

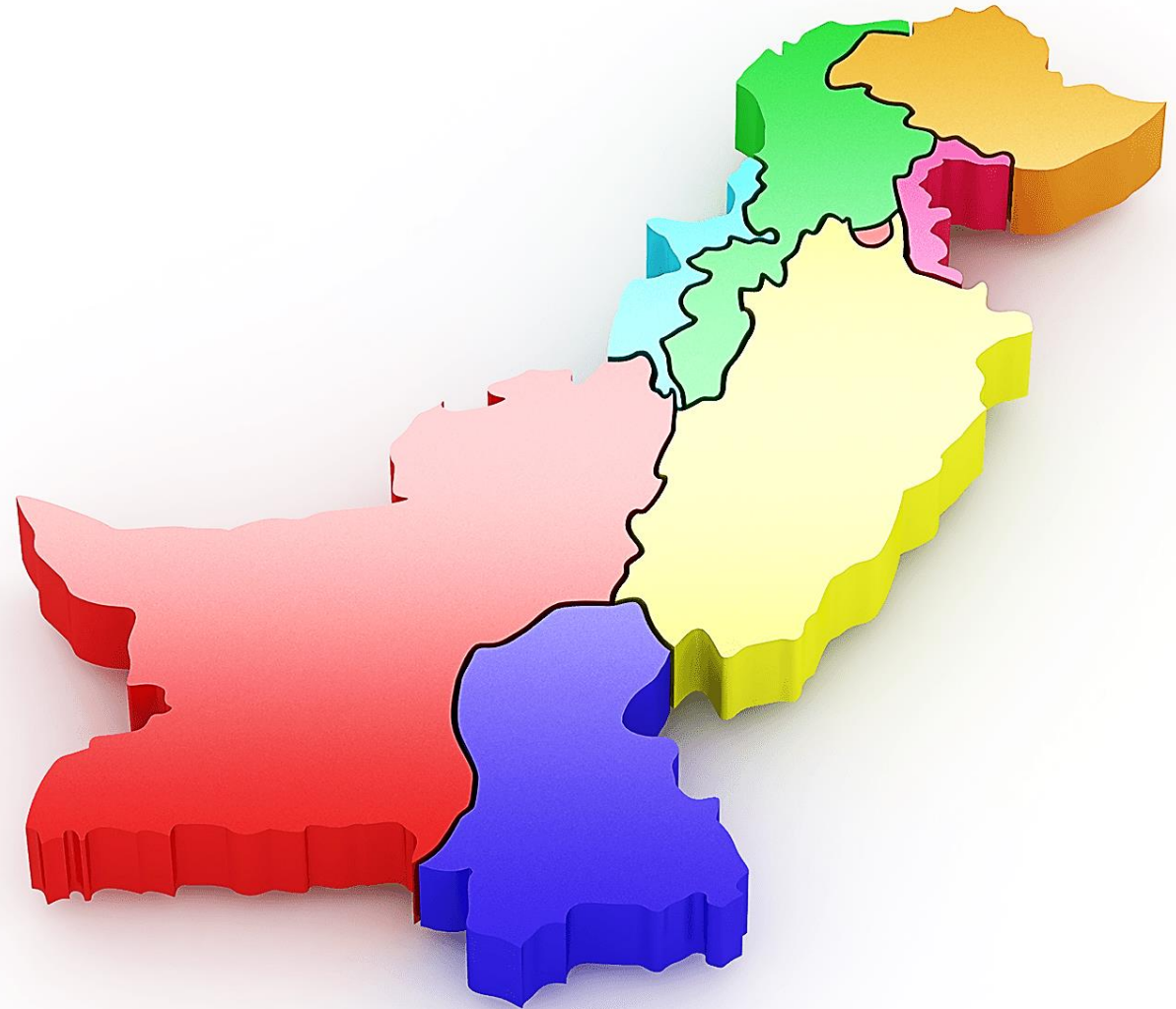


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# Health Inequalities in Pakistan

