**More/longer education is linked to a reduction in the fertility rate of women (15-49 years) in Uganda**

By Rachael Nagaddya, 18th August 2025.

World Health Organization defines Fertility Rate (FR) as the average number of live births a woman can have by the end of her reproductive period (15 to 49 years) if she is not subject to mortality. The [World Bank](https://www.jstor.org/stable/pdf/41337159.pdf) estimates that the fertility rate in SSA declined from 6.5 children in 1985–1990 to 4.7 children per woman in 2017. FR is a major determinant of population growth rate and the age structure  of populations with a continuously reducing FR resulting in rapid aging of populations and the consequential lack of human labour. The economic theory explains FR as a trade-off between the number (quantity) of children a woman chooses to have and the quality of those children, how much time and resources the mother invests in each child.

Data collected from 1988 to 2019 in Uganda shows a reduction in the FR and an inverse relationship between level of education attained and the FR of women. In part, this is because a higher level of education is a predisposing factor to the rise in contraceptive use. But also, more and longer education can bring about empowerment of women, later marriage, later onset of childbearing, and smaller family size.