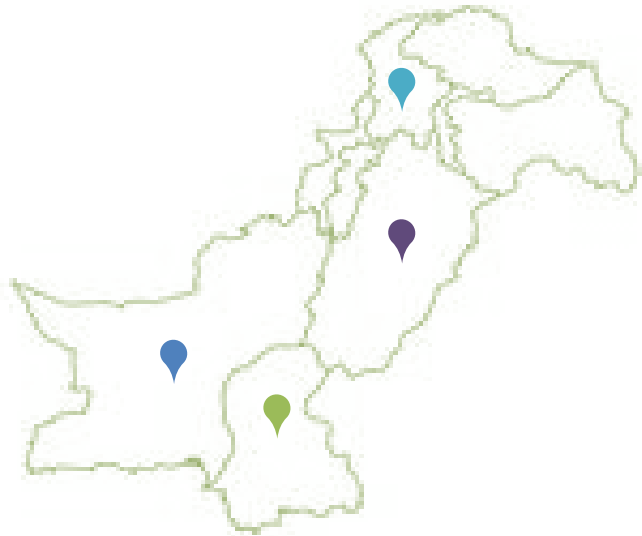


Health Statistics of Pakistan



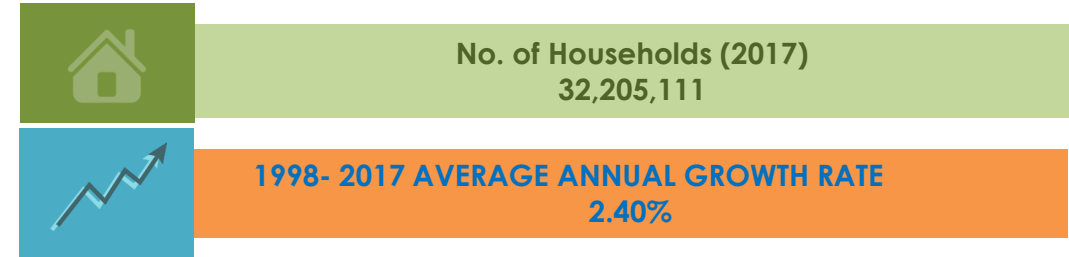
Socio-Demographics of Pakistan



**Total Population
Census 2017
207 Million***



**Total Population
Census 1998
132 Million**



	Balochistan	Sindh	Punjab	KPK

	Balochistan	Sindh	Punjab	KPK
Urban	3,400,876 27.55%	24,910,458 52.02%	40,387,298 36.71%	5,729,634 18.77%
Rural	8,943,532 72.45%	22,975,593 47.98%	69,625,144 63.29%	24,793,737 81.23%

	ICT	FATA
Urban	1,014,825 50.58%	141,898 2.84%
Rural	991,747 49.42%	4,859,778 97.16%

*Provisional Province Wise Results 2017

Socio-Demographic Classification

Population

Gender-wise Population

	Population
Male	106,449,322
Female	101,314,780
Transgender	10,418
Total	207,774,520

Average Households Size by Quintiles

Quintiles	Total
1 st Quintile	8.06
2 nd Quintile	7.21
3 rd Quintile	6.57
4 th Quintile	5.84
5 th Quintile	4.84
Total	6.31

By disaggregating average household size by quintiles, comparatively the richest households have smaller household size than poorest households

Socio-Demographic Classification Population

Average Monthly Income by Quintiles

Quintiles	Income (Rs.)
1 st Quintile	19,742
2 nd Quintile	23,826
3 rd Quintile	28,020
4 th Quintile	33,668
5 th Quintile	60,451
Total	35,662

**Average Monthly Expenditure Per Household on
 Medical Care**

Quintiles	Exp. (Rs.)
1 st Quintile	753
2 nd Quintile	1,035
3 rd Quintile	1,375
4 th Quintile	1,945
5 th Quintile	4,418
Total	2,134

Socio-Demographic Classification

Education

Official School Ages by Level of Education

	Population	Gross Enrollment Ratio
Pre-Primary (3-4)	9,793,071	79.99
Primary (5-9)	22,608,282	95.92
Secondary (10-16)	27,549,822	45.48
Tertiary (17-21)	19,186,748	10.12

Participation in Education Ratio By Sex

	Male	Female
Pre-Primary (3-4)	85.4	74.17
Primary (5-9)	102.75	88.59
Secondary (10-16)	50.01	40.58
Tertiary (17-21)	10.81	9.39

Compulsory education lasts 12 years from age 5 to 16 years.

Gross Enrollment Ratio refers to the number of students enrolled in a given level of education, regardless of age, expressed as a percentage of the official school-age population corresponding to the same level of education.

Socio-Demographic Classification

Education

Literacy Rate, 2015-16

	Male	Female	Total
Pakistan	70%	48%	58%
Punjab	72%	54%	62%
Sindh	67%	44%	55%
KPK	72%	36%	53%
Balochistan	56%	24%	41%

Literacy Rate for the entire population includes 10 years & above.
According to Pakistan Social & Living Standards Measurement, Literate is the ability of a person to read and write a simple letter with understanding any language

Health Budget in Brief

Health Budget

Health & Nutrition Budget Allocation

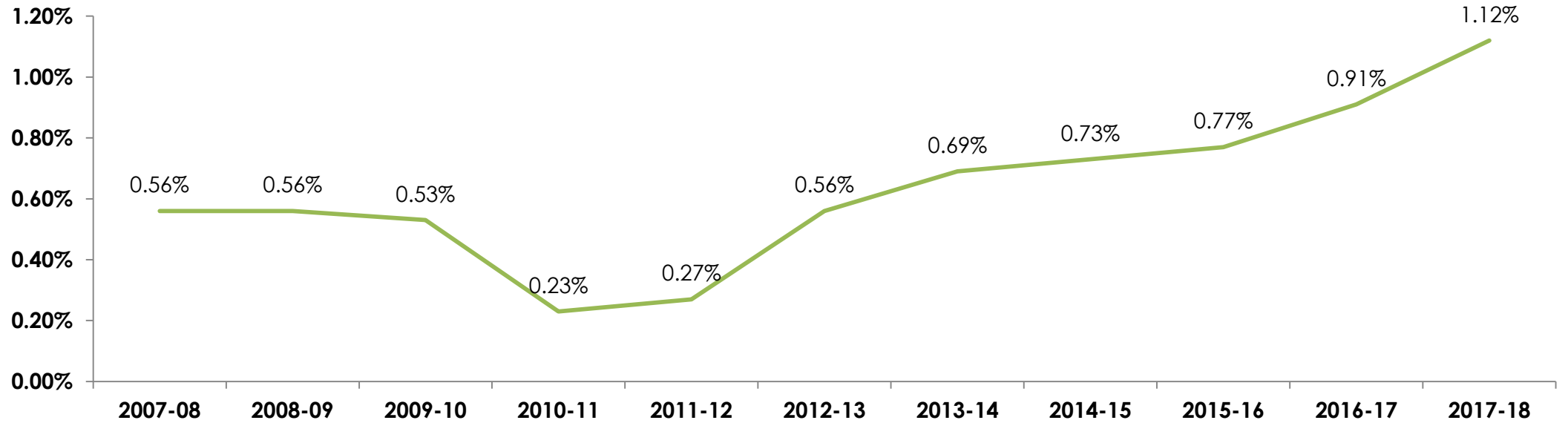
Annual Budget Allocation		
Fiscal Years	Total Health Expenditure	Percentage Change
2012-13	125.96	128.51
2013-14	173.42	37.68
2014-15	199.32	14.94
2015-16	225.87	13.32
2016-17	291.90	29.54
2017-18	384.57	31.75

