Smaller Families, Healthier Families in Chikhwawa District

Family size matters for better access to social services and resources
• Population density in Chikhwawa District has increased by one-third in two decades, from 67 to 91 people per km².
• Three out of 4 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 6 to 7 children each during their lifetimes, but they report that they would prefer to have between 4 and 5 children.

Benefits of family planning
One in 6 deaths of women 15 to 49 years old is due to maternal-related complications. Family planning allows young women to delay pregnancies and avoid the health risks associated with early childbearing. A woman’s ability to space and limit births has a direct impact on her health and well-being. Children whose mothers die are less likely to thrive and complete school.

Family size matters to the survival and welfare of children

One 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 three or more years apart are more than twice as likely to survive as babies who are born less than two years apart. With smaller family sizes, parents are better able to provide adequate care and nutrition for their children.