

## **World Population Day**

### **July 11**

The United Nations (UN) voted in 1990 to observe World Population Day on July 11 each year. The day was set aside to enhance awareness of population issues especially those related to environment and development. The world population is likely to be over 8 billion by the end of 2023!

Hunger and population are closely tied together. Although the world population has been increasing, since the 1960s, global growth in agriculture and food production has outpaced population growth. In spite of this, unequal distribution of food continues to contribute to food waste in some areas and famine in others. Addressing the health needs of families in the developing world, including through increased access to family planning, can help slow rapid population growth, improve the health of families, and enhance their food security.

The United Nations Population Fund believes that whether families are avoiding having children because of fear of a lack of resources, or having more children than they desire due to lack of knowledge, everyone should be able to make informed choices. The needs of both groups should be addressed.

The United Nations Population Fund was created in 1969 with the mission to “deliver a world where every pregnancy is wanted, every childbirth is safe and every young person's potential is fulfilled.”

<https://www.unfpa.org/about-us>

**Prayer:** God of all creation, we give thanks for the preciousness of each person born, for the sanctity of life, and the joy that new life brings. Grant us the energy and resources to help families negotiate the many factors and choices surrounding family planning. Inspire us to care for all creation so that all the world's people may be fed.

Amen

#### **Activities:**

1. Find out what family planning resources your local Planned Parenthood office has to offer.
2. Write to your government representatives asking them to consider the needs of young families including reproductive health and birth control, adequate and safe daycare, and early childhood education.
3. Make a conscious effort to curb your own food waste and pray for those who are food insecure.