Rs. in Billion

Major share of spending on health has been observed in Punjab (84.8%), Sindh (41.4%), Khyber Pakhtunkhawa (17.6%) and Baochistan (11.3%).

Health Budget

Health Expenditure as % of GDP



Health expenditure increased to 0.91% during FY 2016-17 from 0.77% as recorded in FY - 2015-16.

Health Budget for FY2018-19

Annual Budget Allocation Current Expenditure		
	Budget 2017-18	Budget 2018-19
Health Affairs & Services	12,944	13,897

Rs. in Million

The Allocation of Hospital Services form major component i.e. Rs 11,657 (million), whereas, Medical Products, Appliances & Equipment Rs.31 (million), Public Health Services Rs. 469 (million) and Health Administration Rs. 1740 (million)

Annual per capita health expenditure in FY 2013-14 i.e. \$39.5 was Rs.4,067 and in FY 2015-16 Rs. 4,688 i.e. \$45.

The percentage share of monthly health expenditure by commodity groups is 3.04%, while in Rural it is 3.62% and in Urban it is 5.18%. Whereas, the share of food expenditure is relatively high as compared to other commodity groups i.e. 37.05%.

Basic Health Statistics

Basic Health Statistics

Health Facilities



Registered Doctors

195,896 **2016-17**
 208,007 **2017-18**



Population Per Doctor

997 **2016-17**
 957 **2017-18**



Registered Dentist

18,333 **2016-17**
 20,463 **2017-18**



Population Per Dentist

10,658 **2016-17**
 9,730 **2017-18**



Registered Nurses

99,228 **2016-17**
 103,777 **2017-18**



Population Per Bed

1,592 **2016-17**
 1,580 **2017-18**



Total Population

207 Million *

Over the years, health investment has seen improvement in health facilities and health care providers. By 2017, the number of public sector hospitals has increased to 1,211, Basic Health Units (BHUs) 5,508, Rural health centers (RHCs) 676 and dispensaries 5,697.

*Provisional Results

Source: Pakistan Bureau of Statistics

Source: National Health Accounts Pakistan 2015-16

Basic Health Statistics

Utilization Health Services

Utilization Health Services, 2012

Indicators	Pakistan	WHO Region*
Contraceptive Prevalence	27%	46%
Antenatal Care (4+ Visits)	28%	39%
Births Attended by Skilled Health Personnel	52%	58%
Measles Immunization (1-yr-olds)	61%	78%
Smear Positive TB Treatment -Success	91%	87%

*WHO Member States grouped into 6 regions i.e. African Region, Region of the America, South-East Asia Region, European Region, Eastern Mediterranean Region, Western Pacific Region

Basic Health Statistics

Life Expectancy

Life Expectancy for 5 Years

Life Expectancy At Birth for Five Years					
	2011	2012	2013	2015	2016
Both Sexes	66	66	65	66	66
Women	67	67	66	67	67
Men	64	64	64	65	65

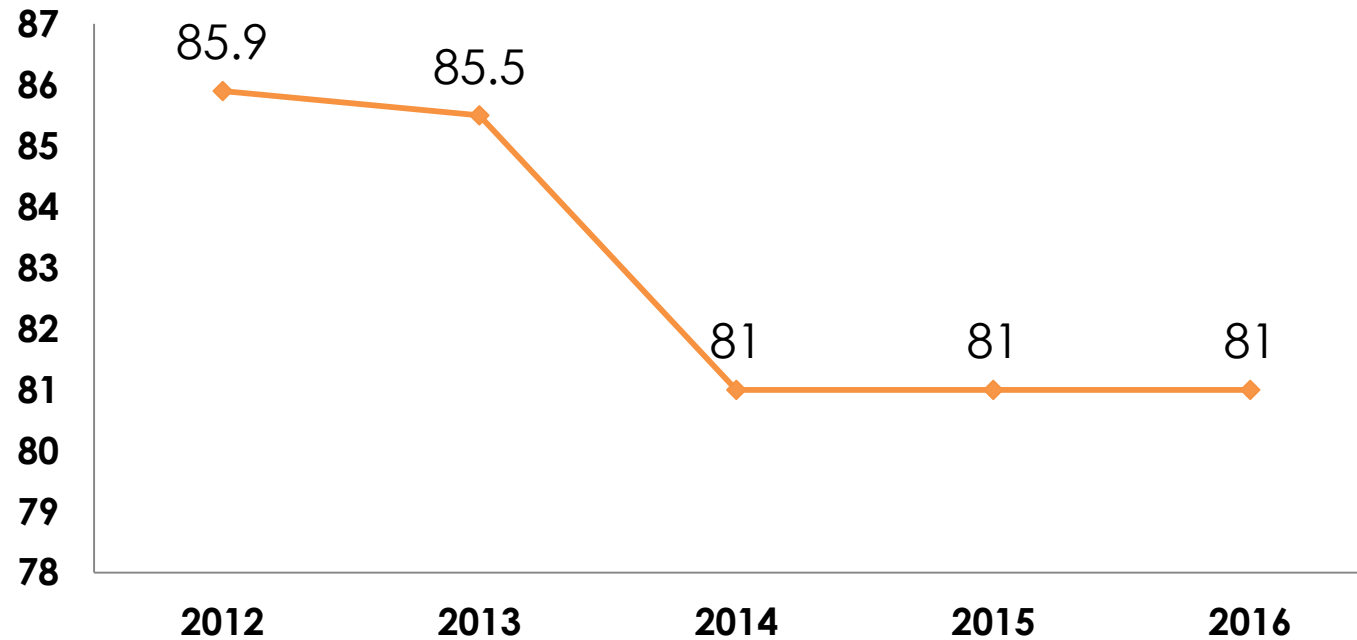
In Years
 2014 Not Available

Over the last five years, women have slightly higher life expectancy than men. But, life expectancy has remained the same for both genders.

