

# HEALTHIER MOTHERS AND CHILDREN: A PROSPEROUS PAKISTAN

**The Problem: Pakistan's population is rapidly growing and exceeding available infrastructure for education, energy, health and economic opportunities.**

**Family Planning Programmes have shown limited results while incurring high costs due to:**

- Wastage of supplies which are three times more than FP users
- Underutilization of Population Welfare centers characterized by interrupted supplies, few referrals by LHWs & absent staff
- Inadequate use of LHW outreach for FP



**Inefficient Use of Funds:**

- Government spends Rs 2600 (USD 44) per couple in a year for FP services.
- NGOs in Pakistan spend less than Rs 1000 (USD 10) for same services
- Regional neighbors (Bangladesh, Iran and India) spend even less and have BETTER results.



+ **High fertility rates:**

On average, 3+ children are born per woman

+ **Low contraceptive use:**

Around 5 million married couples out of a total of 24 million (22%) use any modern contraceptive method

+ **Unmet need:**

One in every 4 couple would like to use Family Planning if it was available to them

+ **High demand:**

Couples, even in poor rural communities, are bearing "out of pocket" expenses for FP products from stores and pharmacies

**EXISTING RESOURCES ARE GOOD ENOUGH FOR 80% FP USE:  
PROVIDED GOVERNMENT PROGRAMS ARE EFFICIENT**

# ACTION POINTS: HOW CAN YOU WIN YOUR CONSTITUENTS?

## POLITICIANS WIN VOTES BY BECOMING CHAMPIONS FOR HEALTHY FAMILIES AND COMMUNITIES

### 1. Demand Efficient Use of Public Sector Resources

- ✚ Instruct district-level management of LHW program to set guideline for referral of all eligible women to Population Welfare centers and check quarterly referral progress reports.
- ✚ Push the Senior Management of Health and Population Departments to focus on Results, such as number of long term methods utilized and clients served by LHWs per month.

### 2. Engage Male Constituents to Think of Healthy Families as a Priority

- ✚ Examples from Muslim countries like Bangladesh and Iran have proven that men are responsible partners in making FP a national priority.
- ✚ Politicians should not let religious controversies and agendas hijack the Family Planning efforts that Pakistan urgently needs.

### 3. Enhance Access to FP services

- ✚ Target couples with unmet need through checklists for LHWs.
- ✚ Demand continuity of supplies and commodities in EDO offices, fixed facilities and with LHWs to tackle wastage of supplies.
- ✚ Support favorable Government partnership with Private sector that mutually benefit all stakeholders as well as meet the demands of the communities.

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For Comments and Information please contact:



**Research and Development  
Solutions**

[www.resdev.org/e2pa](http://www.resdev.org/e2pa)

Phone: +92 51 8436 877

**Dr. Ayesha Khan** [ayesha@resdev.org](mailto:ayesha@resdev.org)

**Dr. Adnan Khan** [adnan@resdev.org](mailto:adnan@resdev.org)