



Research Briefs & News

A Quarterly Newsletter

Issue No. 10 June, 2014



Ms. Saira Afzal Tarar

Minister of State
For National Health Services, Regulations & Coordination

I congratulate Mr. Abdul Basit Khan, Executive Director, National Institute of Population Studies (NIPS) and his team for tireless efforts in organizing dissemination seminars at provincial level after launching of Pakistan Demographic & Health Survey-PDHS (2012-13) report.

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Mrs. Rashida Malik

Secretary,
Ministry of National Health Services, Regulations and Coordination

I congratulate Mr. Abdul Basit Khan, Executive Director, NIPS and his staff for successful completion of the PDHS (2012-13) and arranging series of seminars at federal and provinces to share the evidence-based key findings of the PDHS (2012-13). I understand that this data will be widely used by the provinces in improving programme and making future policies and plans.

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Mr. Abdul Basit Khan

Executive Director
National Institute of Population Studies-NIPS

It is a great admiration that a Quarterly Newsletter, Research Briefs & News (Issue No. 10) is in the hands of readers after great efforts of NIPS researchers/editorial board. I congratulate to my team for putting their valuable input and achievements that Institute have achieved. I am confident that this publication will update on progress and achievements of last quarter.

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Editorial Board

Mr. Abdul Basit Khan, Chief Editor
Ms. Azra Aziz Mr. Ali Anwar Buriro
Dr. Nasser Mohiuddin Mr. Mubashir Biqai
Ms. Aysha Sheraz Ms. Rabia Zafar
Mr. Zafar Zahir

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Message of Minister of State for NHR&C

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I also appreciate the vision of the Executive Director, NIPS for signing a MoU with UNFPA regarding the Annual Work Plan (AWP-2014). This AWP will strengthen NIPS technical and Institutional capacity.

I would like to emphasize that the present Government is fully aware of the challenges of growing population, which is a biggest hurdle in the development of the country. To bring prosperity to our people, the effective efforts made by present Government for resources mobilization are appreciable.

The strong top-level political commitment reflects the present Government's foresighted vision and commitment to overcome the challenges of ever growing population, rapid urbanization, environmental issues, and further improvement in the field of education and basic health of common people.

I wish Mr. Abdul Basit Khan, Executive Director, and his research team success for future in addressing national issues in their research.

Message of Secretary for NHR&C

(Continued from page 1)

I feel great pleasure and also appreciate efforts of NIPS to organize consultative meetings regarding in-depth analysis of PDHS 2012-13. The idea to have in-depth analysis of PDHS 2012-13 would help to identify the key thematic areas where policy makers would benefit for implementation of their strategies.

The most important of all is the International Conference of the South Asia and Regional Countries to learn from the DHS evidence-based best practices, being organized by NIPS. Federal and Provincial Ministers and Secretaries of Social Sector Departments besides dignitaries from public sector organizations, diplomats, NGOs, academic institutions, research organizations, representatives of civil society, media persons and development partner organizations will participate in the conference.

In the post-18th amendment scenario, all provinces are responsible for implementation, monitoring and supervision of the population programme. NIPS has made significant contribution, which is for the first time in the post devolution scenario when the provincial Population Welfare Departments/Health Departments have been taken on board for providing them with research based primary data on demographic and health indicators which will be utilized by them to re-design their policies and strategies in order to enhance quality of the family planning and health services at provincial level.

I am pleased to see that NIPS newsletter has been making a vital contribution in sharing its research-based findings, sharing updates and providing valuable news and information to all stakeholders at national and international level. I am convinced and confident that research team of NIPS under the visionary leadership of Mr. Abdul Basit Khan, Executive Director, will achieve much more in the field of research and advocacy.

Message of Executive Director, NIPS

(Continued from page 1)

The successful completion of the 3rd round of PDHS is a remarkable milestone of NIPS in which number of demographic and health indicators have been covered and disseminated in the provinces. NIPS has successfully organized three dissemination seminars at provinces i.e. Lahore, Karachi and Skardu (Gilgit-Baltistan) and is planning to organize at Khyber Pakhtunkhwa on 17th June 2014 in order to sensitize public and private organizations about population issues.

NIPS has also been organized several workshops/seminars at universities and educational Institutions to sensitize the youth about population issues and prepare them for responsible parenthood in their future lives.