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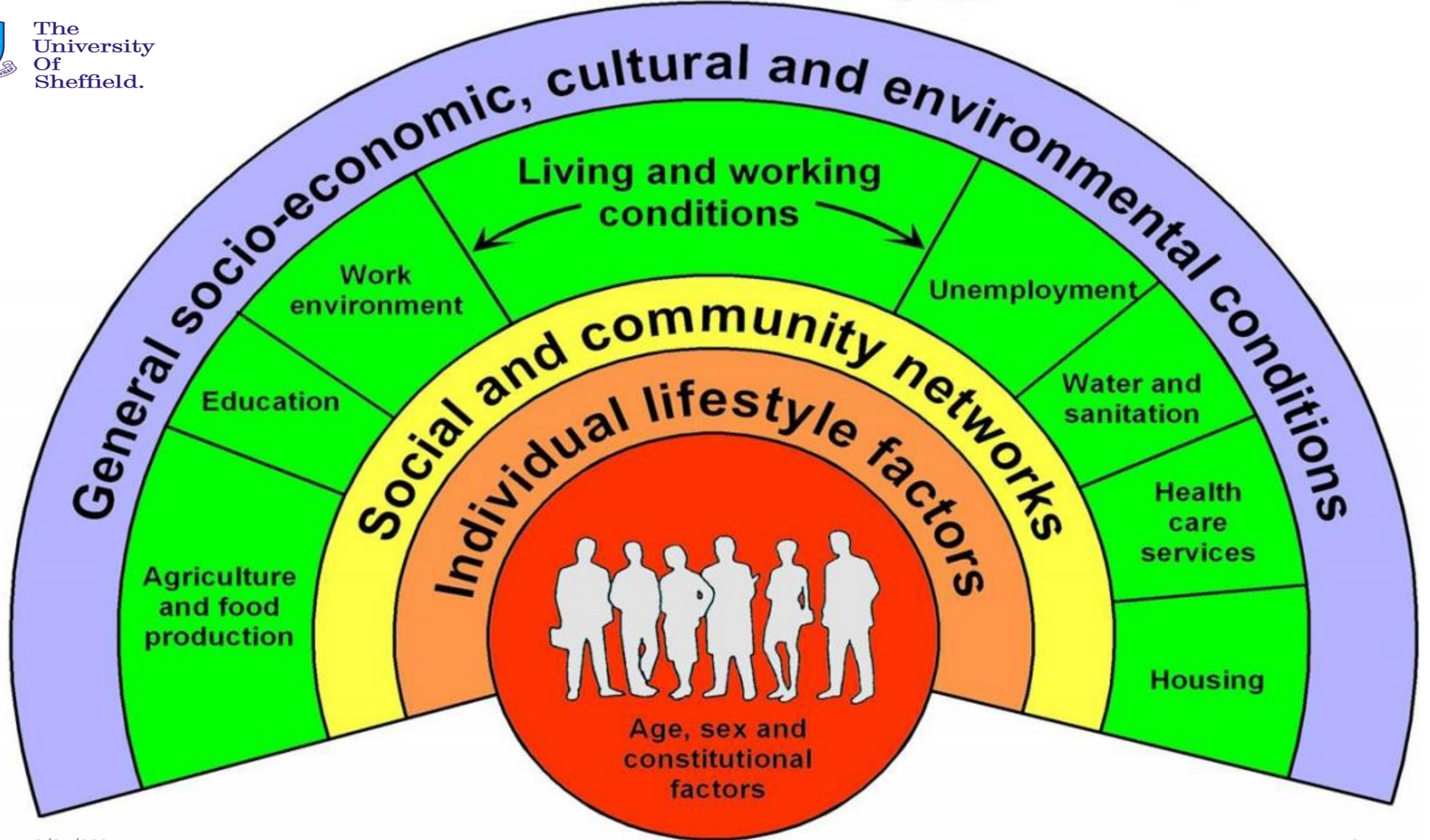


# Health Inequalities

- Are a global concern. Poverty, social exclusion, poor housing and poor health systems are among the main causes of ill-health

WHO Social Determinants of Health Fact file

- Arise because of inequalities in society – in the conditions in which people are born, grow, live, work and age
- Are unfair and could be reduced by the right mix of government policies





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# Health inequalities and Pakistan





