



in early, primary, middle school, and secondary

The International Catholic Committee of Nurses and Medico-Social Assistants  
 Comité International Catholique des Infirmières et Assistantes Médico-Sociales (CICIAMS)  
 Oral Statement (3 minutes) Presented by Dr. Patricia Sayers DNP, RN  
 56<sup>th</sup> Session of the Commission on Population and Development  
 United Nations Headquarters New York, New York, USA April 10-15, 2023  
 Theme: Population, education and sustainable development  
 CICIAMS UN NGO Members: Mthethwa, R.K., Ruzicka, D., Arvonio, M., and Sayers, P.

**Commission Chair, Distinguished Panel Members, National Representatives, & Guests:**

Thank you for this opportunity to address member nations of the 56th Commission on Population and Development. Topics include 1) lifelong health education from early childhood to senior years including the role of individuals, families, schools, communities, and nations 2) breakthroughs in fertility care crossing multi-generational and cultural barriers, and 3) population dynamics and sustainable populations.

**Lifelong health education: individuals, families, schools, communities, and nations**

The aim of health education is to foster physical, emotional, social, and spiritual qualities integral to human health and happiness (Pope Paul VI, 1965). Curriculums consistent with “Natural Law”, solidarity, and subsidiarity cultivate individual talents, skill potential, sense of human dignity, and achievement of wholistic health (Catholic Church, 2000; Wright, K.S., 2017). Provisions are needed for special needs, vulnerabilities, and barriers to access. Incentives to sustain engagement include nutritious meals, health services, feminine hygiene privacy and products, and remote learning.

The UN Universal Declaration on Bioethics and Human Rights (2005) states “a central purpose of governments” is to promote “the health and social development for their people.” Article 14.2 ... “highest attainable standard of health is a fundamental right of every human being without distinction of race, religion, political belief, economic or social condition”. This right obligates health education to promote life, identify risks and benefits, strengthen autonomy, & render informed consent (Article 4, 5, & 6).

Parents / legal guardians are primary and principal educators of children. “Through family, children are led to companionship” with fellow members of society (Pope Paul VI, 1965, Section 5, para 1). Individual and community empowerment is key to success in *settings-based* health education (Stock, C., 2022). As life expectancy increases, cognitive affluence education for the elderly extends work years and societal productivity. Geo-mapping and digital education are tools for planning, delivering, and evaluating hot spots, and outcomes.

**Breakthrough in fertility care crossing multi-generational and cultural barriers.**

The Creighton Method of fertility care, is 95% effective, natural, risk free, easily taught from mother to daughter, father to son and crosses multi-generational and cultural barriers. (Pope Paul VI Institute, 2019). The current method of fertility care is suppression and hormonal manipulation via estrogen (a Class I carcinogenic) and progesterone (linked to blood clotting causing stroke and heart attacks in women).

NaproTECHNOLOGY is a scientific advancement. Research revealed “the normal and abnormal states... From these findings, NaproTECHNOLOGY *identifies problems and cooperates* with the menstrual and fertility cycles to correct the condition, maintain the human ecology, and sustain the procreative potential”. (<https://naprotechnology.com>)

### **Population dynamics and sustainable populations**

Lai (2016) reports fertility decline is the “driver” of the aging population. A dearth of young people contributing to society while elder populations life expectancy lengthen leads nations to post-dividend demographic winter. We propose immediate promotion of fertility and elimination of contraception and abortion mandates to enable by 2035 a healthy stream of young adults to rebalance the population age structure (CICIAMS, 2015-2017).

### **In Closing**

...A quote from St Mother Teresa’s (1994): "...Each child is created in the special image and likeness of God for greater things - to love and to be loved... our children are the only hope for the future. As older people are called to God, only their children can take their places." (February 3, 1994).

**Thank you: The International Catholic Committee of Nurses and Medico-Social Assistants from Africa, Asia, Europe, and the Americas.**

### **References**

American Cancer Society. (2016). Known and probable human carcinogens. International

Agency for Research on Cancer Group 1: Carcinogenic to humans. Retrieved from <https://www.cancer.org/cancer/cancer-causes/general-info/known-and-probable-human-carcinogens.html>

Catholic Church. (2000). The Natural Moral Law. *Catechism of the Catholic Church: revised in accordance with the official Latin text promulgated by Pope John Paul II*. United States Catholic Conference. Pp. 474-476

<https://www.usccb.org/sites/default/files/flipbooks/catechism/476/>

International Agency for Research on Cancer (IARC). Agents Classified by the *IARC*

*Monographs*, Volumes 1 – 114. 2015. Accessed at

[http://monographs.iarc.fr/ENG/Classification/List\\_of\\_Classifications\\_Vol1-114.pdf](http://monographs.iarc.fr/ENG/Classification/List_of_Classifications_Vol1-114.pdf) on October 27, 2015.

