

Research Briefs & News

A Quarterly Newsletter

Issue No. 09 Jan, 2014



Ms. Saira Afzal Tarar

Minister of State
For National Health Services, Regulations & Coordination

I congratulate Mr. Abdul Basit Khan, Executive Director, NIPS and his Team for their tireless efforts and great accomplishments especially completion of the 3rd round of the Pakistan Demographic & Health Survey-PDHS (2012-13) Report, publication of the Newsletter and reaching the youths in universities. First of all, I would like to underpin the fact that the present Government is fully cognizant of the socio-economic challenges put forth by the high population growth in Pakistan.

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Mr. Imtiaz Inayat Elahi

Secretary
M/o National Health Services, Regulations & Coordination

Population explosion is a major concern globally and in Pakistan. National Institute of Population Studies is playing a vital role in developing policy and acting as apex technical body in the area of population research.

After devolution of the Ministry of Population Welfare to provinces, NIPS has assumed a more important role in provision of credible data and information for action to the Provincial Governments and other stakeholders.

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Mr. Abdul Basit Khan

Executive Director
National Institute of Population Studies-NIPS

It is indeed a pleasure for me to wish a very Happy New Year 2014, to everyone especially the NIPS personnel and a warm welcome to NIPS Newsletter of January 2014. I congratulate the NIPS team for restarting the Newsletter to keep all the stakeholders well informed about the current activities of the Institute. I am confident that this Newsletter will serve as an advocacy tool to update our stakeholders and partners at all levels in the public and private sector on NIPS' performance and ongoing research and other activities.

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Mr. Abdul Basit Khan, Chief Editor	
Ms. Azra Aziz	Ms. Tanvir Kiyani
Dr. Nasser Mohiuddin	Dr. Margaret Nazli
Mr. Zafar Zahir	Ms. Aysha Sheraz
Ms. Rabia Zafar	Mr. Ali Anwar Buriro
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Message of Minister of State for NHR&C

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It is considered as the biggest hurdle in the country's development agenda affecting all the spheres of life by diluting the efforts made and resources mobilized to bring prosperity to our people. The top level strong political commitment reflects the present Government's foresighted vision and sincerity in seeking ways to overcome this challenge. Unfortunately, in past regimes, lack of explicit political commitment and financial constrains badly affected the Population Welfare Programme thereby causing failure in poverty alleviation targets and provision of essential social services including family planning, health, education and infrastructure, leading to masses of under-developed communities living without even the basic amenities.

Pakistan has become the 6th most populous country of the world with 45% population consisting of youths in reproductive age. The unmet family planning need is resulting into a large number of unplanned pregnancies, abortions and bad health outcomes for mothers and the newborn children; this is an alarming situation and the Government especially the Provincial Population Welfare Departments-PWDs, NGOs, Private Sector and the Development Partners need to make concerted efforts to tackle the problem by reaching the communities deprived of the basic knowledge on family planning and contraceptive services. Needless to emphasize that the population growth nexus is closely linked to poverty, illiteracy, gender and the economic empowerment of women, and therefore, it calls for a multi-sectoral and integrated approach.

I wish Mr. Abdul Basit Khan, Executive Director and his team at NIPS, more success in their efforts toward addressing a national cause.

Message of Secretary for NHR&C

(Continued from page 1)

I am pleased to see that NIPS newsletter is making a vital contribution in sharing knowledge and best practices in the area of population welfare. Ministry of National Health Services, Regulations and Coordination supports and encourages such initiatives and I commend all the efforts of those associated with the newsletter.

As there are numerous cross cutting issues and challenges in the area of both population welfare and health, I would urge that attention is given to issues like infant and maternal mortality, gender empowerment etc.

I congratulate Mr. Abdul Basit Khan, Executive Director, NIPS and his Team on completion of the 3rd round of Pakistan Demographic & Health Survey-PDHS (2012-13) and the other initiatives such as sensitization seminars for youth in universities and collaboration with Provincial Population Welfare Departments.

I understand that the data contained in the PDHS (2012-13) will be widely disseminated at the Provincial level so as to provide evidence-based facts for setting pace and priorities of the Population Welfare Programme, especially in terms of increasing the Contraceptive Prevalence Rate and meeting the unmet demand for family planning by reaching the marginalized segments of society.

I am confident that our development partners will support the M/o NHR&C in strengthening NIPS and building its capacity for enhancing its portfolio and linkages with National and International organizations so as to bring it at par with world renowned research agencies.

I wish the NIPS team every success.

Message of Executive Director, NIPS

(Continued from page 1)

The foregoing year, 2013, has been historically significant for the NIPS as it earmarks the successful completion of the 3rd round of Pakistan Demographic & Health Survey-PDHS 2012-13. The task has been accomplished despite of the difficult law & order situations especially in Balochistan and Khyber Pakhtunkhwa. Also, NIPS has liaised with the Provincial Population Welfare Departments-PWDs to enhance mutual collaboration in the field of population & development in the post-devolution scenario. Moreover, the NIPS has organized Awareness Raising Seminars for the youths at universities in order to sensitize them on population issues and prepare them for responsible parenthood in their future lives. Spade work for undertaking a new research study on Evaluation of Management Tiers of Population Welfare Programme has been also completed along with a number of other ongoing activities as per NIPS mandate.

