Smaller Families, Healthier Families in Mulanje District

Family size matters for better access to social services and resources
- Population density in Mulanje District has increased by ¼ in the last two decades, from 204 to 256 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
- 9 out of 10 households use a form of wood for cooking; 1 in 20 has access to electricity.
- Only 1 in 30 women and 1 in 13 men complete secondary education.
- 2 out of 3 women and 4 out of 5 men are literate.
- 1 out of 5 women and 1 out of 11 men are unemployed.
- Distance to the nearest health facility is a serious problem for 2 out of 5 women who try to get treatment when they are sick.

Benefits of family planning
- 1 in 4 women gives birth at home.
- 1 out of 2 married women use a method of family planning; 1 out of 4 reports using family planning to limit their births.
- 1 out of 10 women and 1 out of 9 men believe a husband is justified in hitting or beating his wife under certain circumstances.
- 1 in 6 deaths of women 15 to 49 years old are 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
- 1 in 7 children under age 5 is underweight.
- 2 out of every three people in the district are under the age of 25.

Benefits of family planning
- In Malawi, 1 woman dies every 2 hours from maternal-related causes.

1 infant less than 12 months old dies every 4 hours.

Among children under 5 years of age, there is 1 death every 2 ½ hours.