

S.No.	District Name	Capital	Region	Population (2018)	Total Area (km)
1	Balaka	Balaka	Southern	438379	2142
2	Blantyre	Blantyre	Southern	1251484	2025
3	Chikwawa	Chikwawa	Southern	564684	4878
4	Chiradzulu	Chiradzulu	Southern	356875	761
5	Chitipa	Chitipa	Northern	234927	4334
6	Dedza	Dedza	Central	830512	3754
7	Dowa	Dowa	Central	772569	3077
8	Karonga	Karonga	Northern	365028	3416
9	Kasungu	Kasungu	Central	842953	8017
10	Likoma	Likoma	Northern	14527	20
11	Lilongwe	Lilongwe	Central	2626901	6211
12	Machinga	Machinga	Southern	735438	3582
13	Mangochi	Mangochi	Southern	1148611	6729
14	Mchinji	Mchinji	Central	602305	3131
15	Mulanje	Mulanje	Southern	684107	2005
16	Mwanza	Mwanza	Southern	130949	756
17	Mzimba	Mzimba	Northern	1157522	10619
18	Neno	Neno	Southern	138291	1561
19	Nkhata Bay	Nkhata Bay	Northern	285795	4182
20	Nkhotakota	Nkhotakota	Central	395897	4338
21	Nsanje	Nsanje	Southern	299168	1945
22	Ntcheu	Ntcheu	Central	659608	3251
23	Ntchisi	Ntchisi	Central	317069	1709
24	Phalombe	Phalombe	Southern	429450	1323
25	Rumphi	Rumphi	Northern	229161	4560
26	Salima	Salima	Central	478346	2151
27	Thyolo	Thyolo	Southern	721456	1666
28	Zomba	Zomba	Southern	851737	2405

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