Agonizing State of Maternal and Infant Mortality in Pakistan
NATPOW – At Glance

- NATPOW– Charitable Trust set up by government
- Nature of activities– Philanthropic
- **Vision**
  NATPOW envisions Civil Society’s momentous involvement and contribution in the public sphere and development agenda ranging from raising voice, creating awareness, policy formulation to provision of services in the grass-roots level of society.
- **Mission**
  To strengthen the Population and Development agenda by aiding the Civil Society in reaching out to the marginalized segments of the population of Pakistan with an emphasis on the lowest strata of society.
# Pakistan’s Population and Its Stress on Resources

<table>
<thead>
<tr>
<th>Population</th>
<th>184.35 million</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population Growth Rate</td>
<td>2%</td>
</tr>
<tr>
<td>Total Fertility Rate</td>
<td>3.3 children per women</td>
</tr>
<tr>
<td>Unemployment Rate</td>
<td>6.2%</td>
</tr>
<tr>
<td>Food Insecurity</td>
<td>58.1%</td>
</tr>
<tr>
<td>Children Minimum Standards of Dietary Diversity</td>
<td>3%</td>
</tr>
<tr>
<td>Water</td>
<td>1,000 cubic meters per person per year</td>
</tr>
<tr>
<td>Electricity Demand and Supply Gap</td>
<td>4,500-5,500 Mega Watts</td>
</tr>
<tr>
<td>Urban Population</td>
<td>69.87 million</td>
</tr>
<tr>
<td>Rural Population</td>
<td>114.4 million</td>
</tr>
</tbody>
</table>

Maternal Mortality

- Maternal mortality rate (276 deaths/100,000 live births). (PDHS 2012–13)
- In Pakistan the number of midwives per 1,000 live births is 10 and the lifetime risk of death for pregnant women is 1 in 93. ("The State Of The World's Midwifery". UNFPA)
- About 50 per cent of births take place at home, primarily with the help of unskilled birth attendants. (PDHS 2012–13)
- 30,000 women die from pregnancy-related causes. (PMA Health Report–2013)
- 34% of mothers were underweight. (PMA Health Report–2013)
- 65% anemia was found in child-bearing women. (PMA Health Report–2013)
Infant Mortality

- Infant mortality rate (74 deaths/1000 live births) means 1 in every 14 Pakistani children die before reaching age 1. (PDHS 2012–13)
- Findings reveal that around 60,000 of Pakistani babies died within the first day of life, accounting for 30 per cent of all newborn deaths.
- The country also has the highest number of stillborn babies in the region, at 1–in–23.
- 400,000 infants die in first year of life every year. (PMA Health Report–2013)
- The rate of low birth weight (protein deficiency) was over 25 per cent. (PMA Health Report–2013)
- Anemia (iron deficiency) was found in 45 per cent children. (PMA Health Report–2013)
- Despite being the only country in South Asia to have a National Breastfeeding Policy, Pakistan has the lowest exclusive breastfeeding rate at 37.7 per cent and the highest bottle feeding rate at 41 per cent. (PDHS 2012–13)
What Kills

Mothers
- Pre-age marriages
- Repeated Pregnancies
- Non Vaccination
- 3 Delays
  - Delay in recognizing complications and deciding to seek care
  - Delay in reaching a treatment facility
  - Delay in receiving adequate care and treatment at the facility

Infants
- Absence of breastfeeding practices
- Artificial feeding in infants
- Lower respiratory tract infections
- Malnutrition
- Diarrhea
- Malaria
- Pneumonia
- Measles With Fever
Top Five Reasons

**Figure 2** Diarrhoea is the second most common cause of child deaths worldwide

Proportional distribution of cause-specific deaths among children under five years of age, 2004

- **17%** Pneumonia
- **16%** Diarrhoea
- **13%** Other
- **7%** Malaria
- **4%** Measles
- **4%** Injuries
- **2%** AIDS
- **31%** Prematurity and low birthweight
- **25%** Neonatal infections (mostly sepsis/pneumonia)
- **23%** Birth asphyxia and birth trauma
- **9%** Other
- **7%** Congenital anomalies
- **3%** Neonatal tetanus
- **3%** Diarrhoeal diseases

Figure 2 shows that 17 per cent and 16 per cent of deaths among children under five are due to pneumonia and diarrhoea, respectively. But these figures do not include deaths during the neonatal period (the first four weeks of life). Diarrhoea causes 3 per cent of neonatal deaths (or an additional 1 per cent of total under-five deaths), while 25 per cent of neonatal deaths are due to severe infections (of which one third are caused by pneumonia, adding another 3 per cent to under-five deaths). Therefore, pneumonia and diarrhoea actually cause about 20 per cent and 17 per cent, respectively, of total under-five deaths when estimates from the post-neonatal and neonatal periods are combined.


Note: Neonatal causes do not add up to 100 per cent due to rounding. Globally, more than one third of deaths among children under five are attributable to undernutrition.
Pause and Ponder

- Is increasing the family size important at the cost of loosing lives?
- Are these dying can be saved by taking immediate small constructive steps?
- Can you play a role in saving these lives?
What Can Save Maternal Mortality

- Planned birth spacing
- Skilled birth attendants
- Access to emergency obstetric care
- Reaching on time to health facility
- Knowledge about RH Issues
- Access to RH information and services
- Increase in female Education
What Can Save Infant Mortality

- Birth Spacing
- Discourage Gender Discrimination
- Proper and timely immunization of both child and mother
- Proper education and proper counseling of mothers
- Good hygiene conditions and clean environment
- Exclusive breastfeeding
- Balanced diet of both mothers and infants (after six months)
- Expanded Programme of Immunization
What you can do?

- Create awareness
- Promoting /Encouraging Skilled Birth Attendance
- Promoting birth spacing, hygiene, sanitation and nutrition
- Promoting benefits of educating females,
- Exclusive breast feeding
- Vaccination/immunization of both the mother and child
Thank You!