Here, I take this opportunity to acknowledge the kind patronage from Ms. Saira Afzal Tarar, the Minister of State for the National Health Services, Regulations and Coordination (NHR&C), and great support for NIPS from Mr. Imtiaz Inayat Elahi, the Secretary, M/o NHR&C.

I am confident that the NIPS personnel do have the capacity, dedication and zeal to uplift the Institution at par with other research organizations of international repute and at the end, I wish the ultimate success and glory for the NIPS and eternal happiness and prosperity for all the people in Pakistan.



Salient Features of Pakistan Demographic and Health Survey (PDHS) 2012-13



Ms. Tanvir Kiyani

About DHS

Measure Demographic and Health Survey (DHS) is funded by USAID with technical support of ICF International with an objective of global study of health and population welfare trends in developing countries. DHS is currently being implementing 48 surveys in 42 countries and so far 280 surveys have been carried out in 90 countries. DHS is considered as the "Gold standard" in national survey research

About PDHS

Pakistan Demographic and Health Survey (PDHS) 2012-13 is the third in its series. The first survey was carried out in 1990-91,

and the second in 2006-07 by the NIPS.

Objectives of survey

- To collect high-quality data on topics which may include fertility levels and preferences; contraceptive use; maternal and child health; infant-and especially neonatal-mortality levels; and awareness regarding HIV/AIDS and other indicators relevant to the Millennium Development Goals and the Poverty Reduction Strategy Paper;
- To investigate factors that impact on maternal and neonatal morbidity and mortality;
- To provide information to address evaluation needs of health and family planning programs for evidence-based planning;
- To provide guidelines to programme managers and policy-makers to effectively plan and implement future

interventions.



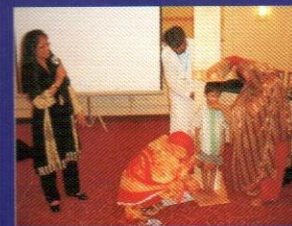
Updates on PDHS- 2012-2013

After successful completion of survey preparation, questionnaire design, training and field data collection stage, dissemination of preliminary findings, working on main report, the final report is being released in January 2014. The report is carrying a very large and much awaited national set of data/ information for sharing with national and international stakeholders in the field of Population, Development and Health.

Key Findings of Preliminary Report

Indicators	Pakistan	Punjab	Sindh	KPK	Balochistan	Islamabad	GB
Total Fertility Rate (TFR)	3.8	3.8	3.9	3.9	4.2	3.2	3.8
Contraceptive Prevalence (CPR)							
Any Method	35.4	40.7	29.5	28.1	19.5	59.4	33.6
Any modern method	26.1	29.0	24.5	19.5	16.3	44.1	28.2
Child Mortality (per 1000 births)							
Infant	74	74					
Child mortality	17	17					
Under 5-mortality	89	89					
Maternal Health							
Antenatal Care	73.1	77.8	78.2	60.5	30.6	94.3	64.0
Delivered by SBA	52.1	52.5	60.5	48.3	17.8	88.1	43.7
Institutional deliveries	48.2	48.5	58.6	40.5	15.8	86.4	42.6
Completed Child Vaccination	53.8	65.6	29.1	52.7	16.4	73.9	47.0
Exclusive breast-feeding (0-5 months)	37.7						
Fertility preference (Want not more)							
Women	51.2						
Men	41.7						

KPK=Khyber Pakthunkhwa; GB=Gilgit-Baltistan; SBA=Skilled Birth Attendant



Dissemination Plan

Main Report is being launched in mid January 2014 at the National Dissemination Seminar in Islamabad, followed by provincial launches at the provincial headquarters.

Brief on the Preliminary Findings of Pakistan Demographic and Health Survey 2012-13,



Ms. Rabia Zafar

National Institute of Population Studies has launched the Pakistan Demographic and Health Survey 2012-13, Preliminary Report in June 2013. This preliminary Report presents the results of selected key indicators like fertility, mortality, family planning, maternal and child health and knowledge about HIV/AIDS from the 2012-13 PDHS.

Fertility

Fertility data was collected in this survey by interviewing women for history of all their pregnancies. In Pakistan total fertility rate is 3.8. This means that on an average, a Pakistani woman who is at the beginning of her childbearing years will give birth to 3.8 children by the end of her reproductive period if fertility levels remain constant at the level observed in the three years period before the survey. Fertility is lower among adolescents (44 births per 1,000 women) and peaks at 224 births per 1,000 among women age 25-29. The results indicate that Pakistan's fertility has declined over time. The decline in the TFR from 5.4 births per woman in 1986-91 to 3.8 births in the period 2010-12, a decline by 1.6 births per woman in two decades. However, Pakistan has a long way to go to meet the Millennium Development Goals target of 2.1 births per woman.

Fertility Preferences

Several questions were asked in the survey concerning women's and men's fertility preferences. Among currently married women, 19 percent would like to delay their next birth, while 51 percent either does not want to have another child or are sterilized. Twenty-one percent of currently married men desire to delay the next birth while 42 percent either want no more children or have been sterilized. However, the overall results indicate that men desire more children than women.

Family Planning

Overall, 35 percent of currently married women in Pakistan are currently using a contraceptive method, which shows five percentage increase from 2006-07. The majority of women use a modern method (26 percent) and 9 percent use traditional methods. There is modest increase in contraceptive use among currently married women since 1996-97 and almost six percentage increase during the last six years.

