Smaller Families, Healthier Families in Thyolo District

Family size matters for better access to social services and resources
- Population density in Thyolo District has increased by 2/3 in the last two decades, from 251 to 343 people per km².
- 2 out of 3 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
- 1 in 6 women give 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 13 women and 1 out of 10 men believe a husband is justified in hitting or beating his wife under certain circumstances.

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 5 children under age 5 is underweight.
- 1 in 4 women ages 15-19 have begun childbearing.

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.