NIPS is also approaching renowned research organizations at national and international level, such as FPAP, SDPI, NUST etc. for collaboration in the field of research, survey, advocacy and other issues relating to population & development.

NIPS is organizing an International Conference of South Asian and other regional countries on the MDGs-4, 5 & 6, in perspective of DHS evidence-based best practices to reduce MMR, IMR & PGR, in Islamabad from June 11-12, 2014. Several consultative meetings have been organized with all stakeholders. The prime focus of such consultative meetings is to take all federal and provincial stakeholders and NGOs on board and develop a consensus on important points regarding the time frame, program, topics/ areas to be covered and operational strategies.

I take this opportunity to thank Ms. Saira Afzal Tarar, the Honorable Minister of State for the Ministry of National Health Services, Regulations and Coordination (NHR&C) and Ms. Rashida Malik, the Secretary, National Health Services, Regulations and Coordination for extending their continuous support to NIPS in order to conduct research and arranging seminars.

I would also like to appreciate the contribution of our previous Secretary, Mr. Imtiaz Inayat Elahi, without his support all the work done and tasks accomplished by NIPS would have not been possible.

I wish NIPS for its future progress and success in the field of conducting research and serving Pakistan.



WHAT WE DO?

The National Institute of Population Studies (NIPS) undertakes high quality research, produces evidence-based data, information for utilization by the Public sector and other agencies for policy formulation, strategic planning and making reference in the spheres of demography, population & development and health.

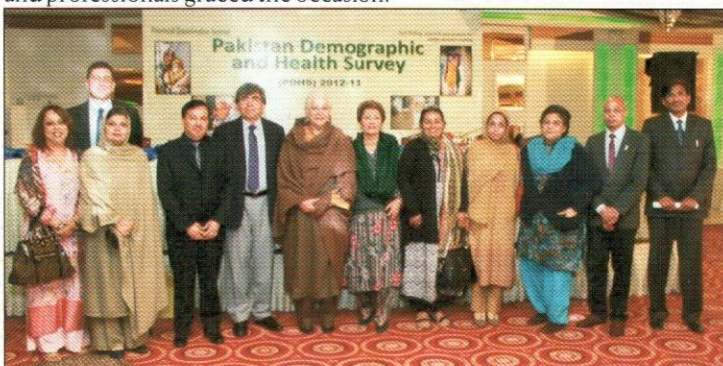
In post 18th scenario all provinces are responsible for implementation, monitoring and supervision of population programme. The Dissemination of PDHS at provinces provided an opportunity and forum to come on same page to show full participation and commitment.

HIGHLIGHTS OF DISSEMINATION SEMINARS OF PDHS 2012-13

NIPS has conducted three Seminars at Provincial level to launch Pakistan Demographic & Health Survey (PDHS, 2012-13) i.e. at Lahore, Karachi and Skardu (Gilgit Baltistan).

Dissemination Seminar at Lahore:

The Dissemination Seminar at Lahore was held on 18th February, 2014. The provincial Population Welfare Department, Health Department, other stakeholders researchers / demographers actively participated in the seminar. The high rank/level officers from the ministries, members of Punjab Assembly, dignitaries/guests from the different organizations and professionals graced the occasion.



The Honorable Minister for Population Welfare, Punjab, Begum Zakia Shahnawaz, emphasized that control on the rapidly increasing population is of vital importance so that better facilities can be provided to citizens by minimizing the burden on national resources, and stressed the need for giving due importance to family planning. Further advised the government, civil society, NGOs and the persons associated with the health sector to accelerate their efforts in this regard. The Minister appreciated the efforts of NIPS for conducting such an important survey.

The distinguished guests such as former Federal Minister for Population Welfare & Women Development Begum Atiya Anayatullah; Advisor on Health Khawaja Salman Rafique; and officers of Planning and Development, Health, Women Development, Social Welfare, Special Education, representatives of Education, District Population Welfare Officers, District Demographers, EDOs/ DHOs also addressed and highlighted key findings of PDHS in the seminar.

