



Research Briefs & News

A Quarterly Newsletter

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inbrief

From the Executive Director's Desk



Dr. Saeed Shafqat

After joining the NIPS in early July 2005, I had separate meetings with the Minister and the Secretary, Ministry of Population Welfare (MoPW). Both were emphatic in conveying that NIPS needed to be revived and reactivated as premier Institute on Demographic research, training and in providing feedback and support to various programmes of the Ministry. It is worth noting that the NIPS is mandated to, "provide... support to the national efforts in socio-economic and demographic development by conducting and promoting research, surveys, seminars, conferences, experiments and demonstration in the field of population, social development, general demography and related social sciences."

Given this mandate and direction, I initiated a consultative process with the Ministry of Population Welfare, the professional community, academicians and the donors, particularly the USAID and UNFPA. Our effort has been to build consensus on a shared vision and shared interests of research agenda under the broad mandate of the NIPS. In the past nine months we have striven to mainstream the population and development issues;

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New Frontiers in Population and Development Studies: A research agenda for Pakistan

Dr. Nizamuddin offered a wide-ranging and provocative presentation in which he highlighted the need of new frontiers of research in population studies and called for a paradigm shift in research agenda.

In his talk he presented demographic profile of Pakistan in the Asian context; reviewed population and development policies in Pakistan; proposed research agenda for the next decade and touched upon the changing demography and the health of the elderly in Pakistan.

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Dr. M. Nizamuddin
January 2005

Poverty, Inequality and Development: Challenges in Population for the 21st Century

George Martine comprehensively reviewed the relationship between fertility and poverty, population bonus and inequality and population growth.



Dr. George Martine
December 2005

He maintained that studies have established clearer relationship between fertility and poverty both at macro and micro levels. In poor families, girls are married at a younger age; they start having children too soon after marriage; have not enough spacing between two pregnancies and continue to bear children till late in reproductive life.

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Surveys (PAIMAN & PDHS)

The Pakistan Initiative for Mothers and Newborns (PAIMAN) is a project funded by USAID and is committed to assist the Government of Pakistan to implement the full spectrum of interventions to address the motherhood and neonatal health (MNH).

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Editorial Board

Dr. Saeed Shafqat, Chief Editor

- | | |
|--------------------------|------------------------|
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| Mr. Ali Anwar Buriro; | Mr. Mubashir Baqai; |
| Mr. Faateh ud din Ahmad; | |



Poverty, Inequality and Development: Challenges in Population for the 21st Century

This vicious circle trap families in extreme poverty. Higher number of unwanted pregnancies is reported in poor families. The use of fertility control methods is limited in such families due to lack of knowledge as majority of them are illiterate and uneducated, have limited access to family planning methods because they are living mostly in rural and underprivileged areas, and where methods are available, these are too expensive and unaffordable for them. Since poverty and fertility are interrelated, policies to reduce poverty at macro level would lead to decline in fertility as well and vice versa. He argued that by extending reproductive health services to poor as a right: we could promote gender equality, more education and greater labour force participation and empowering women would reduce poverty, fertility and inequality.

Urbanisation has a discouraging effect on fertility and population growth.

Decline in fertility changes age structure and narrows the gap between birth and death rate. The ratio of workers to non-workers gets unusually high and during this demographic 'bonus-time' more workers are potentially producing higher total output, resulting in greater wealth accumulation, and an increasing supply of human capital. The decrease in the worker-dependent ratio can increase savings and investment. However, benefits from a 'demographic bonus' depend on fiscal discipline, open and competitive markets and public investment in education and health care. Historically, Southeast Asian countries have effectively exploited the demographic bonus whereas Latin America has lost that opportunity.