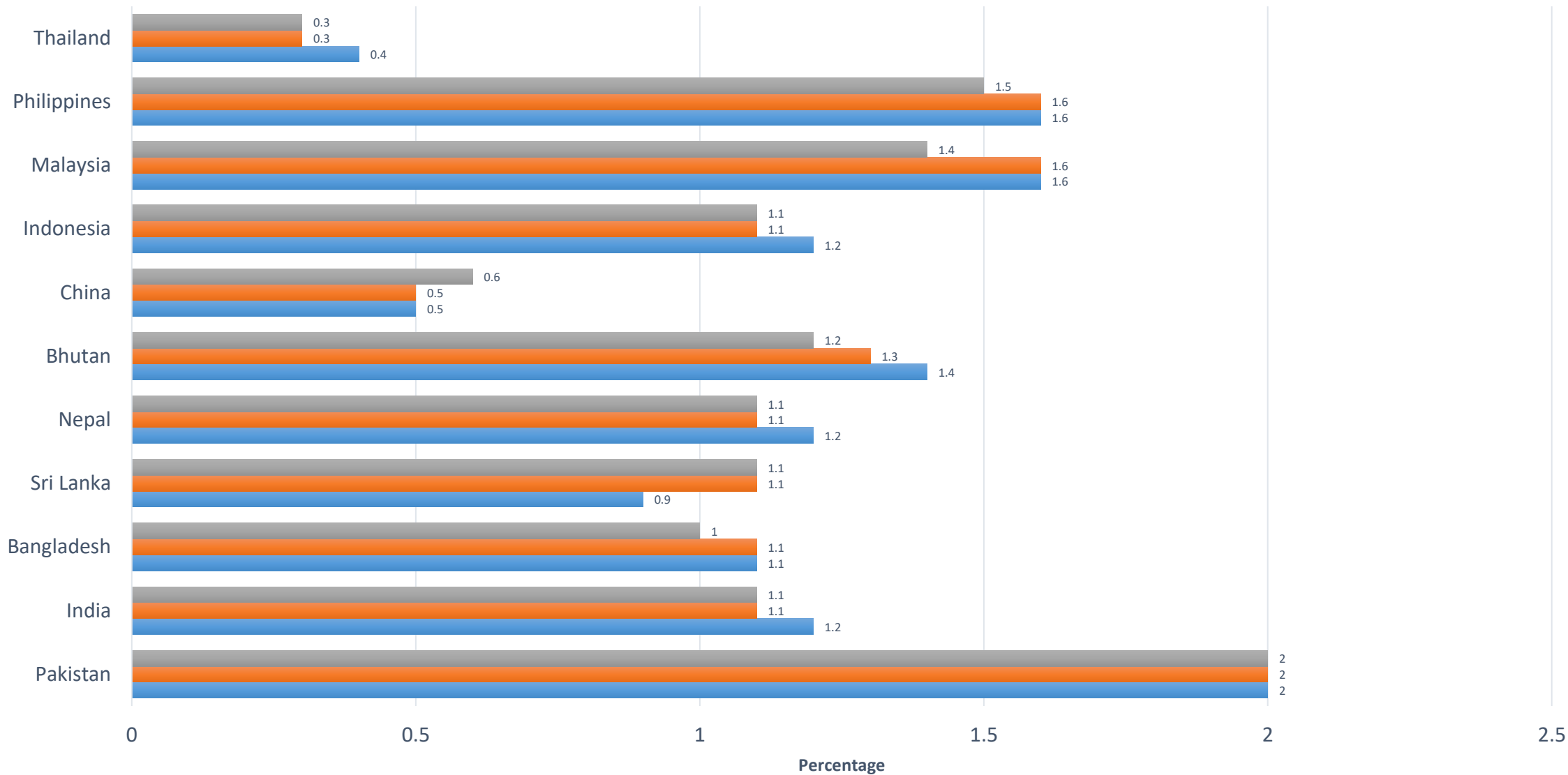
**Population: 197 million**

**GDP growth rate of 5.2%**

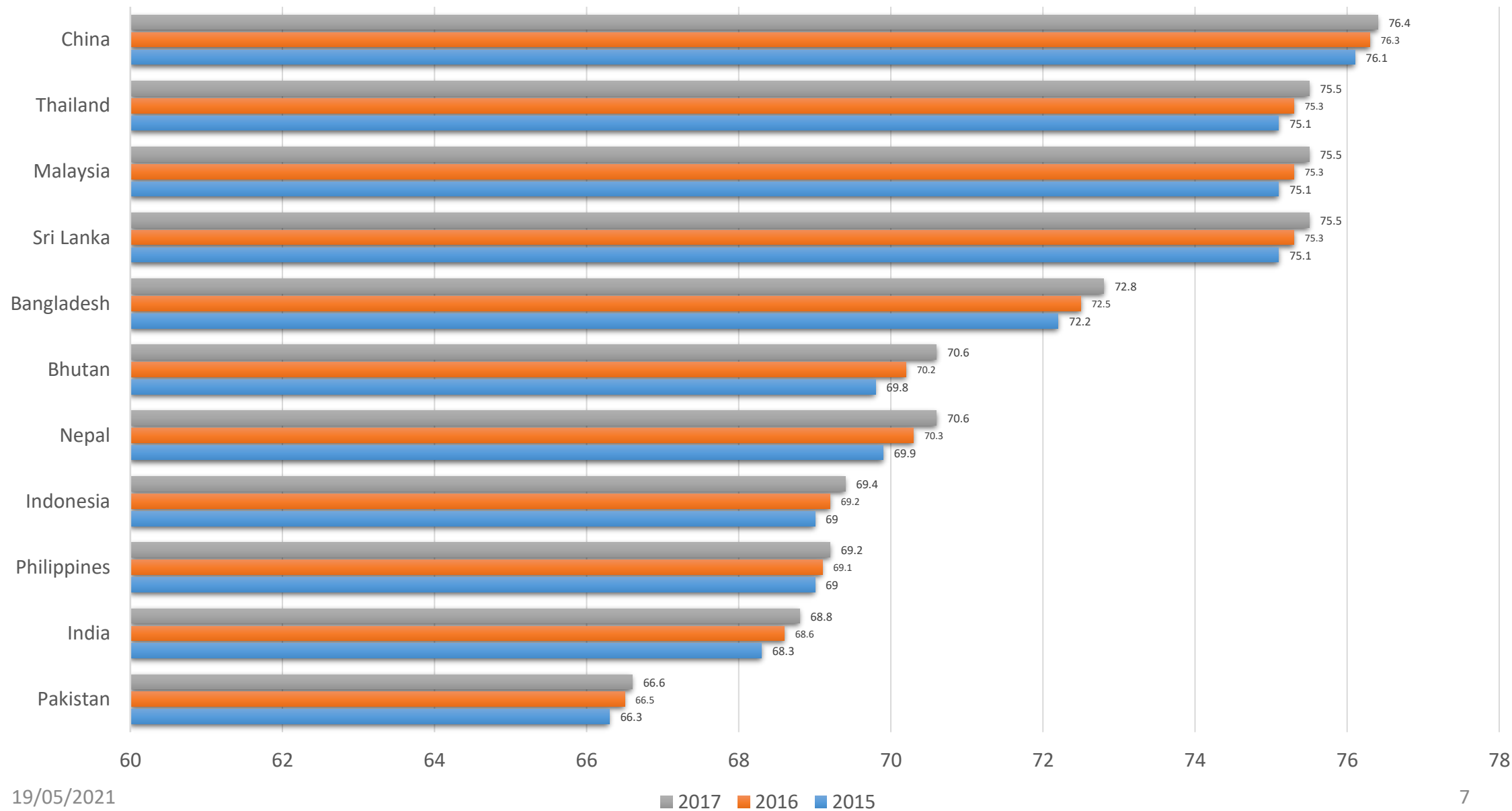




# Population growth (annual %)



# Life Expectancy at birth (total years)

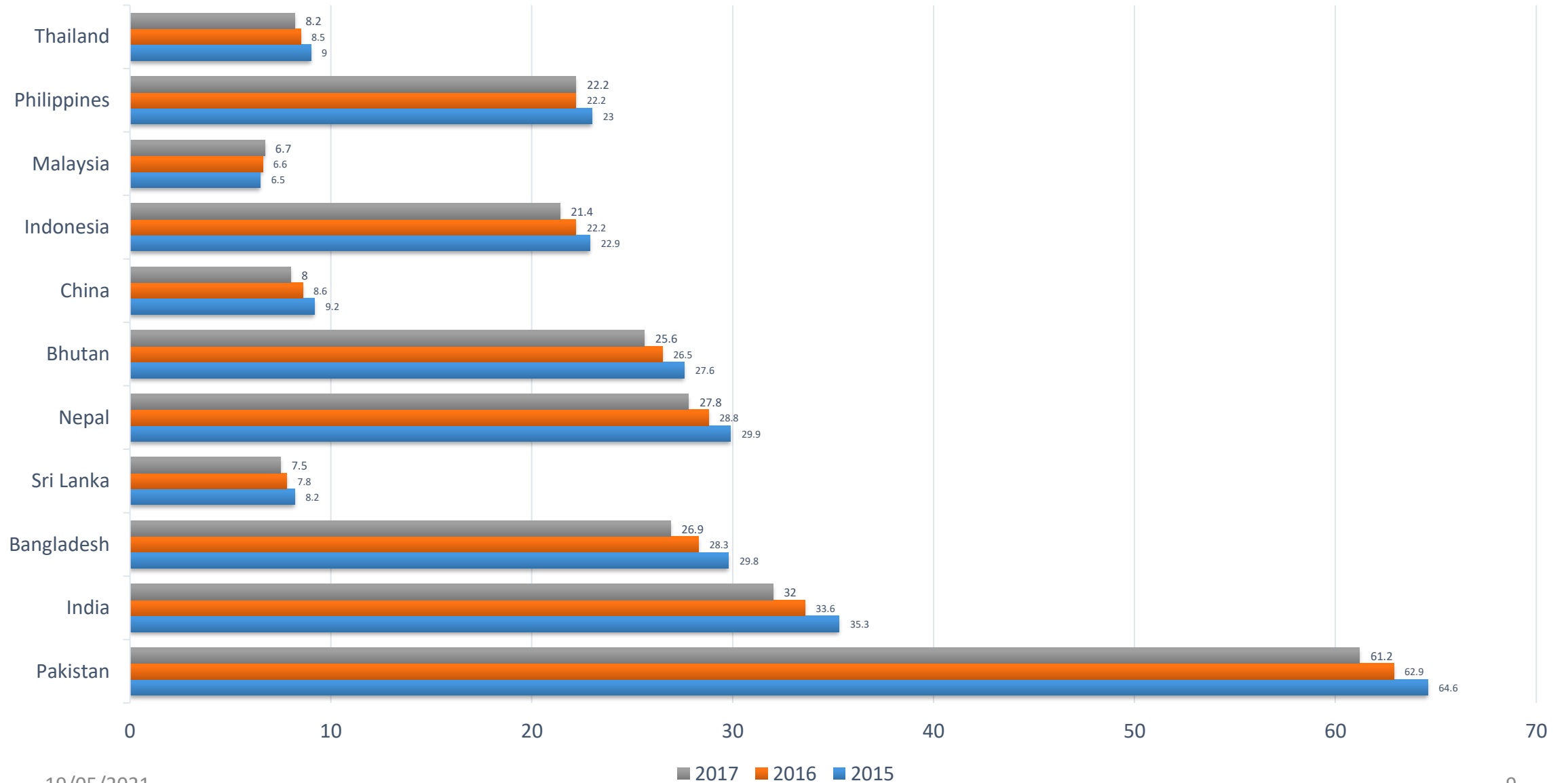