Infant and Child Mortality

Information on infant and child mortality is useful in identifying segments of the population that are at high risk so that programmes can be designed to reduce it. The level of under-five mortality is 89 deaths per 1,000 live births during the five-year period before the survey, implying that almost one in every 11 children born in Pakistan during the period died before reaching their fifth birthday. The infant mortality rate estimated in the survey is 74 deaths per 1,000 live births.

Maternal Health

Antenatal Care

Proper care during pregnancy and delivery is important for the health of both the mother and the baby. 73 percent mothers reported consulting a skilled health provider—a doctor, nurse, or lady health visitor—at least once for antenatal care for

the most recent birth in the five-year period before the survey. There has been a significant improvement over the past eleven years in the proportion of mothers receiving antenatal care from a skilled health provider, increasing from 43 percent in 2001 to 61 percent in 2006-07 and to 73 percent in 2012-13.

Delivery Care

Proper medical attention and hygienic conditions during delivery can reduce the risk of complications and infections that could cause the death or serious illness of the mother and the neonate. Five in 10 births in Pakistan (52 percent) are delivered by a skilled health provider. Almost a similar proportion of deliveries (48 percent) take place in health facilities.

There is a considerable improvement in the maternal health indicators in 2012-13 PDHS from 2006-07 PDHS. A 12 percent increase has been observed in the antenatal care from a skilled provider, 4 percent increase among women whose last birth was protected against neonatal tetanus and more than 13 percent increase in births assisted by a skilled provider and 14 percent increase in the births that were delivered in a health facility.

Child Health and Nutrition

Vaccination of Children

54 percent of children age 12-23 months are fully vaccinated with BCG, measles, and three doses of DPT and polio. There is 7 percent increase in the proportion of fully vaccinated children since 2006-07 and 19 percent since 1990-91. Certainly, this pace of progress is still far from satisfactory, falling below the MDGs target of more than 90 percent. Looking at coverage for specific vaccines, 85 percent of children have received the BCG vaccination, 79 percent the first DPT dose, and 92 percent the first polio dose (Polio 1). Coverage declines for subsequent doses, with only 65 percent of



children receiving the recommended three doses of DPT and 85 percent receiving all three doses of polio. Only 61 percent of children received the measles vaccine. More than five percent of children have received no vaccinations at all.

Treatment of Childhood Illnesses

Acute respiratory illness, malaria, and severe diarrhoea leading to dehydration are major causes of childhood mortality in Pakistan. 16 percent of children under age five had symptoms of ARI in the two weeks preceding the survey. Similarly, 38 percent had fever and 23 percent had an episode of diarrhoea in the two weeks preceding the survey. 55 percent children with symptoms of ARI and 53 percent children with fever were taken for treatment to a health facility or service provider. Half of the children who were ill with diarrhoea were taken to a health facility or provider.

HIV/AIDS

Human Immunodeficiency Virus (HIV)/ Acquired Immune Deficiency Syndrome (AIDS) is a serious public health threat. The 2012-13 PDHS included a series of questions that inquired about respondents' knowledge on HIV/AIDS and their attitudes towards AIDS. 42 percent ever-married women and 69 percent ever-married men in Pakistan have heard about AIDS.

Collaboration with PWDs: Meeting with Begum Zakia Shahnawaz, the Minister for Population Welfare, Punjab



Dr. Nasser Mohiuddin

Begum Zakia Shahnawaz, Minister for Population Welfare, Punjab in a meeting with Mr. Abdul Basit Khan, Executive Director-ED, National Institute of

Population Studies-NIPS, assured of the full cooperation from Population Welfare Department-PWD, Punjab, to organize Provincial launch of the PDHS 2012-13 Report and establishment of Provincial Research Collaborative Center in Punjab. The meeting held at office of the Secretary, PWD-Punjab, Lahore, on September 02, 2013, was attended also by Mr. Altaf Ezid Khan, Secretary, and other senior Officers including Mr. Qaisar Saleem, DG and Dr. Attia Maruf, AS (Tech.) from PWD, Punjab and Dr. Nasser Mohiuddin, Director (HRD & Coord) and Mr. Zafar Zahir, Fellow from NIPS. The main objective of the meeting was to explore various avenues of collaboration between PWD-Punjab and the NIPS particularly in the post-devolution scenario after 18th Amendment.



Begum Zakia Shahnawaz, Minister for Population Welfare, Punjab, appreciated the NIPS initiative for collaboration with PWD, Punjab and emphasized that following the 18th Amendment, the governance structure have undergone major transition and responsibilities of the PWD have also changed especially in terms of policy formulation, improved management and service delivery. Mr. Abdul Basit Khan, ED, NIPS highlighted that presence of the Minister reflects top level political commitments for the Population Welfare Program in Punjab. Dr. Nasser Mohiuddin presented the salient features of the proposed action plan for collaboration between PWDs Punjab and NIPS, including cooperation of the PWDs, Punjab for arranging Provincial launch of PDHS 2012-13 Report, during early 2014, evaluation of Provincial Management Tiers and Service

Delivery components for enhancing their capacity to cope-up with the upcoming challenges and enhancing the quality of FP&RH services in the Province; establishment of Provincial Research Collaborative Center at the Population Welfare Training Institute-PWTI, Lahore to provide research based evidence for policy formulation, strategic planning and improving service delivery, etc. and for this purpose, NIPS will provide technical assistance to build capacity for designing and conducting research at the Provincial level, and also the NIPS may provide technical assistance for formulation of Population Policy and interactive sessions may be arranged at the PWTI Lahore for dissemination of research findings to the management and service delivery personnel from the PWD, Punjab.



