Smaller Families, Healthier Families in Blantyre District

Family size matters for better access to social services and resources

- Population density in Blantyre City has doubled in the last two decades, from 1,514 to 3,007 people per km².
- 9 out of 10 households have an improved source of drinking water.

Benefits of family planning

- Smaller family size can help parents invest more in each child’s education and increase future employment opportunities. Slower population growth makes it easier to plan and manage improvements in social services and resources such as access to clean water, health care, and transportation.

Family size matters to the health and well-being of women and their families

Women have an average of 4 children each during their lifetimes, but they report that they would prefer to have between 3 and 4 children.

Benefits of family planning

- 1 in 8 women gives birth at home.
- 1 out of 2 married women use a method of family planning; 1 out of 3 reports using family planning to limit their births.
- 1 out of 10 women and 1 out of 11 men believe a husband is justified in hitting or beating his wife under certain circumstances.

Family size matters to the survival and welfare of children

- 1 out of 8 children under age 5 is underweight.

Benefits of family planning

- Family planning improves child survival by allowing couples to adequately space births and limit pregnancies. Babies who are born 3 or more years apart are more than twice as likely to survive as babies who are born less than 2 years apart. With smaller family sizes, parents are better able to provide adequate care and nutrition for their children.

In Malawi, 1 woman dies every 2 hours from maternal-related causes.

1 infant less than 12 months old dies every 9 hours in the district.

Among children under 5 years of age, there is 1 death every 5 ½ hours in the district.