In Pakistan a baby die about every 3 minute





# Pakistan: Infant Mortality Rate (per 1000 live births)



# Reasons

- Prematurity
- Pneumonia
- Birth Asphyxia
- Diarrhoea
- Neonatal Sepsis
- Injuries
- Congenital Anomalies
- Measles

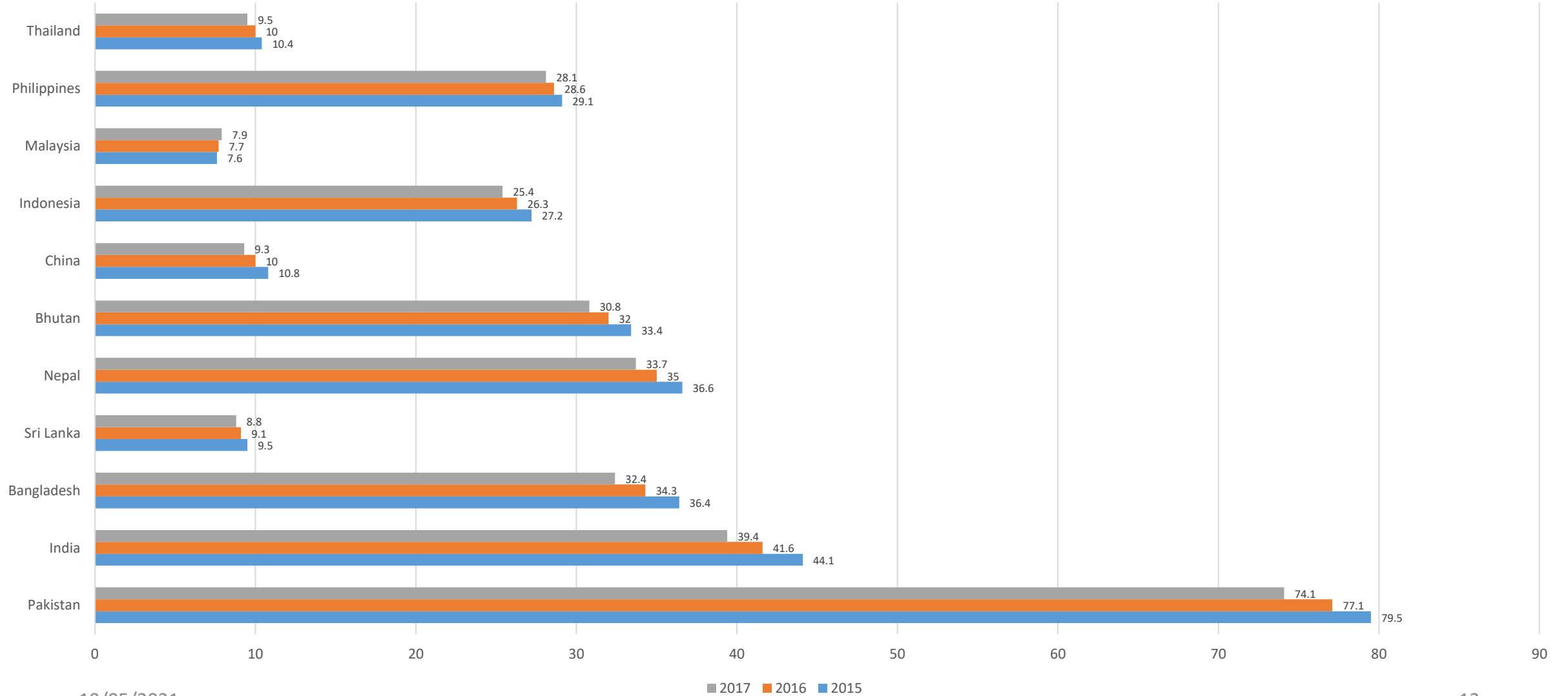


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By 2030, Pakistan might be among top 5 countries with highest number of death among children under 5