Mr. Abdul Basit Khan, ED NIPS, emphasized for concrete and pragmatic measures to highlight the impact of over population and in this context he proposed the PWD Punjab, to launch a mass media campaign through TV, FM Radio and print media. He referred to the Notification issued in 2009 from M/o Information & Broadcasting wherein it is stated that "The licensee shall broadcast public service programmes which may be provided by the Authority or by the Government" and suggested that the Minister for Population Welfare may approach the Chairman PEMRA, for airing free of cost 'public service messages' through PTV, on family planning and population issues for awareness raising and behavior change. Mr. Khan added that the four provincial PTV stations may be directed by the Ministry of



Information/ PTV Headquarter, for launching TV plays based upon the implication/ hazard of over population in each quarter of the year and for producing best drama serial from any station, award of appreciation/ praise may be given on annual Population Day each year. Similarly, all the private channels may also be motivated and persuaded to produce serials/ independent TV plays to highlight the hazard/ menace of over population in the country and people may be involved to observe family planning not only as financially viable instrument but to accept it as a national cause. Mr. Khan suggested that public service messages may be properly prepared to highlight the negative impact of over population in Pakistan and shown to the general masses during the intervals of film shows in all the cinepax/cinema as mandatory. The audience/viewers would be compelled to watch and examine the dangers of over population in the country viz-a-viz pressure on the social sectors in our country. He proposed to engage local/district level Radio FM stations and arrange declamations/speech contests/essay writing in all the schools, colleges and universities invariably during every year to inspire the youth to observe responsible parenthood practices at the later stage of their family life and in order to make familiarize the children and youth with the topic of over population in Pakistan. Necessary changes may also be made in the curriculum of high school/ colleges through concerned Text Book Board of Education Departments.

Begum Zakia Shahnawaz, Minister of Population Welfare, appreciated the NIPS Action Plan, and assured full support and cooperation from the PWD Punjab.

Orientation of youths on 'Population Challenges and Responsible Parenthood'



Dr. Margaret Nazli

The National Youth Policy (2008) of Pakistan defines 'Youth' as 'a period during which a person prepares himself or herself to be an active and fully responsible member of the society. It is a period of transformation from a family dependent childhood to an independent adulthood and integration in society as a responsible citizen'. Pakistan has a largest youth population i.e person between the ages of 10 and 29 years. According to the Economic Survey of Pakistan 2011, the youth population in Pakistan is 41 percent of the total population. The proportion of males and females is about 51 percent and 49 percent respectively. Out of this, 35 percent of youths reside in urban areas while 65 percent live in rural areas (Labour Force Survey 2010-11).

The demographic situation in Pakistan is getting worse and worse over 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. The country currently has more productive youths than dependents, and this favorable balance of population ends in 2045'.

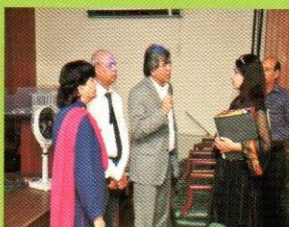
In such a scenario, with an ever largest segment of young population, a country like Pakistan has a window of opportunity for economic growth simply by making

investment on young population. The demographic dividend can be achieved by making youths as useful members of the society if they realize the issues and challenges emerging due to rapid population growth, its untoward implications on socio-economic development and how they can 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. Young people may physically be able to become parents at a very early age, and being a responsible parent means they wait until the health of the mother will not be endangered by pregnancy and until both parents are emotionally mature and able to deal with the needs of a family. By waiting to get married and having children, young people can give themselves more time to pursue the things like education, employment, personal maturity, self-confidence, etc. that can help to make them better partners and parents. Youths should be aware that healthy timing and spacing for the birth of children helps to protect the health and life of the mother and child and allows both parents to give more time, attention, care and affection to each of their child.

The NIPS is having a large data bank through its large numbers of researches for various segments including the youths.



Research, Dissemination and Advocacy are the key areas of NIPS, therefore it has started a dissemination and advocacy campaign on "Population issues and challenges in Pakistan and Responsible Parenthood" at the post-graduate university level for the students in a pre-phase of entering into their family life and facing the challenges of over population.

As a series of event to sensitize youths, NIPS organized a seminar in collaboration with Bahria University, on October 10, 2013, which was the first of its kind programme for the university students in which they were motivated to change their thinking style and mould their attitudes and behaviours to become good future fathers and mothers who can cater to the physical, emotional, psychological and spiritual needs of their families.



The innovation of the seminar was to empower youths by providing knowledge and information necessary for them to flourish and make successful transitions for future parenthood and improving quality of life for the future generation

The goals and objectives of the seminar were:

- To sensitize youth on emerging population situation and issues in Pakistan
- To promote and encourage family life education in universities as a mean of preparing and sensitizing young people for responsible parenthood
- To focus the attention of youth on personal and social impact of the decisions they make before becoming a parent

The expected results of the seminar were:

- Youths will be aware of population issues and their link to overall development of the society and country
- Youths will develop attitude, behavior and skill, vital for their family's social and emotional well-being
- Youths will commit to bringing change in the lives of future generations.



As a next step, NIPS intends to organize similar short orientation type seminars for the university students and young faculty members in other universities of Pakistan.