Basic Health Statistics

Mortality Rate

Under 5 Mortality Rate (per 1000 Live Birth)



2016 Fertility Rate
3.0

Basic Health Statistics

Causes of Death

Causes of Premature Death, 2017

Causes of Death	% Change 2007-17
1. Neonatal Disorders	-19.4%
2. Ischemic Heart Disease	27.4%
3. Lower Respiratory Infect	-27.3%
4. Diarrheal Disease	-34.1%
5. Road Injuries	18.0%
6. Stroke	17.5%
7. Congenital Defects	31.4%
8. Tuberculosis	-18.1%
9. Cirrhosis	22.0%
10. Meningitis	-26.8%

All Ages

Top Causes of Death, 2017

Causes of Death	% Change 2007-17
1. Ischemic Heart Disease	29.1%
2. Neonatal Disorders	-19.4%
3. Stroke	20.7%
4. Diarrheal Disease	-23.9%
5. Lower Respiratory Infect	20.8%
6. Road Injuries	21.9%
7. Chronic Obstructive Pulmonary Disease (COPD)	24.3%
8. Cirrhosis	25.7%
9. Tuberculosis	14.1%
10. Diabetes	58.7%

All Ages

Neonatal Disorders is one of the leading causes of premature death. while, Ischemic Heart Disease and Neonatal Disorders are one of the leading causes of death.

Basic Health Statistics

Disability

Health Problems that Cause the Most Disability, 2016

Diseases	% Change 2005-16
1. Iron-Deficiency Anemia	2.0%
Skin Diseases	21.9%
Low Back & Neck Pain	35.0%
Sense Organ Diseases	21.1%
Migraine	29.7%
Depressive Disorders	22.6%
Diabetes	64.7%
Other Musculoskeletal	27.5%
Anxiety Disorders	28.8%
Drug Use Disorders	98.1%

All Ages

Top Risk Factors that Drive Death & Disability Combined, 2016

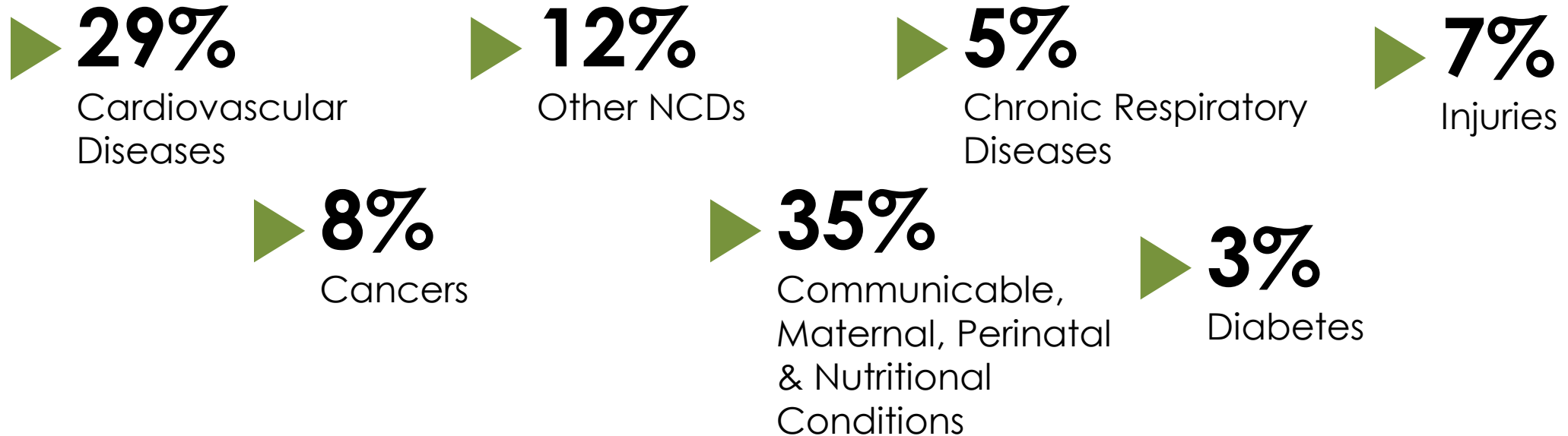
Diseases	% Change 2005-16
Malnutrition	-21.9%
Dietary Risks	26.4%
Air Pollution	-5.0%
High Blood Pressure	22.5%
High Fasting Plasma Glucose	44.6%
Tobacco	2.1%
High Body-Mass Index	65.5%
WaSH	-8.6
High Total Cholesterol	29.8%
Impaired Kidney Function	21.1%

All Ages

Non-Communicable Diseases

Non-Communicable Diseases

Non-communicable Diseases are estimated to account for 58% of all deaths in Pakistan



According to WHO, by 2025, 169,400 lives can be saved by implementing all of the WHO “Best Buys” i.e. a set of WHO’s recommendations/ interventions that are highly cost effective, renamed as “Best Buys”.

Non-Communicable Diseases

Diabetes

Diabetes, 2016

Age Groups (Years)	% Diagnosed, within past 12 months	% Never Measures
18 – 29	0.2	88.7
30 – 44	0.3	78.3
45 – 59	1.5	69.8
60 – 69	1.7	60.1
Total	0.7	78.5

Diabetes was not diagnosed in 78.5% of the Population, where only 3% were diagnosed with diabetes in past 12 months. Among diagnosed, 77% were taking insulin, 16% were using oral allopathic medicines as treatment and 12% were taking treatment from a traditional healer

N = 7,669

According to National Diabetes Survey of Pakistan (2016-17), 26% of the population is diagnosed to have diabetes, in which, 14% were over weight, 44% were obese and 46% were hypertensive.

Non-Communicable Diseases

Diabetes

Prevalence of known Diabetes (Gestational Diabetes, OGTT) , 2016

Age Groups (Years)	Male Weighted Prevalence (%)	Female Weighted Prevalence (%)	Overall Prevalence (%)
20 – 29	4.3	3.1	19.2
30 – 39	16.3	15.8	
40 – 49	27.0	31	
50 - 59	36.9	40.1	
Above 60	36.9	36.1	
Weighted Prevalence (%)	18.9	19.4	

Oral Glucose Tolerance Test (OGTT) measures body's response to glucose and can be used to screen Type 2 diabetes

Prevalence of known Diabetes (Glycated Hemoglobin (HbA1c) , 2016

Age Groups (Years)	Male Weighted Prevalence (%)	Female Weighted Prevalence (%)	Overall Prevalence (%)
20 – 29	6.2	3.9	22.4
30 – 39	20.7	18.6	
40 – 49	33.3	35.6	
50 - 59	43.2	44.7	
Above 60	42	40.4	
Weighted Prevalence (%)	22.9	22.1	

Glycated Hemoglobin (HbA1c) is the average blood glucose (sugar) levels for the last two to three months.