Referring to the implications of population growth on spatial distribution, Dr. Martine maintained that studying the carrying capacity, ecological footprint;

environmental conditions and sustainable use of space could provide better appreciation of this relationship. In order to have an idea of the best population distribution, one would need to work towards an "ideal map" of the use of space, considering the specificities of social and economic organisation, ecological conditions and demographic characteristics within that area. The main approaches to tackle the situation are the approach of regional development and rural/urban distribution. The sustainable use of space can be promoted by identification of populations at risk; identification of ecosystems that need to be preserved from human invasion and/ or population growth; and identification and offering viable alternatives from demographic/ economic expansion.

Larger concentration will be in big cities. He argued that urbanisation is closely linked with globalisation. People would move to cities and especially to big cities because of increasing economic advantage. Though policymakers and public opinion makers have always considered urban growth a menace and have systematically attempted to reduce rural-urban migration but such policies have never worked. But migration and urbanisation are potentially an important social, demographic, economic and environmental ally. He maintained that if the population's were more dispersed the situation would not be significantly improved.

He was emphatic in suggesting that migrants to cities have fewer children than if they remained in rural areas. He postulated that in order to reduce fertility and total population growth, urbanisation actually has to increase. He cited an example that if India

Almost half of the world population is already urban and is on increase by one million a week. Future demographic growth will be in urban centers and occur in developing countries only.



Dr. George Martine, President Brazilian Population Association, Scientific Director, CICRED Population and Environment Project, Paris; Obtained his Ph.D in Sociology and Demography from Brown University, USA. Has been Senior Fellow, Center for Population and Development Studies, Harvard University; Director UNFPA Country Support Team (CST) for Latin America and Caribbean. Author of nine books and 100 articles in academic and professional journals on population and development issues.

had same level of urbanisation as Brazil in 1996, its total fertility rate would have been 3.4 instead of 4.0. He conceded that cities have negative environmental impacts but these could be mitigated through appropriate policies.

Dr. Martine asserted that urbanisation could contribute towards sustainability under the demographic and economic conditions of the 21st century. To this end, he suggested proactive policies are needed urgently to live with inevitable processes of concentration by influencing the locational decisions affecting spatial conformation, the form of urban growth, resource use and waste generation. Dr. Martine observed that the population scientists could contribute noticeably to the analysis of future land use by scenario building, analysis of demographic implications of given investments, projection of requirements in such areas as energy, water and infrastructure. The use of GIS technology and satellite imagery would be of great help to the analysis of future land use needs.

“Which is the greater danger—nuclear warfare or the population explosion? The latter absolutely! To bring about nuclear war, someone has to DO something; someone has to press a button. To bring about destruction by overcrowding, mass starvation, anarchy, the destruction of our most cherished values—there is no need to do anything. We need only do nothing except what comes naturally—and breed. And how easy it is to do nothing. Dr. Isaac Asimov”

TRAININGS:

■ Research Methodology and Demographic Concepts

Training courses for field functionaries of the Population Welfare Programme have been revived. After a lapse of three years, the first three days training workshop on 'Research Methodology and Demographic Concepts' was organised at NIPS, December 21-23, 2005 with funding assistance from the UNFPA. The workshop was designed to familiarise the participants with research methodology; basic demographic concepts; fertility determinants; quantitative and qualitative data sources and information collecting techniques; and creation of tables and graphs using computer software 'Excel'.

■ MS Office and Internet

Two 2-days training workshops were organised in March 2006 for research and support staff of NIPS separately. The areas covered included introduction to Windows 2000; Internet Explorer; searching essentials on Internet; Outlook Web Access; MS office and search on Jstor.

Keeping in view the usefulness of the course, the NIPS plans to repeat the training course for interested employees of the Ministry of Population Welfare and research organisations in the public and private sectors.



Executive Director, NIPS inaugurating the 3-days workshop



Secretary MoPW chairing the concluding session of the workshop.