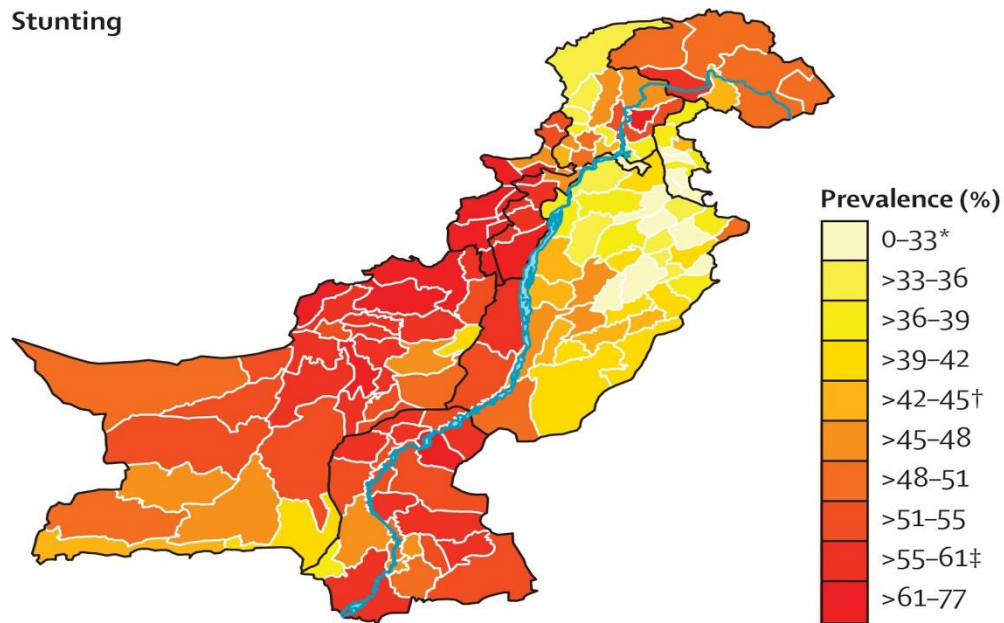


## Pakistan: Under Five Mortality Rate (per 1000)

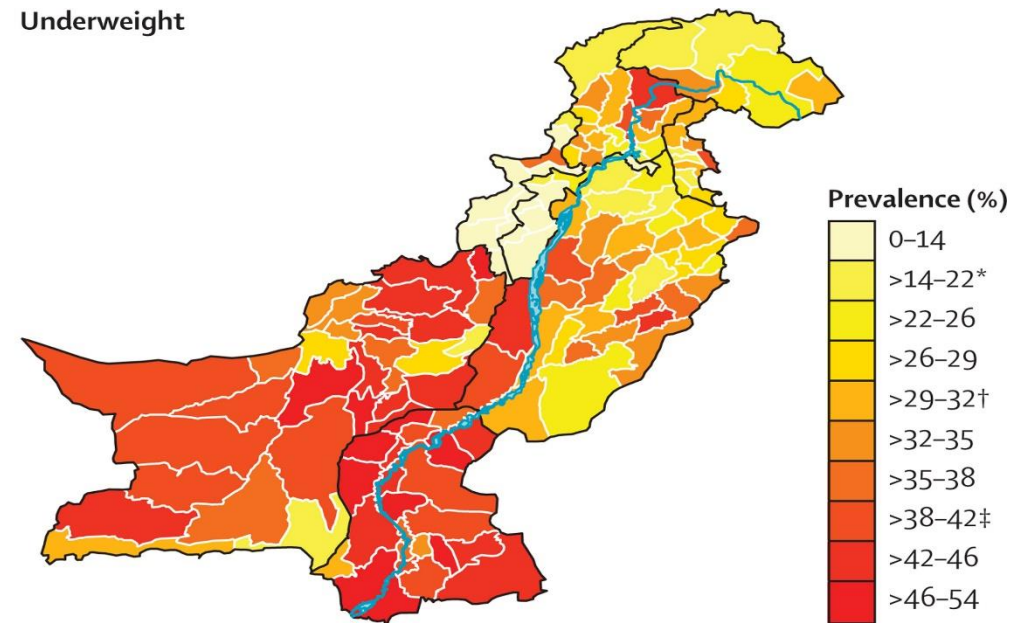




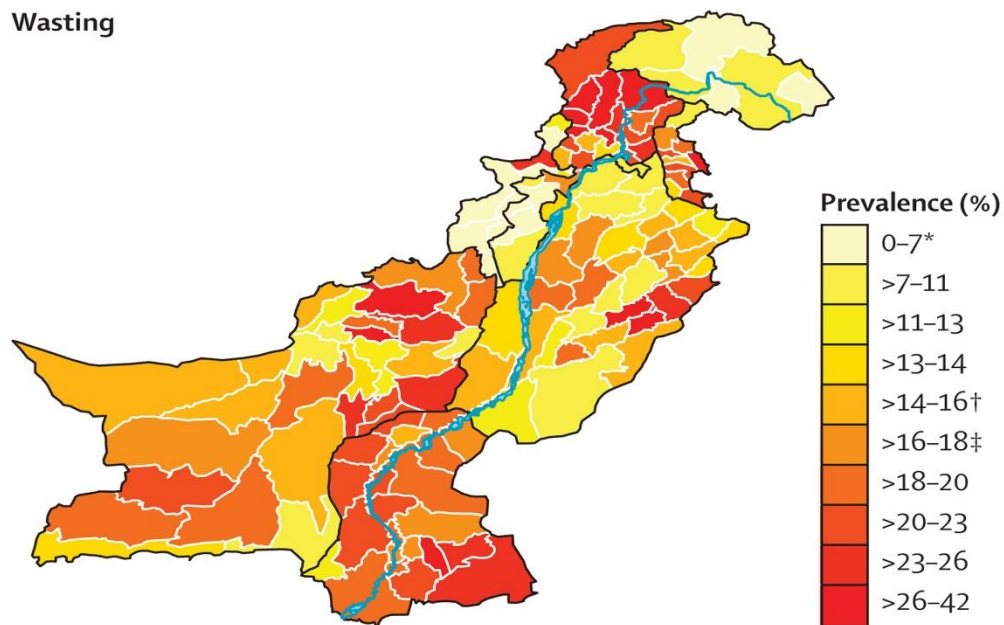
Stunting



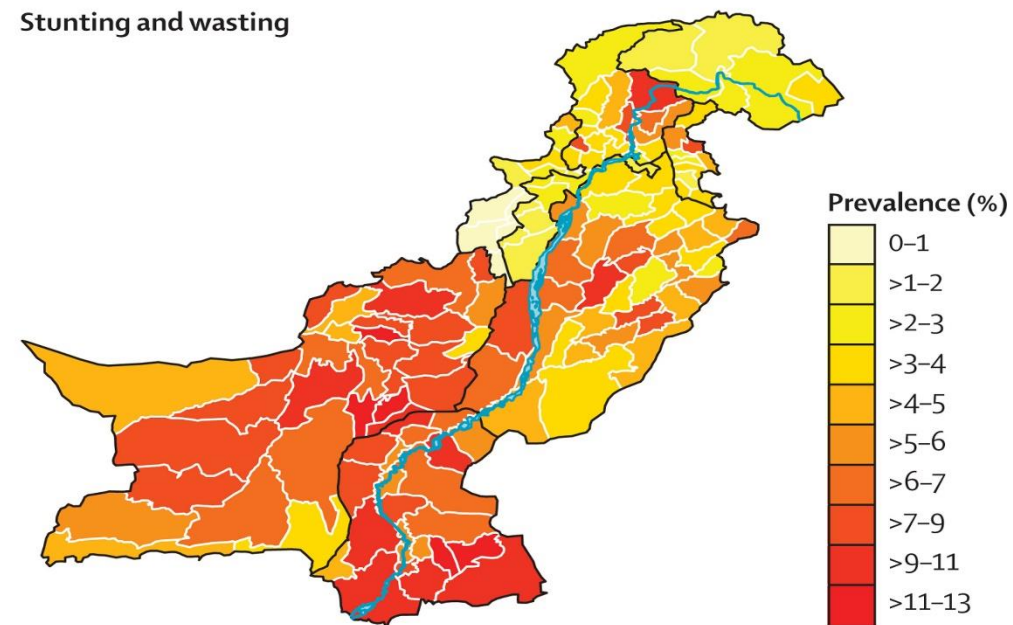
Underweight



Wasting



Stunting and wasting







## Child Health: Facts

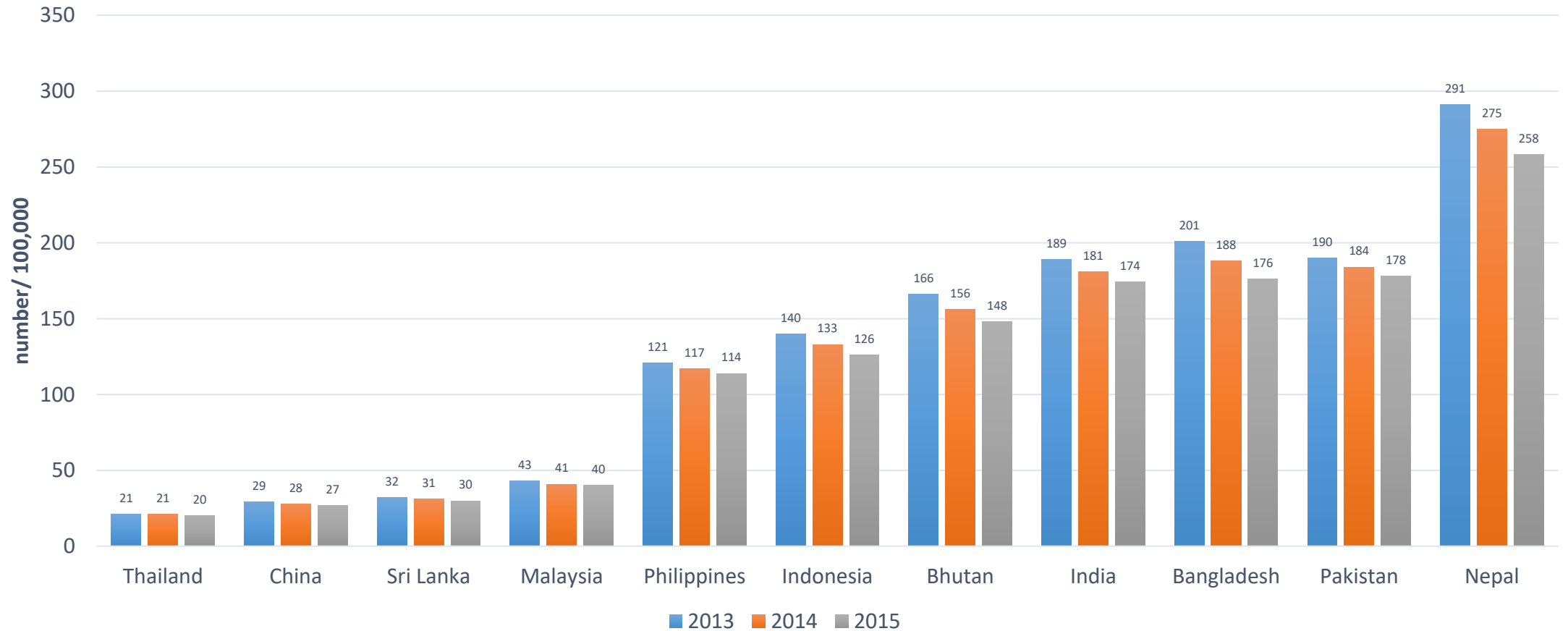
- % of under-five children with suspected pneumonia taken to health provider: 64%
- % of children under five years old with diarrhoea receiving oral rehydration salts 38%
- % of children under five sleeping under insecticide-treated nets 0%
- % of households owning at least one insecticide-treated net (ITN): 1%
- % of infants who received three doses of DTP vaccine: 75%
- % of children who received the second dose of measles containing vaccine: 45%

# Maternal mortality is a key indicator of health inequity





# Pakistan: Maternal Mortality Rate (per 100,000)





# Reasons

- Malnutrition