Non-Communicable Diseases

Tobacco

Prevalence of Tobacco Use, 2016

Gender	Adult Cigarette Smoking		Adult Tobacco Smoking		Youth Tobacco Use (%)	
	Current	Daily	Current	Daily	Current Use	Current Cigarette Smoking
Male	19.4	17.9	22.2	20.6	13.3	4.8
Female	1.0	1.0	2.1	2.0	6.6	0.9
Total	10.5	9.6	12.4	11.5	10.7	3.3

According to WHO report, Cigarettes were less affordable between 2008 and 2016. moreover, according to Global Youth Tobacco Survey (2013) conducted in Pakistan children of school going age i.e. 13-15 years were reported to be smokers (11%)

Non-Communicable Diseases

Blood Pressure/Hypertension

Blood Pressure, 2016

Age Groups (Years)	% Diagnosed, within past 12 months	% Never Measures
18 – 29	6.0	55.1
30 – 44	11.4	43.8
45 – 59	19.6	36.2
60 – 69	23.6	33.8
Total	12.3	45.3

3% of the population were diagnosed to have high Blood pressure for many years. 15.9% of the population had Stage II Hypertension and 9.9% were not taking any medication for it. Patients with hypertension were using allopathic medicines as treatment (52.9%) followed by treatment with traditional healer (25.5%) and herbal & home remedy (11%)

Communicable Diseases

Communicable Diseases

HIV/AIDS

Number of People Living with HIV, 2017

Regions	Population
Global	36,900,000
Asia & The Pacific	5,200,000
India	2,100,000
Pakistan	150,000

All Ages

Number of AIDs Related Deaths, 2017

Regions	Population
Global	940,000
Asia & The Pacific	170,000
India	69,000
Pakistan	6,200

All Ages

Pakistan is among Eastern Mediterranean Region defined by World Health Organization. This region has the lowest HIV prevalence among other WHO regions with estimated 21 Million & 15 Million people infected with Hepatitis B & C respectively. However, Viral Hepatitis is one of the significant cause of mortality within the Eastern Mediterranean Region . Whereas, 80% of the viral Hepatitis C infections occur in Pakistan and Egypt. The Infections mostly occur from medical procedures, unsafe injections and injection of drugs.

Communicable Diseases

Tuberculosis

Estimates of TB Burden by age & Sex, 2017

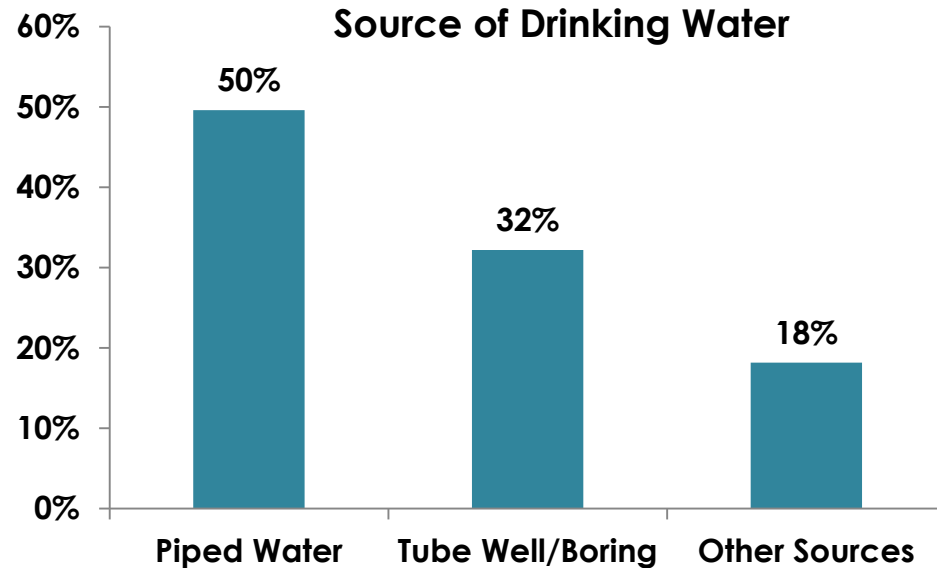
Regions	0-14 Years	>14 Years	Total
Females	27	207	235
Males	30	261	291
Total	57	468	525

Thousands

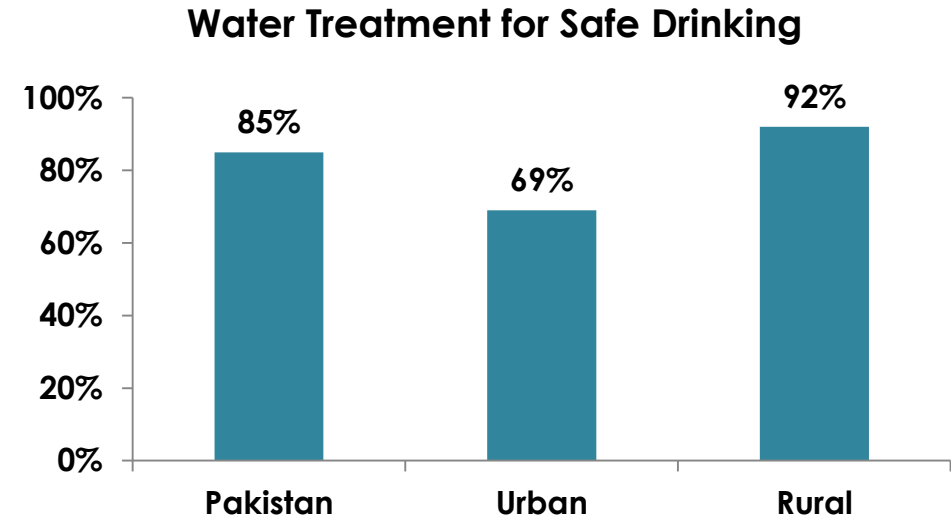
In Pakistan, each year approximately 510,000 new cases of TB emerge with 15,000 developing drug resistant cases every year . In the Eastern Mediterranean region of WHO, Afghanistan, Morocco, Pakistan, Somalia and Sudan are considered as high burden countries for Tuberculosis, while Pakistan. accounts for 61% of TB Burden in the region.