POPULATION SUMMIT ★★

The Ministry of Population Welfare organised 'Population Summit' on September 21-22, 2005, which was inaugurated by the Prime Minister of Pakistan and attended by national and international experts. The participants deliberated on population and development issues and recommended various measures for improvement of the Population Welfare Programme of Pakistan. The Executive Director, NIPS was designated as Convenor of the technical committee which was tasked to organise and plan the Summit programmes. Under the direction of the Secretary, Ministry of Population Welfare, this committee coordinated and planned the summit programmes; extensive meetings and deliberations with Dr. Zeba Sathar and Dr. Naushin Mehmood and officials of the Ministry were held, enabling and engaging the national and international experts to participate in the Summit. NIPS played a pivotal role in ensuring the success of the Summit.

SURVEYS:

PAIMAN (Pakistan Initiative for Mothers and Newborns)

In August 2005 the National Institute of Population Studies signed a contract with John Snow Inc. (JSI) to undertake a baseline survey in ten districts namely, Dir and Bunair in NWFP; Rawalpindi, Jhelum, D. G. Khan and Khanewal in Punjab; Sukkur and Dadu in Sindh; and Lasbella and Jafferabad in Balochistan. The survey collected benchmark information from 9150 households about their socioeconomic characteristics and 9242 currently married women of reproductive age regarding health of mothers and newborns, availability of health facilities and health seeking behaviour. In addition, information on contraceptive knowledge, ever use, current use, intention to use contraceptives in future and current fertility were also collected. The fieldwork of the baseline survey was launched in the third week of October and completed in December 2005. The Population Council provided the Technical Coordination for the survey.

PDHS (Pakistan Demographic Health Survey)

The 2006 Pakistan Demographic Health Survey (PDHS) is being undertaken to address the monitoring and evaluation needs of maternal health and family planning programmes

The Institute is in the process of completing preliminaries to launch a first-time-ever survey at national level focussing on maternal mortality, clinical and social reasons of maternal deaths, availability and accessibility of health and family planning facilities, health seeking behaviour of mothers for themselves and their children. Information on demographic and health related aspects of the population especially ever married women of reproductive age and their children under five years of age, knowledge about contraceptive methods, ever and current use, fertility levels, future fertility desires and intentions, unmet need for family planning will also be collected.



New Frontiers in Population and Development Studies: A research agenda for Pakistan

Elaborating on the changing demography of Pakistan in the context of Asia, Dr. Nizamuddin pointed out that though Pakistan was the second country in the developing world to launch a national family planning programme in 1960s, the population of the country has more than quadrupled since 1950. It has already exceeded the Population of Bangladesh and will leave Indonesia behind in terms of population size by 2050.

According to the UN projections the population of Pakistan will reach 229 million by 2025 and to 305 million in 2050.

He attributed the poor performance of the national family planning programme to four factors, namely; lack of political support and policy focus, weak management structure, frequent leadership changes resulting in frequent changes in strategies, and above all weak implementation of the programme. Because of these hazards, Pakistan is fated to become the 4th most populated country by 2050.

He observed that Pakistan is currently undergoing a demographic change and fertility has reportedly declined from 6.4 to 4.2. He was skeptical, whether Pakistan would be able to provide employment, education, housing, health, water, sanitation and energy requirements to over 300 million population by 2050. He, however, welcomed the recent developments at the Ministry of Population Welfare for involving the key stakeholders like the civil society organisations, the public and private sectors and particularly, the formation of National Commission for Population Welfare (NCPW). He was emphatic in suggesting that efforts are needed to activate the NCPW with clear

mandate, competent staff and funds to formulate and implement integrated population policies to deal with not only high fertility issues but also with larger social, economic, developmental concerns and population. He recommended a close operational collaboration between the NCPW, the MOPW and the key planning and policy structures, CSOs and the private sector.