Lai, N.M. S. (2016). Global population age structures and sustainable development. United Nations Population Division. 1. Changing population age structure: disparities and drivers. Retrieved from

[https://www.un.org/en/development/desa/population/events/pdf/expert/25/2016-EGM\\_Nicole%20Mun%20Sam%20Lai.pdf](https://www.un.org/en/development/desa/population/events/pdf/expert/25/2016-EGM_Nicole%20Mun%20Sam%20Lai.pdf)

Pope Paul VI Institute for the Study of Human Reproduction. (2019a). Advantages of the system. Section 3. Creighton Model Fertilty Care System.

Retrieved from <https://www.creightonmodel.com/advantages.htm>

Pope Paul VI Institute for the Study of Human Reproduction. (2019b). Effectiveness of the system. Section 7. Creighton Model Fertilty Care System.

Retrieved from <https://www.creightonmodel.com/effectiveness.htm>

Pope Paul IV (1965) Declaration on Christian Education . *Gravissimum Educationis*,

Proclaimed by His Holiness Retrieved from

[https://www.vatican.va/archive/hist\\_councils/ii\\_vatican\\_council/documents/vat-](https://www.vatican.va/archive/hist_councils/ii_vatican_council/documents/vat-)

[ii\\_decl\\_19651028\\_gravissimum-educationis\\_en.html](#)

St. Mother Teresa of Calcutta. (1994). Whatsoever you do ... National Prayer Breakfast, Washington, D.C., USA February 3,1994. *Priests for Life*. Retrieved from <http://www.priestsforlife.org/brochures/mtspeech.html>

Stock, C. (2022) Grand challenges for public health education and promotion. *Frontiers in Public Health*. . doi: [10.3389/fpubh.2022.917685](https://doi.org/10.3389/fpubh.2022.917685) PMID: PMC9271747 PMID 35832282

The International Catholic Committee of Nurses and Medical Social Assistants. (CICIAMS, 2015-2017). Oral Statement: Realizing the future we want: Integrating population issues into sustainable development, including the Post -2015 Development Agenda. 48<sup>th</sup> Session Population Division, Department of Economic and Social Affairs, United Nations, NY, NY, USA. CICIAMS Executive Board and CICIAMS UN NGO Representative Team. Section: Fertility, Health, Child Spacing, and Individual/Family Health: Contributing author Staley, P para.2.

TherapeuticMD, Inc. (2018). Bijuva (estradiol and progesterone) capsules, for oral use Initial U.S. Approval, 2018. Warning: Cardiovascular disorders, breast cancer, endometrial cancer, and probable dementia. Estrogen plus progestin therapy (5.1). Patient counseling information and FDA approved patient labeling. reference. ID: 4341448. Issued 10/2018. [https://www.accessdata.fda.gov/drugsatfda\\_docs/label/2018/210132s000lbl.pdf](https://www.accessdata.fda.gov/drugsatfda_docs/label/2018/210132s000lbl.pdf)

United Nations Educational Scientific and Cultural Organization. (2005). Universal Declaration on Bioethics and Human Rights. Retrieved from [http://portal.unesco.org/en/ev.php-URL\\_ID=31058&URL\\_DO=DO\\_TOPIC&URL\\_SECTION=201.html](http://portal.unesco.org/en/ev.php-URL_ID=31058&URL_DO=DO_TOPIC&URL_SECTION=201.html)

US Department of Health and Human Services. Public Health Service, National Toxicology Program. Report on Carcinogens, Fourteenth Edition. 2016. Accessed at <http://ntp.niehs.nih.gov/pubhealth/roc/index-1.html> on November 3, 2016.

Wright, K. S., (2017). The principles of Catholic social teaching: A guide for decision making

from daily clinical encounters to national policy-making. [Linacre Q.](#) 84(1): 10–22.

doi: [10.1080/00243639.2016.1274629](https://doi.org/10.1080/00243639.2016.1274629) PMCID: PMC5375653 PMID: [28392595](https://pubmed.ncbi.nlm.nih.gov/28392595/)