Water, Sanitation & Hygiene

Water, Sanitation & Hygiene

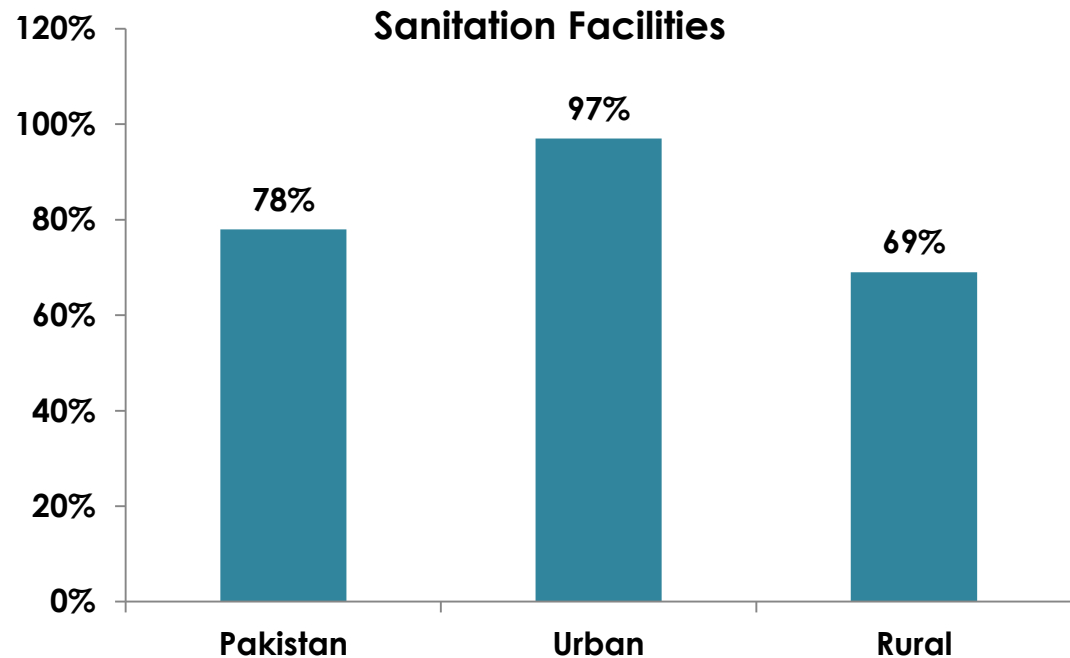


According to National Nutritional Survey, access to piped drinking water has improved as 41% of the households in NNS 2001, reported to have access to piped drinking water.



According to NNS, 85% of the respondents do not treat water to make it safer. However, respondents use different methods for treating water i.e. Boiling (61%), Straining through cloth (10%), Other Methods (32%)

Water, Sanitation & Hygiene



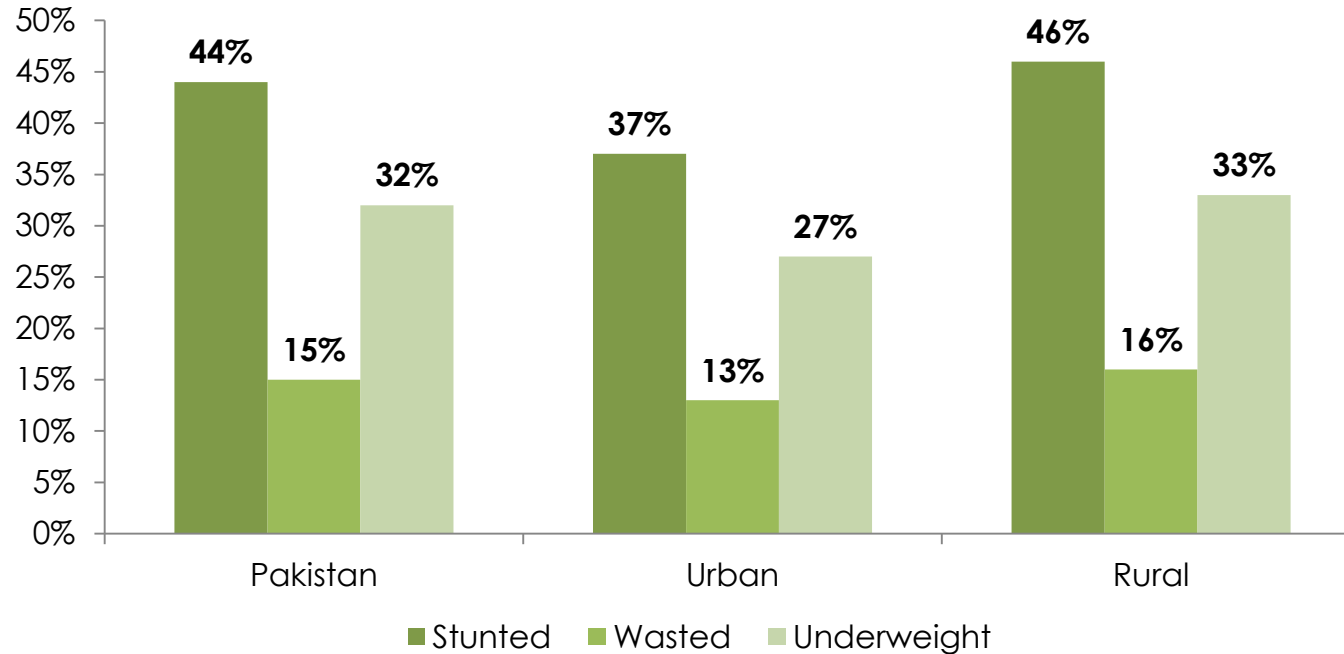
According to National Nutritional Survey, 78% of the HHs use hygiene sanitation facilities. Provincial-wise more than 70% of HHs in Punjab, Sindh & KP use hygienic sanitation facilities, whereas, in Balochistan, more than half of HHs i.e. 54% still lack hygienic sanitation facilities