Dr Nizamuddin proposed research agenda for the next decade and asked NIPS to play the role of a catalyst for researchers to focus on studies on complex societal, economic, political and environmental processes that Pakistan is grappling with. He laid out the following research agenda:

- Modelling and methodology issues associated with the basic demographic parameters such as fertility, mortality, morbidity, migration, urbanisation and population projections;
- Interlinkages between demographic, socio-economic, and cultural variables;
- Studies on the elderly and working age populations with particular reference to socio-economic aspects of employment, health and security of the elderly;
- Interaction between population, development and environment variables with a particular focus on population stabilisation goals and sustainable development;
- Socio-economic and demographic causes and consequences of migration and urbanisation;
- Determinants and consequences of adolescent health
- The effectiveness of youth development strategies: will Pakistan be able to benefit from the demographic bonus;
- Health and population policy research



Dr. Muhammad Nizamuddin is Higher Education Commission (HEC) Professor Sociology at Punjab University. He is also Clinical Professor, Department of Socio-Medical Sciences, Mailman School of Public Health, Columbia University and Program Director, International Program on Population Aging in Developing Countries: A joint Initiative of Columbia University and United Nations Fund. He was Director, Asia and Pacific Division, UNFPA, New York, and is the author of several reports. He obtained his Ph.D in Population Studies from the University of Michigan, Ann Arbor, USA.

Dr. Nizamuddin also urged NIPS to explore and expand possibilities of collaborative research with national and international research organisations. He appreciated NIPS initiative of reviving and reactivating the Seminar Series.

Dr. Nizamuddin drew special attention to ageing as emerging social concern for Pakistani society, he pointed out that though the proportion of population age 60 and above is still low in Pakistan, the absolute number of the aged population has increased tremendously. According to the UN projections, Pakistan had over 8.6 million population above age 60 years in 2002 but the number is expected to increase to 42.8 million in 2050. He was vigorous in recommending the integration of elderly population in the development process.

NIPS should play the role of a catalyst for researchers . . . Explore and expand possibilities for collaborative research with national and international research organizations.

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From the Executive Director's Desk

broaden the dialogue and through deliberations generate ideas about policy relevant research; connect the missing links between reliable data and quality research; and more importantly provide researchers and professionals an opportunity to contribute to the policy process by voicing their concerns so that it enables the formulation of judicious, effective and citizen friendly population welfare programmes and policies. To pursue these goals at the NIPS, we adopted a four-pronged strategy:

- Launched the monthly seminar series to mainstream the population issues and promote dialogue among professionals, policy makers and researchers.
- To prepare, plan and finalize the launch of PAIMAN and PDHS surveys
- Reinvigorate the training programmes
- Revive the Journal- Pakistan Population Review (last published in 1994) and expedite the completion of unfinished projects and studies at the NIPS

We wish to see NIPS develop into a dynamic center for promoting both academic and policy relevant dialogue among professionals, policy makers and other stakeholders. We remain deeply appreciative of all the institutions and individuals for supporting our efforts through participation and positive feedback. On behalf of NIPS, I want to acknowledge the technical and financial support that the USAID and UNFPA have provided for our ongoing activities and their continued support would enhance NIPS capacity building.

We are enthused about the revival of the Research Briefs and News and plan to publish this on quarterly basis as part of our efforts to disseminate and inform more regularly about happenings at NIPS.

In this Issue we are presenting a brief summary of activities in the first quarter. During the year we will continue to report as we go along. We are conscious of our constraints and limitations and would welcome any criticism but encourage you to comment and suggest ideas to improve the quality of our research, training and surveys and even on the publication of Research Briefs and News.

SURVEYS: Contd from page 3

PDHS (Pakistan Demographic Health Survey)

The fieldwork of the study would be launched in June 2006 and is expected to complete in 5-6 months. The preliminary findings of the survey will be available by February 2007 and Main Report in October 2007.

The USAID is providing funds for the survey and the Macro International Inc. USA is providing technical assistance. On behalf of Macro, Dr. Annie Cross has been coordinating and persuing the project since September 2004. The Federal Bureau of Statistics is providing sample design and household listings for 1000 primary sampling units across Pakistan. The overall sample size of the survey is 100,000 households.