Compilation of State of Population in Pakistan



Ms. Tanvir Kiyani

The consultative meeting on compilation of new version of the State of Population in Pakistan was held on October 3, 2013 in the conference room of NIPS. The meeting was chaired by the Executive Director, NIPS and was attended by the representatives of Provincial Population Welfare Departments, other experts and partners in the field of population & development from public & private sector, Non-governmental Organizations (NGOs).

Mr. Abdul Basit Khan, Executive Director NIPS, highlighted the importance and need of compilation of new version of State of Population at the present demographic stage of the country. The idea has already been presented to Minister for National Health Services, Regulation & Coordination

(NHSRC), however, it was deemed appropriate to consult the stakeholders in order to have a consensus build to produce the document.

Ms. Tanvir Kiyani, Director (R&A), in her presentation highlighted following areas:

- * Background and objectives of the State of Population, 1988
- * The areas/contents of the State of Population, 1988
- * Role of NIPS in post devolution scenario and importance and need to have an updated version
- * The proposed modification in State of Population

The critical questions asked from participants were:

- o Should NIPS go ahead with the publication of The State of Population in the absence of Census Data after 1998?
- o Can NIPS use the survey/projected data with reference to its reliability?
- o Can NIPS go ahead with the proposed modifications?

Participants' comments:

State of Population is very important and long awaited document, therefore, at this stage instead of looking for census data, NIPS should move ahead with the relevant and available data sources and start with what is 'do able' and 'possible'. The elderly population is missing area in last version so it may be included in the new version. The Poverty Reduction Strategy Paper (PRSP) may also be kept in view

Mr. Muzaffar Mehmood Qureshi, Former Secretary, MoPW and present Country Director, Green Star Social Marketing.

Presently NIPS needs to carry forward its role of data dissemination by producing such publications on population and development related areas/issues for presentation to policy makers and to win the political will for overall dynamics of this issue of national importance. Projected data

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initiated and produced by NIPS can be utilized

Dr. Sajid Ahmad former Executive Director, NIPS and present Country Coordinating Manager, Global Fund.

■ NIPS may go ahead with the said publication by utilizing different data including recently collected and currently under compilation 2012-13 PDHS data. USAID supports the idea of launching the new updated State of Population.

Mr. Khalid Mehmood, Activity Manager, USAID

■ UNFPA Pakistan has always appreciated and supported the new initiatives in the field of population, development and health. The idea of Mr. Muzaffar Mehmood Qureshi for incorporating a separate section of the elderly population is highly endorsed

Mr. Afzal, Assistant, Representative UNFPA

■ In the absence of census the work in this area cannot be stopped. A number of surveys have been carried out and the same may be quoted and utilized as sample data is reliable with statistically accepted 5 to 10 percent error. Demographic dividend is closely related to economic growth and human development through effective policy response and the 'State of Population 2014' can hopefully provide grounds for the same.

Mr. Nood Afzal, Director (PME), Population Welfare Department (PWD), Khyber Pakhtoon Khaw (KPK)

■ All the ground work for census has already been completed and Population Census Organization (PCO) is ready to launch the field operation provided the technical issues and related sensitivity in the present unavoidable circumstances are addressed by the Cabinet/Government. The idea of conducting a survey as substitute of census is also under consideration. For 'State of Population 2014' many sources of data may be utilized including the surveys by Pakistan

Bureau of Statistics (PBS).

Mr. Habibullah Khattak, Census Commissioner, Pakistan Bureau of Statistics

■ In the absence of good vital statistics and census data, the compilation and write-up on size and growth of population, urbanization, migration would not serve the objective of State of Population 2014. The projected population is not at all a good substitute of population and housing census e.g. disability data cannot be made available without census.

Syed Mubashir Ali, Principal Investigator of the 2012-13 PDHS

■ Even the housing census operation data could be made available due to certain controversies and work on certain areas/chapters cannot be started without census data. As for projected data is concerned, 17 years after census 1998 the meaningful picture cannot emerge.

Syed Mazhar Hussain Hashmi, Advisor, 2012-13 PDHS



■ The launch of 'State of Population 2014' is updating of the already published report in 1987 and it would utilize the secondary data sources. NIPS can go ahead using the population projections prepared by NIPS for the Planning and Development Division, Government of Pakistan and off course the same are based on the assumptions and have its limitations. Currently there is no such publication available which gives us the current demographics and its consequences on socioeconomic situation of Pakistan. After the devolution, provinces are responsible to develop their own health and population policies so there might be some incentives to provinces for implementing

strong family planning programs. The NFC Award allocations to provinces, Federal Government may freeze the 1998 proportion of population of provinces/regions for a certain period of time so that provinces would not be punished in terms of getting reduced financial resources due to lowering their population growth rates. Presently the NFC award dominates 82% of the share through population size and 18% through poverty, population density and revenue collection status of provinces.

Dr. Arshad Mahmood, Director (Monitoring) JSI

■ NIPS may definitely go ahead with the proposed publication but at the same time in the post devolution scenario the heterogeneity factor in the province based data/information needs to be kept in view and why not to go with the provincial 'State of Population'. The education sector's linkages with population should also be incorporated.

