The recently released 2006 result census of the National Population Commission put the figure of Nigeria population at 140,003. This has, revealed that Nigeria still has the largest population in Africa. At this rate, the population will continue to rise if nothing is done to keep the population informed on how to curb the growth. Availability, access dissemination and utilisation of information is the prime objective to which it was meant for. In view of this, therefore the work focused on information dissemination on family planning programme by health workers in Oyo State. The objective of this study is to investigate the methods of information dissemination on family planning programmes and health workers in Oyo State. Structured questionnaires was the method used to collect data from women of child-bearing age. The study adopted stratified-double sampling method to select a random sample size of 550 women out of a compiled list of 831 women who had used family planning methods. The findings showed that the most effective means of disseminating information are through television, radio and organized lecture of the samples respondents. 80% of them reported they were not given information on the negative effects of the family planning methods accepted. This study was shown that proper dissemination of accurate, complete, timely and reliable information if provided could curb the rise in population. The study has revealed that information is an artificial factor input in the provision of health care services.