Nutritional Status of Pakistan

Nutritional Status

Malnutrition

Malnutrition-Under 5 years of age



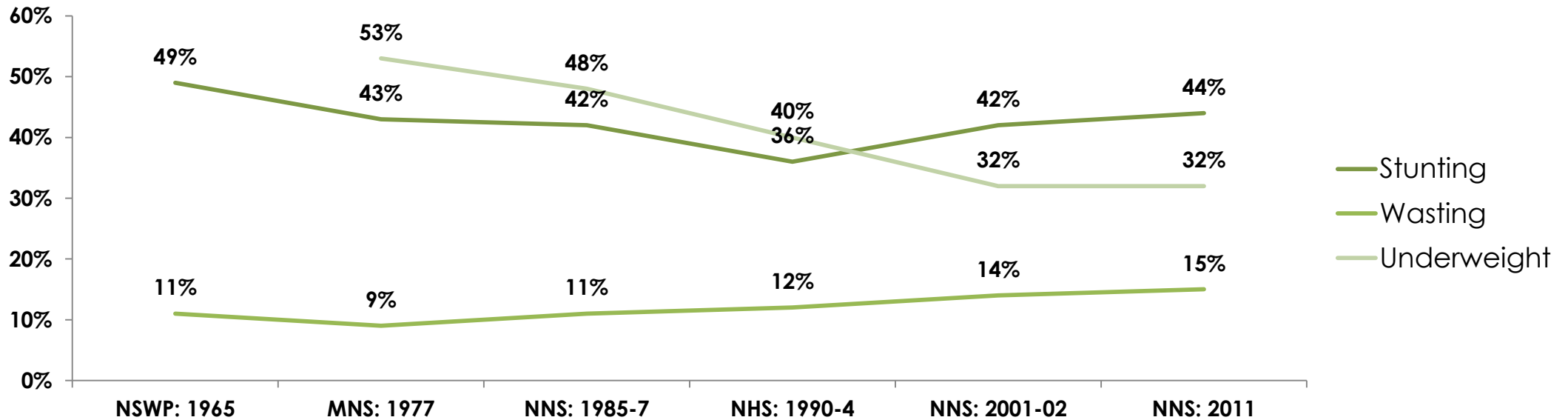
According to NNS 2011, 40% of HHs had only one child under the age of 5. Average number of children in each HHs is one Child (40%), 2 children (26%), while 26% of HHs reported to have no children.

44% of children under the age of 5 were reported to be stunted. Malnutrition status in rural areas reported to be worse as compared to urban areas i.e. Stunt growth (46%), Wasted children (16%) and Underweight children (33%)

Nutritional Status

Malnutrition

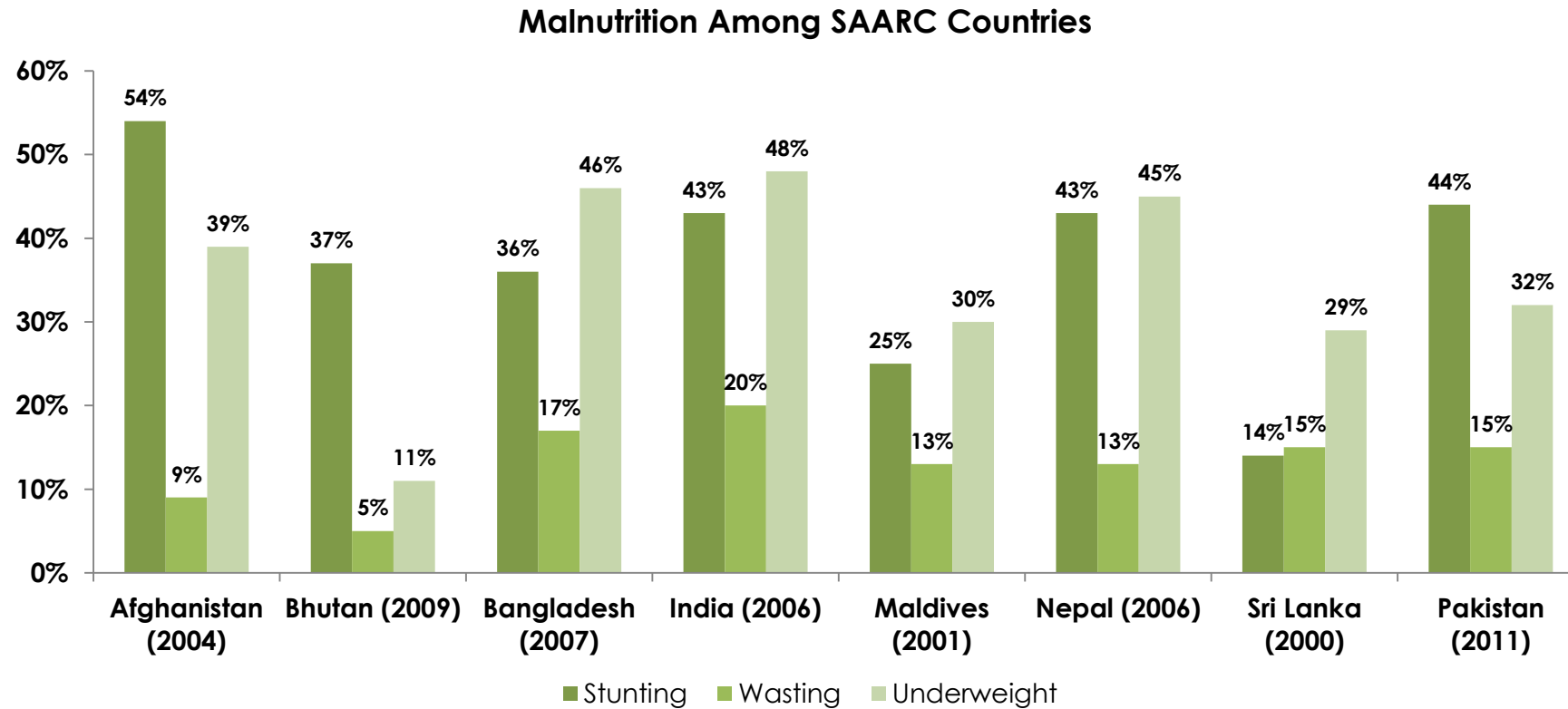
Malnutrition Trends



Over the last few decades, the rate of underweight children has reduced quite significantly, while the rate of wasted children in Pakistan has increased over the last few decades.