Mr. Abdul Basit Khan, Executive Director, NIPS highlighted the background and importance of PDHS 2012-13. He acknowledged the efforts of NIPS Researchers in conducting the survey. He stressed the importance of holding of a Regional Conference among some of the Asian countries for exchange of information among the regional countries about the population and health issues. He emphasized that holding the regional conference would help in evolving the strategy for achieving targets of Millennium Development Goals (MDGs). He added that the PDHS 2012-13 was jointly implemented by the Government of Pakistan, Ministry of National Health Services, Regulations and Coordination and United States Government through the United State Agency for International Development (USAID).

The Chief Guest Mr. Mohammad Irfan Elahi, Member Planning Commission appreciated the efforts of the NIPS for successfully conducting and disseminating the findings of PDHS 2012-13. He stressed that Health and Population Departments of Punjab province should make all efforts for availability and accessibility of the quality services at the grassroots level in the province.

Advisor to the Chief Minister on Health Khawaja Salman Rafique in his speech pointed out that the number of Midwives had been increased while 800 more Doctors had been designated for the rural areas for effective health facilities. He further added that the proposals and suggestions by NIPS in its report would be considered to optimize the system.

The Chairman Mir Khalil ur Rehman Memorial Society, Wasif Nagi said that at the current population growth rate of Pakistan would double in the next five years which would make it virtually impossible to cater even for the basic necessities of health and education. This will also lead to the impoverishment of people and the consequent rise in criminality in the society. The only way to stop the population is to spread awareness as much as possible, especially among the women, through all and every means possible.

At the end the Executive Director NIPS thanked and distributed Shields to some of the participants and VIPs/ Dignitaries.

Dissemination Seminar at Karachi:

The report of PDHS 2012-13, launched at Karachi on 26-2-2014. The Chief Guest, Secretary Population Welfare Department Sindh, Mohammad Saleem Raza inaugurated the seminar. The distinguished guests such as Deputy Mission Director Sindh, Acting Counsel General Balochistan, Regional Director USAID Leon Stephen; Executive Director NIPS; Abdul Basit Khan, Project Director PDHS; Ms. Tanvir Kiani, Additional Secretary PWD Sindh, Syed Ashfaq Ali Shah; MNA, Begum Shahnaz Wazir Ali; MPA, Mahtab Akbar Rashdi; Senior Country Advisor Population Programme, Packard Foundation, Dr. Yasmeen Sabeeh Qazi addressed the gathering.

Assistant Provincial Coordinator for Lady Health Worker Programme, Dr. Pir Ghulam Hussain; Director MNCH Programme Sindh, Dr. Sahib Jan Badr; In-charge RHS training Centre Civil Hospital Karachi, Dr. Rukhsana Mughal; Deputy Secretary (CNT) PWD Sindh, Dr. Tabinda Sarosh; Deputy Secretary PWD Sindh, Lakha Dino Shah; and Programme Manager AIDS Control Sindh, Dr. M. Ahmed Qazi presented their research papers. The Chairman Mir Khalil ur Rehman Memorial Society, Coordinated the seminar.

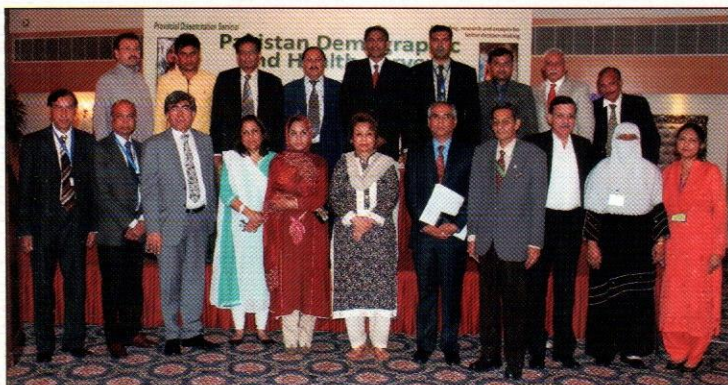
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Ms. Tanvir Kiani, Project Director, PDHS while described the objectives, methodology and findings of PDHS 2012-13.



There were 4 percent currently married women and 3 percent currently married men have married more than once. According to survey Pakistani Men and women wanted 4 children. Speakers at the launch stressed the need for putting up a fight with the recurring diseases and conditions in healthcare.

The detailed report primarily focuses on inter-linked issues, such as, education, reproductive health, nutritional health of mother and child and infant mortality rate.