Dr. Asif Wazir, Senior Researcher, Population Council

■ Neonatal mortality data and child health related information need special focus. The publication under discussion at regional level especially that of ICT needs comparative analysis with other recently carried out research studies. A lot of funds have been allocated in this area and its outcome needs to be investigated in the context of the other related factors. The areas like girls' education, elderly population and maternal mortality should also form part of the State of Population, 2014.

Dr. Ghazala Mehmood, Prof. O&G Dean of PIMS

■ In-post devolution scenario provinces are the key players. NIPS has a large number of research studies on its credit. Other surveys by Pakistan Bureau of Statistics (PBS), provincial Bureaus of Statistics (BOS) and data of other research organizations can be used to compile 'State of Population 2014'.



However it should have provincial data like that of 'State of Population 1988'. After devolution provinces are in need of micro level data for their district level planning and NIPS is expected to provide the same.

Syed Ashfaq Ali Shab, Additional Secretary, Population Welfare Department (PWD), Sindh

■ The last census was carried out 17 years back and much changes has taken place in population dynamics, the level and trend of urbanization and migration have greatly changed. Demographics are being misunderstood therefore, to move forward with population dynamics in terms of fertility, mortality, migration and pressure of urbanization, we have to keep in view its demographics at a specific point of time to present a meaningful picture.

Dr. Tauseef Ahmed, Country Director, Pathfinder

■ This publication should bring under discussion the related issues like child labour, optimal birth spacing, demographic dividend, youth and terrorism, migration and IDPs, senior citizen's plan, disability and rehabilitation etc. After devolution the provinces have the leading role and they need to bring on board the religious scholars, parliamentarian, media, educationists and other stakeholder.

Dr. Shafqat Javed Shaikh, Director General, Population Programme Wing (PPW)

■ The 'State of Population, 1988' has been highly commendable publication. As far as the census data is concerned, if five year's plan can be formulated without census why the State of Population cannot be produced.

Mr. Shahzad Malik, Chief (P&SP), Planning and Development Division.

■ NIPS and NATPOW being the sister organizations and part of the population & development set-up at Federal level, should be playing lead role for harnessing donors/partners' support for giving policy/input and work together to win

political will for population related issues of National importance.

Mr. Sakindar Ahmed Rai, Chairman, NATPOW

■ The new state of Population would be great help for students and research scholars in the field of population, health and other sectors. It would be good source of baseline information.

Dr. Sarmad Uzma, Assistant Director, Ministry of National Health Services, Regulations & Coordination

■ The data of recently carried out National Nutrition Survey by SDPI can also be utilized. In addition the State of Population needs to be linked with Vision 2025 document of Planning and Development Division. For district level data, the PWDs may approach HEC because almost every district has at least one university and respective faculty and students can be involved for the collection of data for mutual benefit.

Dr. Abid Sulhari, Chief Executive Officer, Sustainable Development Policy Institute (SDPI)

■ State of Population is very important project and it can be launched and different modalities can be worked out. Social capital approach should not be merged with human capital as population dynamics needs to be seen as the basic unit of development planning. Migration is very important component of population change and needs special separate focus and it should not be mixed with the displaced population.

Dr. Sabiha H. Syed, Chairperson, Migration Research Centre



Conclusion

In the light of the discussion and input by

the participants, it was concluded that:-

- NIPS' idea of launching of 'State of Population, 2014' has been appreciated and there was consensus on the importance and need of its publication.
- With the exception of few participants who were apprehensive about the compilation of book in the absence of census data, the majority supported that NIPS may go ahead with the available/possible data sources
- A number of modification/additions were suggested and the same could be accommodated in the State of Population.
- The issue of enhancing NIPS capacity was also raised and the same could be addressed positively.

Islam and Family Planning Perceptions and Practices

(A Pilot Study in Sialkot and Chakwal Districts)



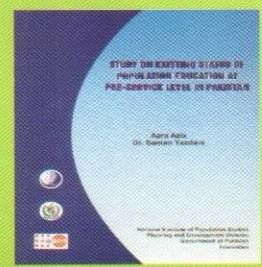
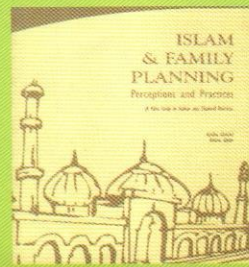
Ms. Aysba Sheraz



Ms. Rabia Zafar

The status of family planning practices in the light of Islamic teachings has always remained a highly debated topic, across time and space. There are very few empirical researches ever conducted on this topic to reveal the facts that prevail at the community level, in Pakistan. However, Population Welfare Program since its inception in early sixties has made efforts to achieve the modest success on the issue by administering various studies and launching meaningful initiatives in the very domain at the country level.

The findings reported here contradict the notion that Muslim religious leaders are more resistant to family planning than the broader community in which they live. There is a need to enhance the knowledge base of religious leaders as well as general



public about family planning issues to bring about positive behavioral and attitudinal changes in the population. The concept of birth spacing is well accepted by Ulema in Pakistan. Now, most Ulema are willing to discuss issues related to birth spacing, women's health and male responsibility in their Friday sermons but they seem to lack knowledge and confidence. Imam Masjids should be trained on what and how to communicate this sensitive information in their sermons. Most of the Ulema support spacing for two or two and half years probably up to the period of lactation. Ulema look up to prominent Muftis and Scholars for guidance. Therefore, their positive views can be a strong influencing factor for Imams and Khatibs. There is wide awareness of modern contraceptive methods among Ulema but these are associated with health concerns which need to be addressed. Ulema with higher level of the formal education are more supportive of the idea and their knowledge base can be utilized in training programs to motivate others. The research recommendations here are formulated for policy makers, religious leaders, and researchers, which would contribute to pave the way for achieving the set goals of population stabilization and improving the family planning program.

