Smaller Families, Healthier Families in Chiradzulu District

Family size matters for better access to social services and resources

- Population density in Chiradzulu District has increased by 1/3 in the last two decades, from 275 to 379 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

- 2 out of 3 women and 4 out of 5 men are literate.
- 1 out of 6 women and 1 out of 50 men are unemployed.
- Distance to the nearest health facility is a serious problem for 2 out of 3 women who try to get treatment when they are sick.

Benefits of family planning

- Smaller family size helps parents in their ability to space and limit births, which has a direct impact on their 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

- 1 in 7 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.