Neonatal mortality rate has remained unchanged for the past 20 years. Within the past five years, the neonatal mortality statistics have been 55 deaths per 1,000 live births. As a result of this persistent trend, one among 14 children dies before reaching the age of one year. Eventually, one among 11 does not live to see his or her fifth birthday. As a result of these concerns, six in ten women received a postnatal check-up "within two days of delivery", while one-third of women did not have a postnatal check-up within 41 days of delivery.

According to the statistics covering trends in maternal health, 73 percent of women received antenatal care by a proper doctor. Meanwhile, 48 percent of them delivered their child in a proper health facility. As per the survey, 45 percent of children under the age of five "are too short for their age indicating chronic malnutrition or stunted growth". Also, 30 percent of children are underweight "or too thin for their age".

Lack of education and family planning had been a recurring issue year after year, said Abdul Basit Khan, Executive Director NIPS.

Ms. Shahnaz Wazir Ali, a former Special Assistant to Prime Minister, said that the figures were there for all to see but we need to be realistic and focus on district-specific targets, which are easy to achieve rather than global specific goals.

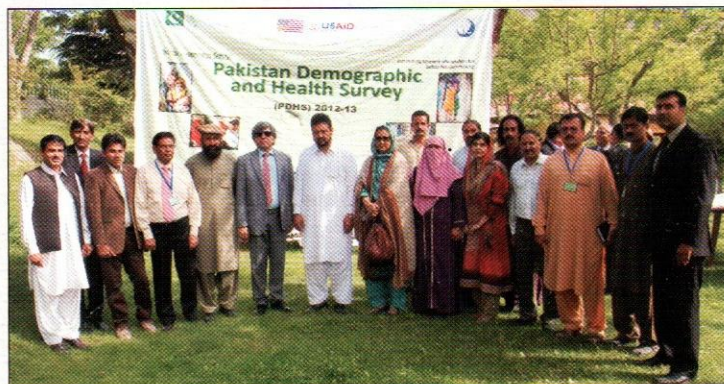
She said that most of the work that needed to be done with regards to management and implementation of health services was a question of collaboration between various departments, specifically education, health and population. Another factor that usually poses a threat to the health of women is their age while getting married. Speaking about the age of marriage, Ms. Wazir Ali remarked: "In recent years, the Provincial Assembly has made some encouraging social legislation for the cause of women, but its efficacy and implementation remains unresolved".

Apart from the statistics on health, an entire chapter of the report was spared to gauge the attitudes of respondents towards spousal abuse. Around 43 percent of the women said that a man was justified in beating his wife if she argued, neglected the children or refused sex with the husband.

Among the multitude of speakers who presented their ideas at the launch of the PDHS survey, there was a unanimous agreement that with the alarming large presence of the Millennium Development Goals (MDGs), the need was more than greater to resolve the impending health issues.

Dissemination Seminar at Skardu:

The PDHS 2012-13 Dissemination Seminar launched at Skardu on 03-06-2014. The Chief Guest, Secretary Population Welfare and Health Gilgit Baltistan, Haji Gulber Khan inaugurated the seminar and appreciated the efforts of NIPS for conducting PDHS and organizing seminar at Skardu. The key findings of PDHS presented by Ms. Aysha Sheraz, Deputy Project Director PDHS-2012-13. The distinguished Presenters of various field presented their regional findings of PDHS 2012-13. Key findings and demographic situation in GB presented by Director Population Welfare Department, Mr. Ikramullah Baig and high lights on Reproductive Health and Family Planning presented by Principal HRDC, Skardu Dr. Wazir Ali. Director MNCH and Director Health and Nutrition Officer Health Department, GB shared status of Maternal & Child Mortality, and Maternal & Child Nutritional Status by Dr. Muzaffar Hussain Anjum and Mr. Muhammad Abbas respectively. The members Provincial Assembly, Ms Shireen Fatima and Ms. Amna Ansari pointed out that the provincial government would not achieve their target of population and health without financial support of federal government. However, they agreed with the vision of the Executive Director, NIPS that by increasing coordination among public private partners, GB can improve its condition even with the limited resources.