Existing Status of Population Education at Pre-Service Level in Pakistan



Ms. Azra Aziz

The study titled, "Study of Existing Status of Population Education at Pre-service Level in Pakistan", conducted by NIPS, with financial support of UNFPA. Its objectives were to look at the status of Population Education, specifically at topics of Family Life, Reproductive Health (RH), Quality of Life, Rights of Adolescents/Youth and HIV/AIDS/STDs being taught at the pre-

service level of training of teachers i.e. in M.Ed., M.A. Education, B.Ed. and B.Ed. Hons., Programmes in the different universities of Pakistan and selected Islamic countries i.e. Bangladesh, Turkey, Indonesia, Iran, Egypt and Tunisia.

Findings of the study showed that only 3 universities in Pakistan were teaching Population Education as a separate subject and 19 were teaching it as part of another course or integrated into another course. Seven were not teaching the population education subject at all. Population Education as an integrated subject was being taught with Human Development, Environmental Education, Human Resource Management, Women Education, Early Childhood, Adult Education, Over Population and its Impact, RH, Child Development, Child Health, Human Rights, Gender in Education, Drug Addiction, Population Growth and Development, and Family life. Family Life-related topics were being taught at 12 universities, RH at 5 universities, Quality of Life at 10 universities, RH Rights of Adolescents/Youth at 7 universities and HIV/AIDS/STDs at 5 universities.

At the time of survey, 11 out of 29 (38 %) sampled universities had organized workshops or seminars for the promotion of Population Education. Of the sampled universities 97 percent intended to organize workshops or seminars on Population Education and 57 percent proposed exploration of population related research topics in the future.

Out of 29 universities, 20 had organized seminars and 9 had organized workshops on population-related issues. 12 universities – 5 from Punjab, 2 from the Federal Capital, 2 from Sindh, 2 from Balochistan and 1 from Azad-Jammu Kashmir – indicated their strong commitment to organize seminars/workshops and submitted topics of interest those related to population education.

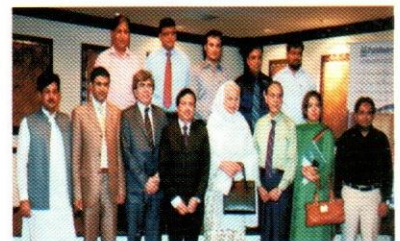
"A perusal of the course contents of Islamic universities showed that there was a weak

emphasis on Population Education in the courses taught there".

In conclusion, the response by the faculty exhibited their growing commitment to increasing awareness regarding Population Education in Pakistan.

The State of Family Planning in Pakistan

Executive Director National Institute of Population Studies (NIPS) has attended a dissemination workshop in Lahore, organized by the Pathfinder International, with the assistance of United Nations Population Fund (UNFPA), on completion of an assessment report on, "The State of Family Planning in Pakistan". The workshop was attended by professionals and program managers. Aim of the workshop was to share facts, findings and recommendations presented with concerned stakeholders to evolve a way forward to attain required objectives for the provinces. During the workshop deliberations and recommendations were made in the context of thematic areas which included political commitment, coordination, consolidation for enhancing access and equity, community voices, social mobilization, contraceptive requisitions and accountability.



Evaluation of Management Tiers of Population Welfare Programme 2013-14

The study of Management Tiers of Population Welfare Program by NIPS will diagnose flaws and weaknesses/status of PWP after 18th amendment. The main objectives of study are; (i) to review the existing target system, (ii) to identify



weaknesses in the existing management and service delivery procedure at each level from outlet to provinces levels, and (iii) to provide suggestions/recommendations for the improvement in the performance of all management tiers by utilizing the research tools/questionnaires

As a 1st step, NIPS is going to evaluate the Management Tiers of Population Welfare Departments to provide research based feed-back to provinces/regions to rectify any flaws and weakness and suggest ways to improve existing delivery system.

NIPS Serving as an Employer

Since, its establishment in 1986, the Institute has been contributing to reduce the unemployment among qualified youth (males & females) of Pakistan through conducting time-to-time research surveys at national and regional level.

NIPS employed a large number of unemployed persons as indicated below in 'Pakistan Demographic and Health Surveys' conducted at national level including ICT and Gilgit Baltistan-GB with financial and technical support of USAID.

Years of PDHS	No. of persons employed
2012-13	136
2006-07	157
1990-91	118
Total	411

News items

◆ Sensitization Workshop

NIPS has started a dissemination and advocacy campaign on Population issues & challenges in Pakistan and Responsible Parenthood at postgraduate-university level

in which students were motivated to change their thinking style and mould their attitudes and behavior for becoming good future fathers and mothers by catering to the physical, emotional, psychological and spiritual needs of their family. For sensitization of youth for future responsible parents a seminar was organized in collaboration with Bahria University, on October 10, 2013, which was the very first of its kind for the university students.

◆ Collaboration with PWDs

NIPS is collaborating with PWDs particularly in the post-devolution scenario after 18th Amendment. Begum Zakia Shahnawaz, Minister for Population Welfare, Punjab in a meeting with Mr. Abdul Basit Khan, Executive Director-ED, National Institute of Population Studies-NIPS, assured full cooperation from Population Welfare Department-PWD, Punjab.

