2025-26 Kenya Mini DEMOGRAPHIC and Health Survey

REPUBLIC OF KENYA

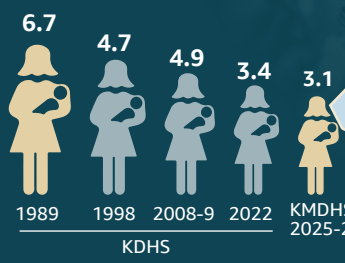
KNBS KENYA NATIONAL BUREAU OF STATISTICS *Keeping you informed*

Key Demographic Trends from the KMDHS 2025-26

Birth | Growth | Family | Migration | Survival

01 FERTILITY

Total fertility rate (births per woman)

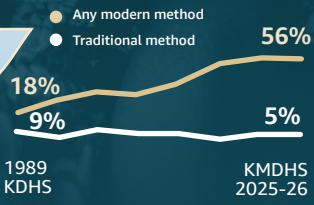


The average number of children per woman declined from 6.7 in 1989 to 3.1 in 2025-26.

02 FAMILY PLANNING

More than half of currently married women use modern contraception.

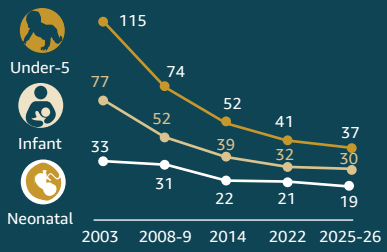
Percentage women 15-49 using family planning



56% of currently married women aged 15–49 used a modern family planning method in 2025-26, compared with 18% in 1989

03 CHILD SURVIVAL

Mortality rate (per 1,000 live births)



Childhood mortality has declined substantially. Under-5 mortality from **115** in 2003 to **37** in 2025-26. Almost **1 in every 28** children still does not survive to age 5.

04 MATERNAL MORTALITY

Maternal Mortality Ratio (MMR)

Maternal mortality declined reaching its lowest level in 2025-26.

- 506 — 2003 KDHS
- 520 — 2008-9 KDHS
- 362 — 2014 KDHS
- 355 — 2019 KPHC*
- 263 — 2025/26 KMDHS

263 Deaths per 100,000 live births (15-49 yrs)

05 POPULATION MOVEMENT

Among women aged 15–49 who moved during the five years preceding the survey...

37% moved from rural to urban areas

34% moved between urban areas

* Kenya Population and Housing Census

Gates Foundation | ICF | The Aga Khan University Institute for Human Development | unicef for every child | World Health Organization | UNFPA | Conrad N. Hilton Foundation | NCPD | UN Women | For All Women and Girls