretation</b>
The family planning services under the Population Management Program effectively address the needs of the residents in Valenzuela City.	4.72	0.66	Strongly Agree

The family planning services are effective and essential in promoting gender equality and women empowerment.	4.63	0.75	Strongly Agree
The family planning services created positive impacts on the socio-economic status within your household.	4.45	0.94	Strongly Agree
In your observation, the PMP family planning services contribute to attaining sustainable social urban growth in Valenzuela City.	4.67	0.68	Strongly Agree
Overall	4.62	0.76	Strongly Agree

Furthermore, FPS were also found to be effective in promoting gender equality and women's empowerment. One of the key informants in this study stated that women were able to gain autonomy over their bodies and reproductive decisions through this program. Women in Valenzuela were presented with more opportunities to join the workforce and pursue broader life goals, which not only improved the economic welfare of their families but also that of the city as a whole.

Additionally, the findings of this study indicate that FPS positively improved the socio-economic conditions of families in the city. However, it should be noted that the higher standard deviation suggests variability in individual experiences, meaning that some households may perceive these benefits less than others. As mentioned previously, the tools provided to residents for better family planning have helped them take control of their lives—freeing them from deepening financial burdens by limiting household size—and, in doing so, improving their socio-economic welfare.

Lastly, FPS were determined to be effective in achieving sustainable social urban growth in Valenzuela City. Sustainable social urban growth refers to growth within the acceptable environmental limits in urban spaces. According to the respondents and key informants, the multifaceted approach to managing the population enabled the city to achieve better urban planning and more efficient resource allocation, which, in turn, improved the welfare of its citizens and contributed to more sustainable urban growth. In general, FPS under PMP are widely perceived as effective in meeting the needs of residents, promoting gender equality, improving socio-economic conditions, and supporting social urban growth in Valenzuela City.

### 3.4. Challenges Under the Implementation of Population Management Program

Given that Valenzuela City has densely populated areas, the Population Management Program is one of the most significant local program initiatives. It gives families access to family planning and education, but in spite of its ambitious objectives, the program continues to face issues that have overshadowed its achievements. In line with this, Valenzuela Barangay Health Centers led grassroots efforts to make family planning accessible to the residents. Regular seminars, door-to-door consultations, and focused family planning services have been geared to foster an atmosphere of awareness. Success is reflected in the survey results under Table 4. The residents showed a high awareness of family planning services. This points to the effectiveness of accessible information and barangay-level efforts in promoting community awareness of family planning services.

**Table 3:** Challenges Under the Implementation of the Population Management Program

Statement	Mean	Standard Deviation	Verbal Interpretation
Your family is well-informed about the availability and benefits of family planning services.	4.38	0.99	Strongly Agree
The provided family planning services information is clear and easy to understand.	4.67	0.70	Strongly Agree
The provided family planning services meet the specific needs of different age groups-late childhood to late adulthood-within your community.	4.33	1.00	Strongly Agree

There are sufficient available family planning resources and activities (e.g., educational materials, contraceptives, seminars) that are given and conducted to your community.	4.37	0.91	Strongly Agree
The PMP clearly addresses cultural and religious concerns related to family planning in your community.	4.34	0.93	Strongly Agree
The locations of offered family planning services under PMP are convenient for your family.	4.53	0.85	Strongly Agree
Overall	4.44	0.90	Strongly Agree

**Table 4:** Types of Challenges Under the Implementation of the Population Management Program

Types of Challenges	Frequency
Lack of information	73
Insufficient family planning methods	25
Inconvenient service locations	38
Discrimination	25
Body side effects of birth controls	20