◆ Walk in Interview

Recently, for an evaluative research study "Evaluation of Management Tiers of Population Welfare Programme" Walk-in-Interviews were conducted at provincial head quarters (Quetta, Karachi and Lahore) and in Islamabad for recruitment of candidates from ICT, Khyber Pukhtunkhwa, Gilgit Baltistan-GB and Azad Jammu and Kashmir-AJK. A huge number of participants appeared before the selection committee, a total of 735 candidates (553 males & 182 females) were interviewed at all the stations. Among these a required number will be selected for field work.

◆ Capacity building of NIPS Staff

Mrs. Azra Aziz, Director HRD has completed 13th Senior Management course from the National Management college during March 16 to August 27, 2013.

◆ Revamping of NIPS website

NIPS website was critically analyzed and evaluated by group of NIPS researchers, Executive Director NIPS and other related people. Contents of the existing website was revised and updated.

◆ Dissemination of NIPS Publications

NIPS publications including research studies were disseminated among more than 50 different Departments including universities and research Institutes.

◆ NIPS vehicles auctioned to clear old Stock out

5 NIPS vehicles of model 1995,97 and 2001 were auctioned in November 2013.

◆ Renovation work at NIPS

NIPS committee room was renovated and equipped with modern accessories.

Way Forward

■ Provincial launch of PDHS 2012-13

After national level launch of of PDHS 2012-13 Provincial launch will follow soon at provincial head quarters including Gilgit-Baltistan.

■ In-depth Analysis of PDHS 2012-13

After successful completion of PDHS 2012-13, NIPS researcher's proposal for In-depth Analysis is ready. In-depth Analysis/ research papers will also be brought out.

■ Center of Excellence

NIPS vision is to become a world renowned research institute, in areas of demography, health, population & development, providing baseline and projected population statistics to national and global policy makers, researchers, planners and program managers, to suggest optimal planning, in the wake of fast depleting resources.

In the post devolution scenario NIPS may play an effective role as an autonomous organization to make liaison with provinces through networking for integration of research, data in provincial plans and policies.

■ Advocacy campaign:

NIPS is determined to continue its advocacy campaign by conducting seminars on the emerging population issues and our

Research Briefs & News

A Quarterly Newsletter

"To live is to choose. But to choose well, you must know who you are and what you stand for, where you want to go and why you want to get there"

(Kofi Annan)

Issue No. 09 Jan, 2014

duty as responsible parenthood at Universities level, at national level, for molding youth to involve themselves in family life for the betterment of their future generation.

■ Collaboration with PWD

NIPS is planning to arrange a 'Training Programme' at provincial level to strengthen and build the research capacity and skills of employees of Population Welfare Departments and other research organizations who are working in the field of population and development.

■ Documentary

NIPS intends to develop a documentary of about 10-12 minutes to show before the start of the sessions at university level for sensitization of youths which will cover Challenges of Overpopulation and

responsibility of youth as responsible future parents for the development of healthy society.

■ Internship at NIPS

As an ongoing activities for 8th Country Program, NIPS proposes, an internship program is designed for fresh or in-training Master's degree graduates of social sciences for their capacity building and work experience. The purpose of the NIPS internship program is to enhance participation of youth in research and development programs and give them exposure for learning relevant skills, and creating platforms for research and development activities. NIPS intends to create a dynamic network of engaged and informed young professionals who can become future researchers and

demographers.

Posting and Transfers

Staff posted

- Mr. Abdul Basit Khan assume the charge of Executive Director NIPS
- Dr. Nasser Mohiuddin
- Dr. Margaret Nazli
- Mr. Shahid Azeem
- Ms. Rizwana Timsal

Staff left

- Mr. Shams-ud-din Yasin, joined M/o Inter-Provincial Coordination
- Mr. Faatehuddin Ahmad on one year leave

Pakistan Demographic and Health Survey (PDHS) 2012-13

Major Findings:

- Pakistani households consist of an average of 6.8 people.
- In Pakistan almost all households (94%) have electricity, while 62% of households use solid fuel for cooking.
- The majority (57%) of ever-married Pakistani women and 29% of ever-married men age 15-49 have no education.
- Currently, women in Pakistan have an average of 3.8 children.
- In Pakistan 8% of adolescent women age 15-19 are already mothers or pregnant with their first child.
- Knowledge of family planning methods in Pakistan is universal; 99% of ever-married women and 95% of ever-married men know at least one modern method of family planning.
- More than one-quarter of married women currently use a modern method of family planning.
- Infant and under-five mortality rates in the five-year period before the survey are 74 and 89 deaths per 1,000 live births, respectively.
- Nearly half of births occur in health facilities, primarily in private sector facilities.
- Breastfeeding is very common in Pakistan, with 94% of children ever breastfed.
- Only 42% of ever-married women and 69% of ever-married men have ever heard of AIDS.
- In Pakistan Only 29% of married women age 15-49 are currently employed, compared to 98% of married men age 15-49.
- Only 11% of women own a house, either alone or jointly, and only 4% own land.
- In Pakistan one-third of ever-married women have ever experienced physical violence since age 15.
- Only 6% of women in Pakistan use tobacco products compared to 45% of men age 15-49.
- Almost all women and men in Pakistan have heard of hepatitis B or C.



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