A Steering Committee headed by the Secretary, Ministry of Population Welfare and memberships drawn from representatives of the relevant federal ministries and provincial departments is overseeing the project activities and provide guidance and facilitation of fieldwork of the survey.

In September 2005, NIPS formulated a Technical Advisory Committee whose membership is drawn from relevant federal ministries, research organisations and universities in providing technical input with regard to survey design, questionnaires, verbal autopsy instruments, training of field staff, and quality control mechanism. Besides individuals of international standing, the Technical Advisory Committee is represented by the Population Council, Pakistan Institute of Development Economics (PIDE), Pakistan Institute of Medical Sciences (PIMS), Pakistan Medical Research Council (PMRC), and donor agencies like USAID, UNFPA, UNICEF, DFID, WHO. In September 2005, the NIPS invited over 43 members of the Technical Advisory Committee to deliberate and advise on the launch of PDHS.



National Commission for Population Welfare

On the eve of summit, Prime Minister announced the formation of National Commission for Population Welfare. The composition and Terms of Reference (ToR) of the commission are as follows:

- **Prime Minister**
Chairperson
- **Minister for Population Welfare**
Member
- **Minister for Education**
Member
- **Minister for Health**
Member
- **Minister for Information and Broadcasting**
Member
- **Minister for Women Development**
Member
- **Minister for Social Welfare & Special Education**
Member
- **Chief Minister of four provinces**
Members
- **Chief Executive, Northern Areas**
Member
- **Deputy Chairman, Planning Commission**
Member
- **Chairperson, Senate and National Assembly Standing Committees for Population Welfare**
Member
- **Chairperson, National Commission for Human Development (NCHD)**
Member
- **Provincial Ministers of four provinces**
Members
- **Parliamentary Secretary, Ministry of Population Welfare, Islamabad**
Member
- **Secretary, Ministry of Population Welfare, Islamabad**
Member
- **Chairperson, National Trust for Population Welfare (NATPOW), Islamabad**
Member
- **Additional Secretary, Ministry of Population Welfare, Islamabad**
Member/Secretary
- **Prime Minister, AJK**
Member
- **President, Family Planning Association of Pakistan, FPAP**
Member
- **Chairpersons, Social Marketing of Contraceptives**
Members
- **Country Representative, Key Social Marketing of Pakistan**
Member
- **Country Representative, United Nations Population Fund, UNFPA**
Member
- **Country Representative, United States Agency for International Development, USAID**
Member
- **Country Representative, Department for International Development (UK) DFID**
Member
- **Country Representative, Population Council**
Member

Terms of Reference:

1. To formulate National Policies for the Population Welfare Programme.
2. To hold annual review of these Policies in the light of actual functioning of the Programme and the realization of the Programme objectives.
3. To muster political, financial and administrative support and to mobilize resources for Population Welfare Programme.
4. To promote and encourage public private sector partnership among all stakeholders involved in population related activities.
5. To build consensus on directions for Population in general and for the Ministry of Population Welfare in particular.
6. To ensure effective co-ordination between Federal and Provincial Government in the attainment of these objectives.