However, Table 4 shows that the lack of access to information on family planning is a huge challenge. Although the PMP has exerted much effort in providing counseling and guidance at the barangay level, it has not been able to effectively disseminate the campaign to the grassroots segments of the population. Barangay councils additionally recommended that special funds, determined during the budgeting planning, were meant to be used by local governments to guarantee necessary reserves needed to finance events helping towards participants' mobilization, and awareness-building activities. These operational challenges impede the ability to respond effectively to community needs, hence posing a challenge to the necessity of addressing resource and workforce limitations with regard to improvements in services provided on family planning. Moreover, high-density areas often benefit from well-equipped health centers and consistent contraceptive supplies. This indicates that the provision of health services, like family planning, is somewhat directly dependent on the state of barangay health centers. Otherwise, the findings point out the limitations of adolescent activities and male engagement. It highlighted peer-based education and confidential counseling, but still, these requirements of the residents would call for the normalization of the males through lectures like KATROPA, Kalalakihan Tapat at Responsable sa Obligasyon at Pamilya. In return, this would result in joint responsibility in family planning. In accordance with the provision under Section 14 of RA 10354, age-and-development-appropriate reproductive health education shall be included in the family planning activities that mainly tackle family value formation and adolescent protection from early pregnancies. On the other hand, the social stigma and discrimination experienced by some respondents present another critical barrier to the success of the PMP. The program's advocacy campaigns, while addressing these issues to some extent, have not fully dismantled entrenched norms that discourage contraceptive use and propagate misinformation. This requires more effective community involvement strategies that will be proud of participatory approaches as well as cultural competencies.

The overall implementation of family planning services under PMP still poses a number of challenges for the stakeholders. The residents mainly face problems with access issues in densely populated areas where the services may become overwhelmed. Cultural and religious concerns affect the utilization of services while, on the other hand, financial constraints can limit access despite subsidized options available. Information gaps and misconceptions about family planning methods present a challenge for long-term education efforts. From an implementation perspective, limited resources often reduce the potential capacity to deliver services. Issues with staff capacity and cultural resistance also pose considerable problems in executing programs of this nature. Cultural and societal barriers strongly determine the success or failure of such programs. Religious beliefs can influence family planning decisions, and traditional family values may be contrary to modern family planning approaches. Gender roles affect decision-making processes, and misconceptions about family planning methods can prevent participation. Community pressure, especially in conservative areas, can deter access to services. Therefore, by addressing these challenges with successful strategies, Valenzuela City is in a good

position to strengthen its family planning program toward better health outcomes for sustainable urban development in Valenzuela City.

## 4. Conclusion

Scholars believe that rapid population growth hinders the socioeconomic development of a country. In response, more and more government institutions have adopted population management policies to curb this geometric increase. One such initiative is Valenzuela City's Population Management Program (PMP), in adherence to the Population Act of the Philippines. Family planning services under the PMP equip families with the tools they need to make better, informed decisions regarding family planning and spacing. As a result, families have been able to meet their needs, improve their socioeconomic status, and gain health benefits. Furthermore, the program has contributed to the city's efforts toward gender equality, enabling women to access more opportunities, join the workforce, support their families, and gain financial independence. However, challenges such as an insufficient workforce, budget limitations, and low male participation in the programs persist. Despite these issues, controlling the population through this initiative promotes sustainable social urban growth by contributing to better urban planning, resource distribution, and community stability.

Thus, the authors provided an action plan to strengthen the Population Management Program — Family Planning Services of Valenzuela City. The action plan aims to address the gaps between the policymakers, implementers, and the residents to foster collaborative practices and community-centered development. From the findings derived from this study, the researchers were able to determine that there are still persisting challenges in the implementation of the Population Management Program, and more particularly, in the Family Planning Services. Among the most crucial issues were identified as the incapacitated workforce from local government offices responsible for the program's implementation due to the confines of a paper-driven document management system. This problem was cited by multiple employees the researchers conversed with, they stated that this paper-driven document system and their being in the early stages of their transition towards digitalization have strained their workforce, especially the lack of manpower in their IT department. Furthermore, respondents of this study also informed the researchers that due to the irregularity of operations in their barangays, they were not able to secure their contraceptives or avail of the services they needed, resulting in them having to buy their prescriptions in the pharmacy — this is counterproductive to the objectives of PMP to provide free and accessible contraceptives, reproductive health, and family planning services to their residents. Lastly, key informants of this study also revealed that there is a rise in the number of teenage pregnancies in the locality — that was also evident from the chance encounters of the researchers with the residents in the area during their period of data collection. They mentioned that it was the lack of targeted interventions and programs for adolescent groups. Hence, this study suggests the digitalization of the databank pertinent to the efficient operation of the population management program, monthly feedback survey on dispensed contraceptive pills and family planning services, increasing supply of contraceptives, regularized operations in 3s and health centers, and preventive early pregnancy measures through seminars and provision of contraceptives to adolescent citizens as a means to strengthen the family planning services.