Nutritional Status

Malnutrition

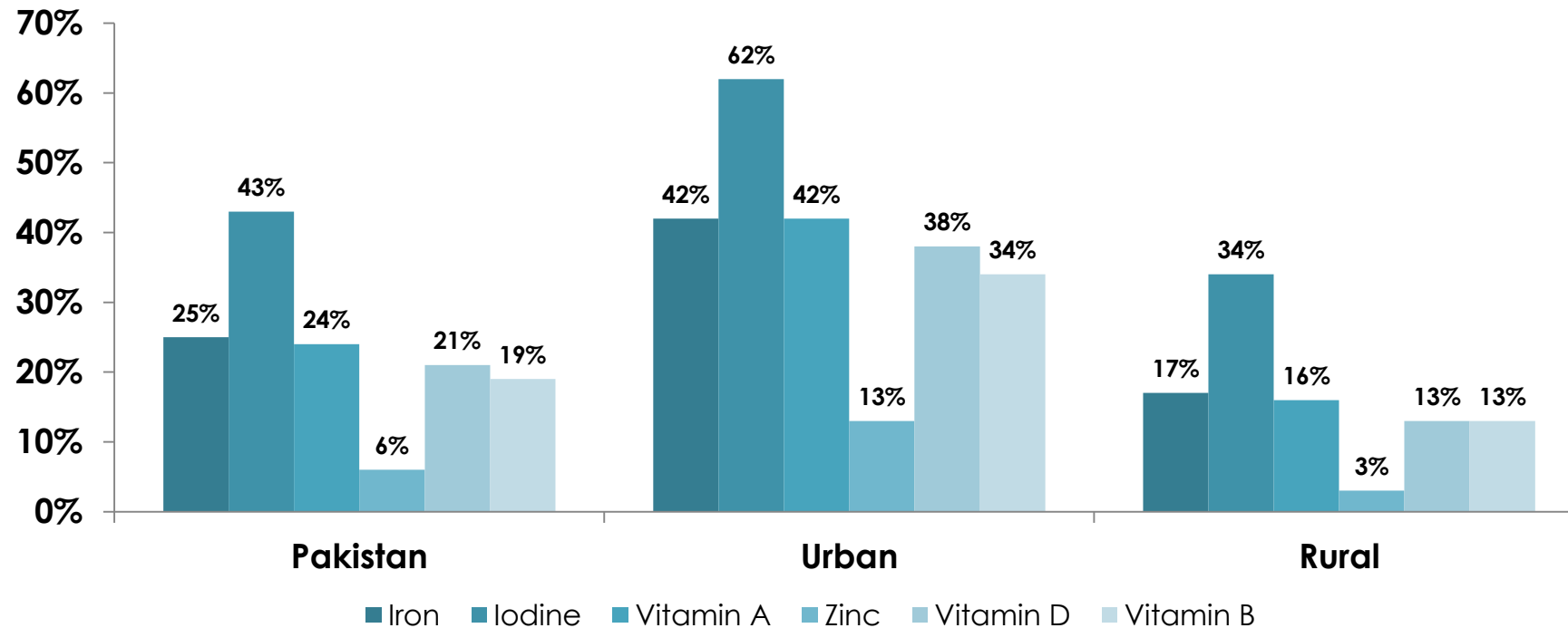


Among SAARC countries, Pakistan has the 2nd highest stunting rate i.e. 44%, while, Pakistan and Sri Lanka have the third highest wasted children rate, whereas, Pakistan had lower rate of under weight of children i.e. 15%

Nutritional Status

Micronutrients

Knowledge About Micronutrients

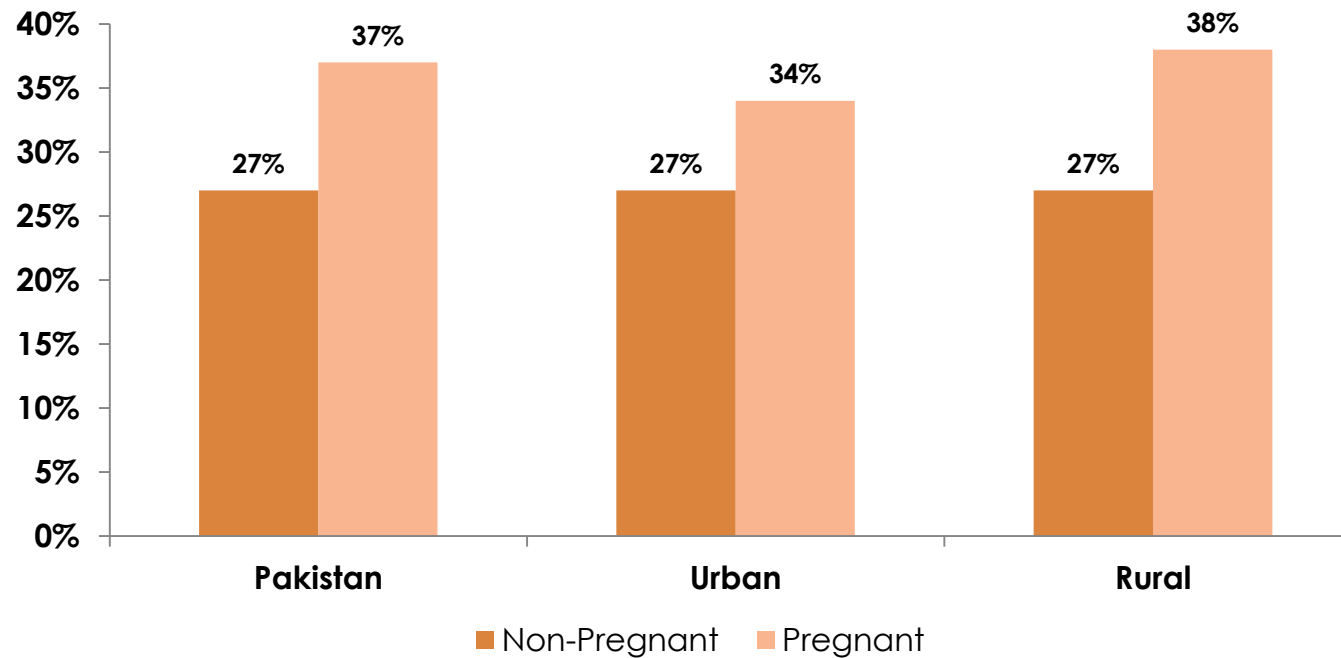


Knowledge regarding micronutrients reported to low among respondents. Respondents were reported to be more aware about Iodine especially in rural areas (34%)

