Smaller Families, Healthier Families in Mangochi District

### Family size matters for better access to social services and resources
- Population density in Mangochi District has increased by \( \frac{7}{3} \) in two decades, from 79 to 127 people per km².
- Four out of 5 households have an improved source of drinking water.

#### Benefits of family planning
- One out of 2 women and 3 out of 4 men are literate.
- One out of 2 women and 1 out of 12 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.

### Family size matters to the health and well-being of women and their families
- Women have an average of 7 children each during their lifetimes, but they report that they would prefer to have between 4 and 5 children.
- Two in 7 women ages 15-19 have begun childbearing.

#### Benefits of family planning
- One in 6 children under age 5 is underweight.
- Only 1 in 25 women and men complete secondary education.

### Family size matters to the survival and welfare of children
- 1 out of 6 children under age 5 is underweight.
- 1 out of 2 children under age 5 is stunted.

#### 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.

---

**Source:** National Statistical Office of Malawi, Population Projections Malawi.