Smaller Families, Healthier Families in Mwanza District

Family size matters for better access to social services and resources

- Population density in Mwanza District has doubled in the last two decades, from 26 to 41 people per km².
- 6 out of 7 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

- 3 out of 4 women and 8 out of 9 men are literate.
- 1 out of 15 women and 1 out of 10 men are unemployed.
- Distance to the nearest health facility is a serious problem for 1 out of 2 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 3 reports using family planning to limit their births.
- 1 out of 14 women and 1 out of 9 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.
- 1 in 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 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.

Women have an average of 5 children each during their lifetimes, but they report that they would prefer to have 4 children.

1 in 4 women ages 15-19 have begun childbearing.

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

1 infant less than 12 months old dies every 30 hours in the district.

Among children under 5 years of age, there is 1 death every 18 hours in the district.

Source: National Statistical Office of Malawi, Population Projections Malawi