- Lack of antenatal and postnatal care
- Lack of trained birth attendants or other trained professionals (midwives, doctors)
- Haemorrhaging (bleeding)
- Hypertension
- Infection



# Diseases

## COMMUNICABLE

- Acute respiratory infection
- Viral hepatitis (B & C)
- Malaria
- Tuberculosis
- HIV/AIDS (100,000 HIV positive cases )

## NON-COMMUNICABLE

- Cardiovascular problems
- Diabetes
- Cancer
- Coronary heart disease



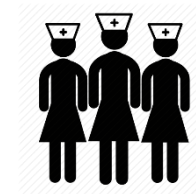
# Health Care System



Registered Doctors: **220,829**  
(1 doctor/ 963 persons)



Registered Dentists: **22,595**  
(1 dentist/ 9413 persons)



Registered Nurses: **108,474**  
1 nurse/ 1961 persons)

## Other Issues

- Poverty
- Illiteracy
- Low levels of education
- Unemployment
- Lack of access to basic utilities and healthcare



# Principles of Action to achieve Health Equity

1. Improve daily living conditions (the circumstances in which people are born, grow, live, work and age)
2. Tackle the inequitable distribution of power, money and resources (the structural drivers of the conditions of daily life – at global, national and local level)
3. Raise public awareness about the social determinants of health (measure the problem, evaluate action, expand the knowledge base and develop a workforce that is trained in the social determinants of health)



# Recommendations for Health Care Systems

- Recognize that the health sector is part of the problem
- Prioritize diseases of the poor
- Deploy or improve services where the poor live
- Employ appropriate delivery channels
- Reduce financial barriers to health care
- Set goals and monitor progress through an equity lens

# Thank you

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