Smaller Families, Healthier Families in Nsanje District

Family size matters for better access to social services and resources

- Population density in Nsanje District has increased by one-fourth in the last two decades, from 105 to 123 people per km².
- Nine 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

- One out of 2 women and 4 out of 5 men are literate.
- One out of 10 women and 1 out of 30 men are unemployed.
- Distance to the nearest health facility is a serious problem for 3 out of 7 women who try to get treatment when they are sick.

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 survival and welfare of children

- One out of 5 children under age 5 is underweight.
- Two out of 5 children under age 5 are 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.

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

1 infant less than 12 months old dies every 8 hours.

Among children under 5 years of age, there is 1 death every 6 hours.

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