Nutritional Status

Iron Deficiency

Iron Deficiency Among Women

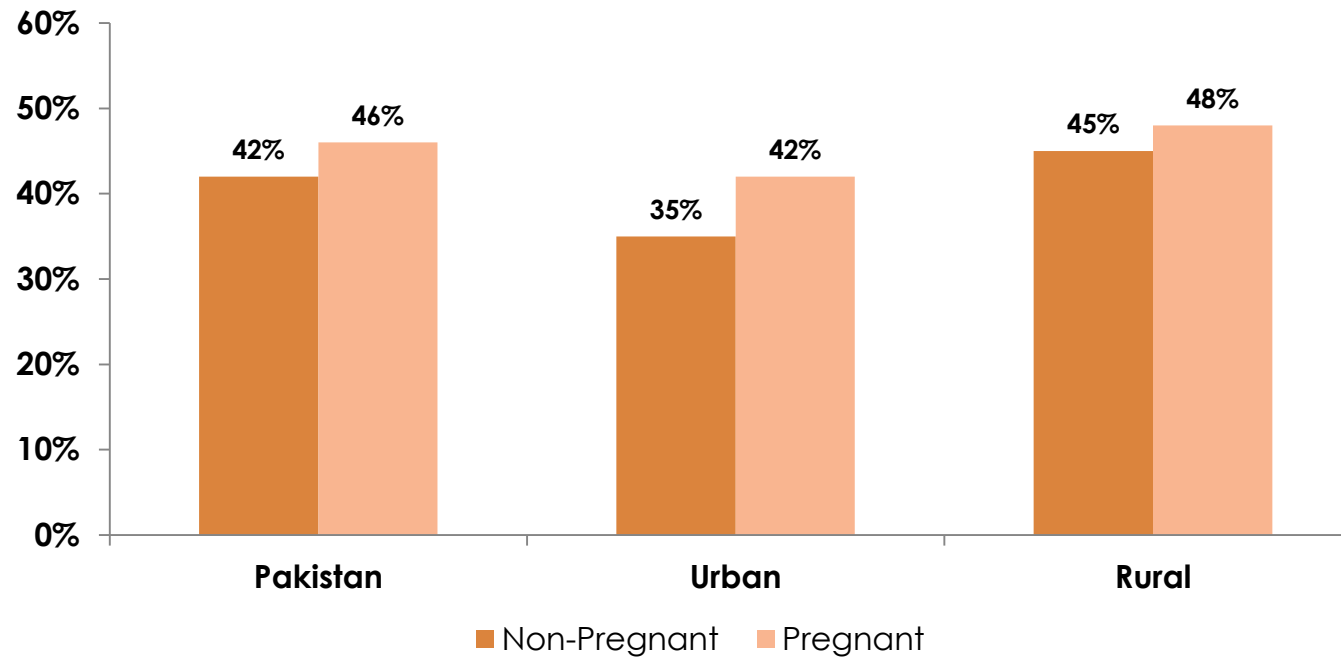


Sindh reported to have high level of Iron deficient women (non-pregnant) i.e. 32% followed by Punjab (27%), AJK (25%), Balochistan (22%), KP (16%) & Gilgit Baltistan (15%). Whereas, among Pregnant women, Gilgit Baltistan (46%) reported to have high level of Iron deficient pregnant women

Nutritional Status

Vitamin A Deficiency

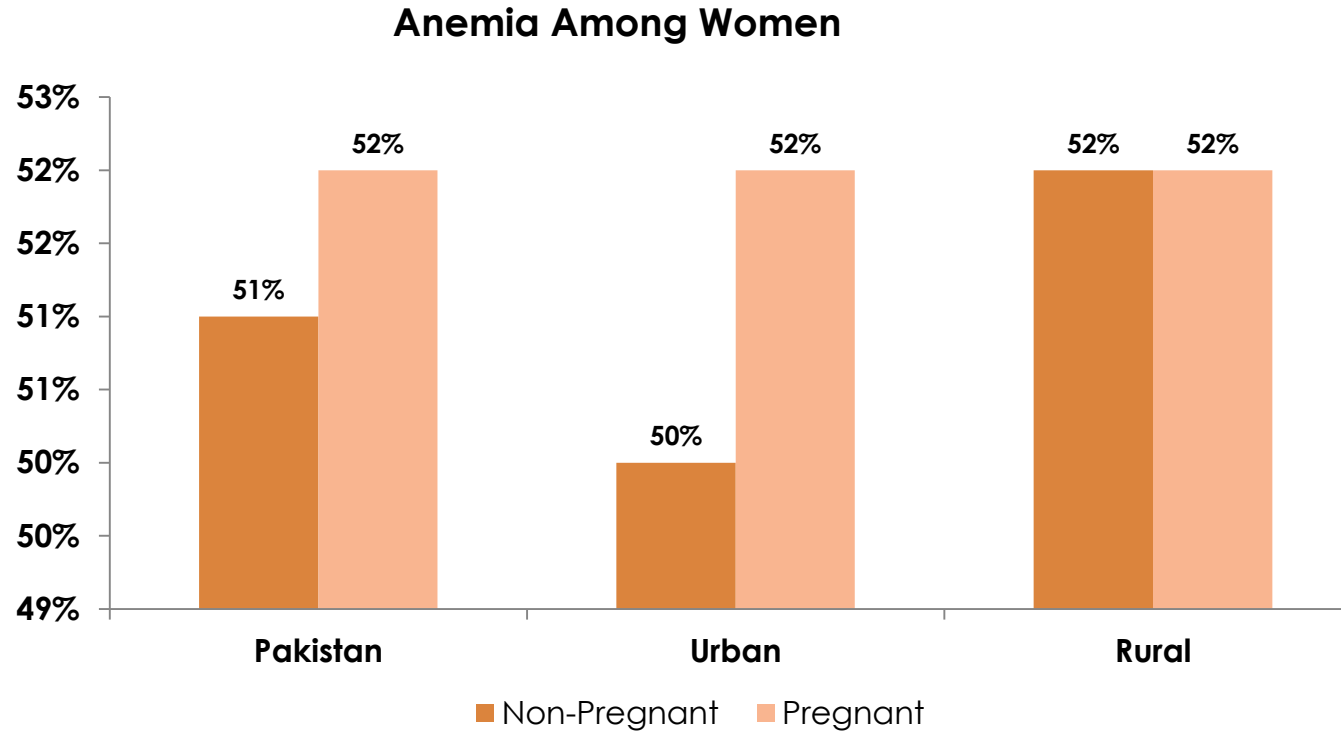
Vitamin A Deficiency Among Women



Among non-pregnant women, Vitamin A Deficiency reported to be high in KP (67%) and lowest in AJK i.e. (32.2%). On the other hand, among pregnant women, vitamin A deficiency reported to high in KP as well i.e. 76% and lowest in AJK (32%)

Nutritional Status

Anemia



As compared to NNS 2001, the prevalence of anemia among non-pregnant women has worsened i.e. 28% in NNS 2001 and 51 % in NNS 2011, while, similar trends were observed among pregnant women as well.

Basic Health Statistics

Food Intake Practices

Food Consumption in Children (0-23 Months)

According to NNS 2011, children were reported to be only consuming nutrients around half of the daily requirement. The consumption was more than the recommended dietary allowance, while, on the other hand, the consumption of fats and carbohydrates and all micronutrients was reported to be lower than the recommended dietary allowance.

The average amount of wheat consumed per day reported to be 18.9gm. Provincial data reported the intake of wheat per day to be low in Khyber Pakhtunkhwa and Gilgit Baltistan. According to NNS 2011, the population of Pakistan reported to be consuming adequate amount of milk per day i.e. 244 ml/day. However, along with the consumption of milk children are also reported to be consuming tea i.e. 31.4 ml/day, which poses a risk of anemia and absorption of iron, if there is an intake of large quantity.

Food Consumption in Children (0-23 Months)

NNS 2011 reported that mothers were consuming nutrients than the recommended dietary allowance.

For mothers, average wheat consumption per day was reported to be 298.2gm, while rural areas reported to have high average consumption of wheat i.e. 306 gm. The average consumption of milk by mothers was reported to be 262.3 ml/day, while, rural areas (281.3 ml/day) reported high consumption of milk as compared to urban areas (214.7 ml/day) the average consumption of tubers and roots was reported to high in urban areas i.e. 182.1 gm./day as compared to rural areas i.e. 175.2 gm./day.