A distinguished Guest, MPA, Mollana Safdar Shah emphasized that people of GB need to increase self-reliance in order to improve the health issues. The Chief guest of concluding session, the Minister for Planning and Development, Mr. Raja Azam Khan in his remarks requested federal government to provide more funds to tackle the issues of health and population in GB. In the closing session Executive Director NIPS, Mr. Abdul Basit Khan, emphasized that GB has God given natural resources which could be utilized for the uplift and development of the people of Gilgit Baltistan. At the end he thanked the organizers, dignitaries, presenters and participants. The shields and certificates were distributed to the distinguished guests and presenters.



SIGNING CEREMONY OF LETTER OF UNDERSTANDING (LOU) WITH UNFPA

UNFPA has agreed to extend technical and financial assistance to NIPS under the 8th Country Programme for activities relating to research and capacity building of NIPS (Annual Work Plan AWP-2014). In this regard the signing ceremony of the NIPS-UNFPA AWP 2014 by Mr. Rabbi Royan, Country Representative UNFPA and Mr. Abdul Basit Khan, Executive Director, NIPS was held in NIPS on 4th March 2014.



Under the AWP 2014, UNFPA will provide financial assistance of US\$ 226,560/- during 2014. The main features of AWP 2014 are (i) a Regional Conference on MDGs 4, 5 & 6 to be held in Islamabad during 11-12 June 2014 (ii) research papers based on in-depth analysis of PDHS 2012-13 (iii) production of a documentary of responsible parenthood (v) the capacity building of NIPS staff and (vi) a national level survey of adolescent's reproductive health perceptions and behaviour.



The demographic situation in Pakistan is getting worse and worse in the coming decades and leading toward social injustice, illiteracy, higher unemployment, terrorism violence and unrest. According to the British Council report in Daily Times, Nov 21, 2009, 'Pakistan is in a unique position to tap what is known as a demographic dividend, i.e. a period when there is a favorable ratio of productive young to old. This 'window of opportunity' started in 1990 and Pakistan has done nothing substantial to avail this over the past twenty years. Country currently has more productive youths than dependents; favorable balance of population ends in 2045'.

In such a scenario, with an ever largest segment of young population, a country like Pakistan has a window of opportunity for economical growth simply by making investment on young population. The demographic dividend can be achieved by making Youth as useful members of society and for this they must realize the issues & challenges emerging due to rapid population growth and its untoward implications on socio-economic development so as to play their role to overcome these challenges for strengthening of Pakistan. Moreover, young people should also act as responsible parents when they become fathers and mothers in future years of their lives so that they may contribute meaningfully for enhancing the next generation's quality of life. They can decide size of their family based on their available resources and the standard of living they wish to achieve.

NIPS intends to continue its advocacy campaign by conducting seminars in the universities. As audiovisual aid is a strong medium for communication of important messages, so NIPS desires to produce a documentary of about 10-12 minutes with the financial support from UNFPA to show before the start of session for sensitization of our youth. This documentary will cover Challenges of overpopulation and responsibility of youth as responsible future parents for development of healthy society.

PRESENTATIONS OF PDHS 2012-13 AT VARIOUS FORUMS

After Printing of PDHS 2012-13, presentations were made by NIPS officers for awareness and sensitization at various forums:

- I WHO technical workshop on Health data tools, Presentations by Ms. Tanvir Kiyani and Ms Aysha Sheraz, 2013 PC, Bourbon.
- ii. Seminar on international women day, Presentation by Mr. Zafar Zaheer, April 2014, Gujrat University.
- iii. Shifa International Hospital, Ltd in collaboration with Shifa College of Medicine and National Institute of Population Studies organized a special seminar on "The Pakistan Demographic and Health Survey – PDHS Shifa International Hospital, Ltd in collaboration with Shifa College of Medicine and National Institute of Population Studies held a special seminar on "The Pakistan Demographic and Health Survey – PDHS (2012-13)" on April 24, 2014. The welcome note address was given by Principal Shifa College of Medicine, Dr Syed Shoaib Hussain Shah, The presentation on National Institute of Population Studies was made by Fellow NIPS, Mr. Zafar Zahir The key findings of PDHS were presented by Senior Fellow, NIPS, Ms Aysha Sheraz. Followed by Presentation on Rotary Shifa Clinic; Nurpur Shahaan by Senior Instructor Community and Family Medicine Department, Shifa College of Medicine, Dr. Ahmad Abdulla. Vote of Thanks was given by Associate Professor, Community and Family Medicine, Shifa College of Medicine Dr Saima Iqbal. The Seminar was very well organized by Coordinator & Facilitator, Dr Ayesha Chowhan Community Medicine Department.





