Smaller Families, Healthier Families in Rumphi District

Family size matters for better access to social services and resources

- Population density in Rumphi District has increased by ¾ in the last two decades, from 20 to 35 people per km².
- 6 out of 7 households have an improved source of drinking water.

- 6 out of 7 women and men are literate.
- 1 out of 4 women and 1 out of 20 men are unemployed.
- Distance to the nearest health facility is a serious problem for 1 out of 3 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 health and well-being of women and their families

- 1 in 15 women gives birth at home.
- 3 out of 5 married women use a method of family planning; 1 out of 3 reports using family planning to limit their births.
- 1 out of 4 women and 1 in 5 men complete secondary education.

- 1 in 14 has access to electricity.
- Only 1 in 10 women and 1 in 5 men complete secondary education.

Benefits of family planning

1 in 15 children under age 5 is underweight.

Family planning improves child survival by allowing couples to adequately space births and limit pregnancies. 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.

- 9 out of 10 households use a form of wood for cooking; 1 in 14 has access to electricity.

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

Benefits of family planning

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 out of 15 children under age 5 is underweight.
- 2 out of 5 children under age 5 is stunted.

Benefits of family planning

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

Among children under 5 years of age, there is 1 death every 12 hours.