## References

Avis, W. R. (2016). Urban Governance - Key Definitions. GSDRC - Governance, Social Development, Conflict and Humanitarian Knowledge Services. <https://gsdrc.org/topic-guides/urban-governance/key-definitions/>.

Barbier, E. B. (1989). The contribution of environmental and resource economics to the economics of sustainable development. [ideas.repec.org](https://ideas.repec.org/a/bla/devchg/v20y1989i3p429-459.html). <https://ideas.repec.org/a/bla/devchg/v20y1989i3p429-459.html>.

Canning, D., & Schultz, P. (2012). The economic consequences of reproductive health and family planning. *The Lancet*, 360(9837).

CEIC Data Company Limited. (n.d.). Philippines Population: NCR: Valenzuela. CEIC. <https://www.ceicdata.com/en/philippines/population-and-population-density-census/population-ncr-valenzuela>

Cottingham, J., Germain, A., & Hunt, P. (2012). Use of human rights to meet the unmet need for family planning. *The Lancet*, 380(9837), 172–180. [https://doi.org/10.1016/s0140-6736\(12\)60732-6](https://doi.org/10.1016/s0140-6736(12)60732-6)

Kumar, R., Anwar, M., Naeem, N., Asim, M., Kumari, R., & Pongpanich, S. (2024). Effect of health education on knowledge, perception, and intended contraceptive use for family planning among university students in Pakistan. *Scientific Reports*, 14(1). <https://doi.org/10.1038/s41598-024-79550-5>.

Mbizvo, M. T., & Phillips, S. J. (2014). Family planning: Choices and challenges for developing countries. *Best Practice & Research Clinical Obstetrics & Gynaecology*, 28(6), 931–943. <https://doi.org/10.1016/j.bpobgyn.2014.04.014>.

National Academies Press. (2001). *Health and behavior: The interplay of biological, behavioral, and societal influences* (2001). [nationalacademies.org](https://www.nationalacademies.org/read/9838/chapter/2). <https://www.nationalacademies.org/read/9838/chapter/2>

Newman, K., & Feldman-Jacobs, C. (2015). FAMILY PLANNING AND HUMAN RIGHTS—WHAT'S THE CONNECTION AND WHY IS IT IMPORTANT? *Population Reference Bureau*.

Portnov, B. A., & Pearlmutter, D. (1999). Sustainable population growth of urban settlements: Preconditions and criteria. In Springer eBooks (pp. 37–59). [https://doi.org/10.1007/978-3-642-60171-2\\_3](https://doi.org/10.1007/978-3-642-60171-2_3)

Preston, S. H. (1979). Urban Growth in Developing Countries A Demographic Reappraisal. *Population and Development Review*, 5, 195-215. - References - Scientific Research Publishing. (n.d.). <https://www.scirp.org/reference/referencespapers?referenceid=3038539>.

Simon, J. L. (2019). The economics of population growth (Vol. 5403). Princeton University Press.

Statista. (2023). Average size of households Philippines 2000-2020. <https://www.statista.com/statistics/1298672/philippines-average-household-size/#:~:text=According%20to%20the%202020%20population,in%202015%20which%20was%204.4>.

The New York Times. (1974). “President and Rockefeller Remarks By,” 1974. Accessed January 3, 2023. <https://www.nytimes.com/1974/08/21/archives/remarks-by-president-and-rockefeller-ford-statement-news-conference.html>.

Turner, B. S. (1993). Outline of a theory of human rights. *Sociology*, 27(3), 489–512. <https://doi.org/10.1177/0038038593027003009>.

World Economic Forum. (2018). *The economic benefits of family planning*. <https://www.weforum.org/stories/2018/07/the-economic-benefits-of-family-planning/>.



Copyright retained by the author(s). JOMRA is licensed under a Creative Commons Attribution-NonCommercial 4.0 International License.