ORIENTATION SEMINAR ON POPULATION CHALLENGES AND RESPONSIBLE PARENTHOOD

An orientation seminar entitled "Population Challenges and Responsible Parenthood" has organized at the SZABIST, Islamabad on March 4, 2014 for students and faculty members of Social and Management Sciences. The Seminar aimed to highlight that the youth should realize the issues & challenges emerging due to rapid population growth and its untoward implications on socio-economic development in Pakistan. It was also emphasized that the students should act as responsible parents when they become mothers and fathers in the future years of their lives so that they may contribute meaningfully for enhancing the next generation's quality of life.

The Seminar was attended by Mr. Abdul Basit Khan, Executive Director, NIPS, Dr R.K. Malik, Head of Campus, faculty members and a large number of students from SZABIST, Islamabad.

On this occasion Dr R.K. Malik, Head of Campus welcomed NIPS team and appreciated NIPS efforts for giving their precious time to sensitize the youth on very sensitive issue of Responsible parenthood. She showed her concerns that in future SZABIST will collaborate with NIPS in holding such kind of sessions but with small groups to promote more sharing of ideas.



Studies are curtain raiser for an advocacy campaign on responsible parenthood and the series of seminars have already been started for the students at university level. He highlighted the population issue and said that it is not only the duty of the government to control the population but we all are equally responsible to perform our due role to come out of this population war. He stressed upon significance of the message for the youths to change their thinking style and mould their attitudes and behavior for becoming good fathers and mothers by catering to the physical, emotional, psychological and spiritual needs of their children. Mr. Abdul Basit Khan added that the parents with less number of children would have enough financial resources to meet their basic needs. Mr. Abdul Basit Khan added that for the prosperity of Pakistan for future of our generation it is dire need to reduce the population and increase the resources. He also said that population has exploded in Pakistan and it will get doubled in the coming few decades leading to worsening of the human development indicators for the Country and aggravation of the existing problems such as high illiteracy, ever increasing unemployment, poverty, urbanization, poor health status. To ensure food security in Pakistan the menace of over population has to be controlled. Population Planning and concept of

food security have great relevance with each other. He urged the youths to come forward and take responsibility of bringing change in the lives of future generations.

MEETING ON CONSULTATIVE PROCESS FOR IN-DEPTH ANALYSIS OF PDHS 2012-13

NIPS has planned to undertake in-depth analysis of PDHS 2012-13 with the financial assistance from UNFPA under AWP-2014. The objectives to have in-depth analysis of PDHS 2012-13 would help to identify the key thematic areas where policy makers would benefit for implementation of their strategies. In this regard two consultative meetings have already been arranged.



The first consultative meeting on In-depth analysis of the PDHS, 2012-13, was organized on 4th April, 2014 at NIPS. The meeting was attended by the renowned Demographers, representatives of Provincial Population Welfare Departments, experts and partners in the field of Population & Development from public & private sector, NGOs and representative of UNFPA.

The second consultative meeting was held on 21st April, 2014 at NIPS. The meeting was chaired by Ms. Khawar Mumtaz, Chairperson, National Commission on Status of Women, Islamabad and also attended by the representatives/experts and partners from public sector and NGOs in the field of Population & Development and Health, who were previously identified as member of sub-committee who will coordinate for In-depth Analysis. It was decided by the Executive Director, NIPS, that the sub-committee constituted for the in-depth analysis may deliberate on the relevant issues and identify the thematic areas where policy makers would benefit for implementation of their strategies. The agenda was to Finalize Terms of Reference (TOR) for the Sub-Committee, Chalk out the objectives of in-depth analysis, discuss the process, finalize the time frame, and identify the themes and focal person.

It was also decided that a policy brief may be prepared after finalization of papers to make it available for addressing and communicating with various target groups and policy makers. There should be interdisciplinary approaches and provincial stakeholders may be involved and relevant persons may be searched, as this will also build the capacity of provinces. Priority areas may be identified and the implications of various population and health issues will be highlighted in research papers to form basis for effective policy dialogue. The in-depth analysis may also lead to production of fact sheets on various themes and issues for different target groups.