List of Participants in the PDHS TAC Meeting September 27, 2005

- **Dr. Abdul Wajid**
The Population Council, Islamabad
- **Dr. Adnan A. Khan**
National AIDS Control Programme (NACP), Islamabad
- **Dr. Arif Mahmud**
Quaid-e-Azam University, Islamabad
- **Dr. Arshad Mahmood**
The Population Council, Islamabad
- **Mr. Ashfaq ur Rahman**
The Futures Group, Islamabad
- **Dr. Asma Fouzia Qureshi**
Aga Khan University, Karachi
- **Dr. Baqir Hussain**
National Programme on FP and PHC Islamabad
- **Dr. Barkat e Khuda**
Technical Assistance Management Agency, Islamabad
- **Dr. Donya Aziz**
Parliamentary Secretary MoPW, Member National Assembly
- **Dr. Farid Midhet**
The Asia Foundation, Islamabad
- **Dr. Fauzia Aqeel**
National Programme on FP and PHC Islamabad
- **Dr. Iqtidar Khan**
Aga Khan University, Karachi
- **Mr. Khalid Mahmood**
Federal Bureau of Statistics, Islamabad
- **Dr. Mehtab Karim**
Aga Khan University, Karachi
- **Dr. Mohammad Nizamuddin**
University of the Punjab, Lahore
- **Dr. Munir Safiuddin**
UNICEF, Islamabad
- **Dr. Nabila Zaka**
UNICEF, Islamabad
- **Mr. Nadir Abbas**
The World Bank, Islamabad
- **Dr. Naushin Mahmood**
Pakistan Institute of Development Economics, Islamabad
- **Ms. Pamela Sequeira**
UNFPA, Islamabad
- **Mr. Peter Miller**
The Population Council, Islamabad
- **Dr. Sadiqua Jafarey**
National Committee on Maternal Health, Karachi
- **Syed Mubasher Ali**
Pakistan Institute of Development Economics, Islamabad
- **Mr. Zahid Hussain**
Sustainable Resources Foundation (SuRF) Islamabad
- **Dr. Zareefuddin Khan**
National Programme on FP and PHC, Islamabad
- **Dr. Zulfiqar Bhutta**
Aga Khan University, Karachi



"Human beings must respect each other, in all their diversity of belief, culture and language. Differences within and between societies should be neither feared nor repressed, but cherished as a precious asset of humanity. A culture of peace and dialogue among all civilizations should be actively promoted."

Tolerance, UN Millennium Declaration on Sept. 2000



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Research Methodology and Demographic Concepts

The workshop was attended by eight participants working as Deputy Demographers / Deputy District Population Welfare Officers in Sindh, NWFP and Balochistan Population Welfare Departments. Mr. Shahzado Shaikh, Secretary Ministry of Population Welfare who gave away certificates to the participants, chaired the concluding session.



Workshop participants with UNFPA representative and ED, NIPS



Secretary MoPW awarding certificate to the workshop Participant.



Workshops participants attending practical session in NIPS's computer section

List of Participants

Workshop on Research Methodology and Demographic Concepts on December 21-23, 2005.

- **Mr. Abdul Hakeem Babar**
Dy. DPWO - District Dadu.
- **Mr. Hakim Ali Tunio**
TPWO - District Larkana.
- **Mr. Aziz-ur-Rehman Channa**
TPWO - District Naushero Feroze.
- **Mr. Asif Ahmed Memon**
TPWO - District Hyderabad.
- **Mr. Asif Afridi**
Dy. Demographer - District Nowshera.
- **Mr. Aurangzeb Khan**
DPWO - District Zhob.
- **Mr. Ghulam Mustafa**
DPWO - District Dera Bughti.
- **Mr. Hafiz Faiz Akhtar**
DPWO - District Awaran.

Millennium Development Goals:

- 1. Eradicate extreme poverty and hunger.*
- 2. Achieve universal primary education.*
- 3. Promote gender equality and empower women.*
- 4. Reduce child mortality.*
- 5. Improve maternal health.*
- 6. Combat HIV/ AIDS, malaria and other diseases.*
- 7. Ensure environmental sustainability.*
- 8. Develop a global partnership for development.*

"Gender equality is not only a matter of social injustice but also good economics"

World Bank 1995

Do You Know?

- Pakistan, population wise, is the sixth largest country in the world and would be number four by the year 2050.
- Every minute 8 babies are born and 3 persons die.
- 39 million of our population is living below poverty line.
- 56.9 million have no access to safe drinking water.
- 57.9 million people live in one room houses.
- 78.2 million have no sanitation facilities.



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