It was proposed that a call for papers may be floated in the news papers and also on NIPS website. It was pointed out that the in-depth analysis of PDHS is a very important exercise, therefore it may not be limited to document. A special approach like Lancet series may also be adopted and renowned persons like Dr. Zulfikar Bhutta, Iqbal Shah may also be invited to write papers/articles. Ownership of Mo NHS&RC is also necessary for the said exercise for more fruitful results in sensitizing policy makers and planners. It was decided that two persons were made responsible for each theme to scrutinize abstracts received. Under each theme three papers will be selected by the Sub-committee and then presented and finalized in the main committee. Sub-committee will provide technical input after selection of papers, and comments on the first draft and then on final paper. It was commented that NIPS is the only public sector institution conducting research and surveys, therefore, their participation may be ensured in all thematic area. Ms. Aysha Sheraz was nominated as the focal person at NIPS secretariat.

After gaining the views/input of the participants the following decisions were made, with mutual consensus of the sub-committee.

The thematic areas, Sub-committee members and NIPS focal persons for each area are as follows:

- i. Child and Neo Natal Health and Mortality : Syed Mubashir Ali & Mr. Zafar Zahir
- ii. Fertility and Marriage Patterns: Dr. Tauseef Ahmad, Dr. Mumtaz Eskar & Mr. Ali Anwar
- iii. Gender Equality and Women Rights: Dr. Yasmin Zaidi, Dr. Saher un Nisa & Ms. Aysha Sheraz
- iv. Maternal Health: Dr. Zeba Sathar & Ms. Rabia Zafar
- v. Migration: Dr. Nosheen Mahmood & Ms. Azra Aziz
- vi. Nutrition: Dr. Shafqat Javed Sheikh, Dr. Mohsin Saeed Khan & Mr. Mubashir Baqai,

(Youth and Adolescent/ Provinces, Socio Economic Characteristics as Cross Cutting for all themes.)

Mr. Abdul Basit Khan Executive Director, NIPS acknowledged the valuable input of all the participants, and thanked all the members for their comments.

INTERNATIONAL CONFERENCE OF SOUTH ASIAN AND REGIONAL COUNTRIES

NIPS is organizing the International Conference of South Asian and Regional Countries on 'MDGs-4, 5 & 6 in the Perspective of DHS Evidence-based Best Practices to Reduce MMR, IMR and PGR on June 11-12, 2014

The National Institute of Population Studies (NIPS) has completed the Pakistan Demographic and Health Survey (PDHS), 2012-13 and its Final Report was launched through Dissemination Seminar at the National level at Islamabad on 18-01-2014 followed by Provincial Seminars at Lahore & Karachi on 18-02-2014 and 26-02-2014, respectively. The PDHS (2012-13) is 3rd in the series and it is a part of the world wide MEASURES DHS Program run by the ICF International with the primary objective to collect, analyze and disseminate representative and accurate data on population, health, HIV and nutrition, etc. So far, more than 300 DHS have been completed in over 90 countries and in view of its reliability, the DHS

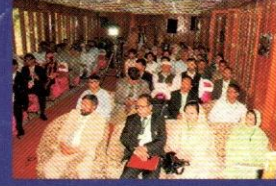
data is utilized by the governments for carving evidence-based policies and strategies for socio-economic development in their countries.



The state of demography and health of the South Asian and other Regional countries, though diverse in nature yet have some commonalities. The overall objective of the proposed International Conference of the South Asia and Regional Countries is to learn from the DHS evidence-based best practices (policy reforms, strategies and pragmatic interventions) to reduce population growth rate-PGR, reduce child mortality-IMR, improve maternal health-MMR and other demographic and health indicators in the face of overall economic and socio-cultural development. In order to share among the South Asian & other Regional countries that how the DHS potential has been leashed out to develop effective and efficient policy reforms on social sector, particularly the health, population and development as a whole, and also share their evidence based 'Best Practices' which may be replicated or modified and adopted by the other governments to enhance socio-economic status of their people, the National Institute of Population Studies-NIPS is organizing an International Conference by inviting guest participants from selected countries, i.e. Afghanistan, Bangladesh, India, Sri Lanka, Nepal, Iran, Indonesia, Morocco, China and Thailand, at the NUST Auditorium, Islamabad-Pakistan on June 11-12, 2014. Key objectives of the International Conference include:

- Knowledge sharing on country-specific DHS data and its analysis for deriving evidence-based guidelines to improve demographic and health indicators;
- Learn country-specific experience to utilize DHS data by the stakeholders, especially the public sector and the development partners;
- Identify DHS based efficient and effective policy options and best practices to enhance use of modern contraceptives-CPR and curtail high population growth, minimize maternal morbidity & mortality-MMR and child mortality-IMR;
- Develop concrete recommendations and action plans to reduce population growth rate-PGR, maternal mortality ratio-MMR, infant mortality rate-IMR and improve health status of families and communities for sustainable development in South Asia and Regional countries, enlisted below:

This International Conference, will provide opportunities for participating countries to share their current status, issues and challenges, and learn successful approaches (best practices); their mechanism for implementation including appropriate capacity



building, institutional strengthening, alignment of national/ provincial policies and strategies, and creation of enabling environment for provision of acceptable, accessible and affordable healthcare and family planning services to improve upon MMR, IMR and stabilize population growth to remain consistent with the limited resources of the countries.

The expected outcomes of the Conference include:

- Exchanging information on demographic and health indicators of the participating countries
- Participants and stakeholders are expected to learn about:
 - o Utilization of DHS data to develop efficient and effective policy reforms and strategic planning
 - o Regional best practices, their implementation mechanisms and lessons learned from the role of family planning and other health interventions to improve maternal and child morbidity and mortality (MDGs 4 and 5) and reduce population growth

Key recommendations and an action plans to reduce maternal mortality ratio-MMR and infant mortality rate-IMR and enhance contraceptive prevalence rate-CPR thereby reducing population growth rate-PGR

and improve health status of families and communities for sustainable development.

NEW INITIATIVES

1. Dissemination Seminar for Provincial launch of PDHS 2012-13

Provincial launch of PDHS 2012-13 will be held at remaining provincial head quarters, namely, Peshawar, Khyber Pakhtunkhwa, Quetta, Balochistan.

2. Advocacy Campaign

NIPS is determined to continue its advocacy campaign by conducting seminars on the emerging population issues and our duty as responsible parenthood at university level, all over Pakistan, for molding youth to involve themselves in family life for the betterment of their future generation. Next Seminars are planned for Pakistan National College of Arts, (PNCA), Islamabad, and National University of Science and Technology (NUST).

Remarks:

- More women now receive pre-natal care. More births are assisted by a skilled provider. And more babies are delivered in a health facility. The focus on women and children is fundamental because healthy women and children develop a healthy society. (US Ambassador Mr. Richard Olson)
- Three in ten children are underweight while four in ten women aged 15 to 49 years are overweight and suffer from increased risks of diseases such as diabetes and heart problems. We must address these issues immediately. (Minister of State For National Health Services, Regulations & Coordination, Ms. Saira Afzal Tarar)

- اپنی موجودہ پالیسیز پر نظر ثانی کر کے نئی پالیسیز مرتب کر رہے ہیں۔ (منسٹر پاپولیشن و پلفیئر پنجاب، بیگم ذکیہ شاہنواز)
- پی ڈی ایچ ایس سروے سے مستقبل میں پالیسی میکروز کو بہت مدد ملے گی۔ (سیکرٹری ہیلتھ پنجاب، مسٹر بارجیات تارڑ)
- بڑھتی ہوئی آبادی ایک اہم مسئلہ ہے، سیاست اور صوبائیت سے بالاتر ہو کر اس سے نبھنا ہوگا۔ وفاقی اور صوبائی اداروں میں تعاون سے کامیابی ممکن ہے۔ (ایگزیکٹو ڈائریکٹر NIPS، مسٹر عبدالباسط خان)
- آبادی کا طوفان روکنے کے لیے شعور اور آگاہی ضروری ہے۔ (چیئر مین میر خلیل الرحمن میموریل سوسائٹی، مسٹر واصف ناگی)
- بچوں کی شرح اموات اور پیدائش میں پہلے سے کمی واقع ہوئی ہے۔ ہمیں اپنے موجودہ وسائل میں رہ کر ہی نیا لائحہ عمل اختیار کرنا ہے۔ (چیئر مین پلاننگ اینڈ ڈویلپمنٹ بورڈ پنجاب، مسٹر محمد عرفان الہی)



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