

Gallup Pakistan Health CyberLetter

Disability in Pakistan



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EDITOR'S NOTE

In a large populous city like Lahore, which in my opinion, is the capital of food, you'll often see restaurants sprawled across the city-center, in between narrow streets and cramped up on roadsides. Every second shop has some unoriginal signage, usually a borrowed, or rather, should I say ripped version of a popular American chain; "Sattar Bakhsh" instead of Starbucks is one of the firsts that comes to mind, but signage which usually catches the eye as an invitation to try out various types of food because that is what Lahore is. Dining out is what essentially classifies as the most popular extracurricular activity in Lahore, especially for a privileged person from a wealthy background. The city, however, does its best to cater to people from varying income backgrounds by offering more affordable options too but what it doesn't seem to do well at all is the inclusion of everyone in the society. Perhaps, as healthy individuals in the majority, we're oblivious or rather ignorant and collectively indifferent to particular aspects of inclusion such as disability and it is this collective indifference that has virtually led us to create spaces which don't serve particularly everyone.

Usually big corporations such as malls or banks have spots and provisions for disabled access but in most spaces, it's very common to see the space being abused. In parking spots, you'll often see cars parked over marked disabled access areas. Concurrently, it's also rare to see ramps in places other than theatres, malls or banks. While disabled access spots or ramps cater to physical forms of disability, there is so much more that disability encapsulates. It extends beyond the physical to mental, intellectual or sensory impairments and in Pakistan, according to its laws, the state recognizes this encompassing definition.

In spite of the existing laws, institutionally, we haven't yet executed a national strategy which provides access for all and socially, we're still hesitant or restrained in the empathy we can offer. Disability IN, an international nonprofit for business disability inclusion worldwide states that "one of the major difficulties faced by PWDs is that employers have the erroneous assumption that these people will probably underperform in most areas of their duties." How can we challenge some of our internal biases and perceptions and how can we move to create a more inclusive Pakistan in future?

In the 6th Health CyberLetter, "**Disability in Pakistan**," data from our recent survey in 2022 as well as from previous surveys conducted in 2009 and 2012 present some thought-provoking perceptions on disability. One of the most striking insights is how perceptions regarding the standard of facilities for PWDs has declined in 2022 which is indicative of the failure of the state to seriously prioritize this particular dimension of health. Beyond this, we also provide data points on the affordability and availability of special equipment and views regarding the education of PWDs.

Reliable information on disability is missing in Pakistan and for a country which reports that PWDs could vary from 3.3 million to 27 million people¹, it's rather unfortunate that we don't have the information to attempt to make the right decisions. Perhaps, in a way, our data can be used as a stepping stone into more research on this specific area and we hope that we can further explore this topic through collaborative surveys with health policy professionals in future.

Mishalle A. Kayani

¹ <https://disabilityin.org/country/pakistan/>

Disability in Pakistan



17% of the households have a family member who has a disability

Based on our data from 2022, the majority (75%) of people with disabilities are taken care of at home, (15%) go to schools for disabled children



23%

use special equipment to help with their disability.

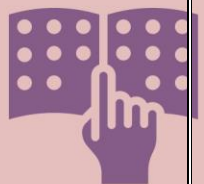


Half the respondents feel that equipment is easily available in the market



1 in 4 think the standard of facilities for people with disabilities is satisfactory while 1 in 3 think the standard is bad

Approximately (30%) people also considered the standard of education facilities as bad in 2022



INTRODUCTION:

The UNDP estimates that approximately 6.2% of Pakistanis are living with some form of disability.² Other estimates suggest the number of PWDs (People with Disabilities) is much higher. Yet, little information on this subject is widely available and what is available is not necessarily being used in the most effective way. While the Disabilities Persons (Employment and Rehabilitation) Ordinance was put in place in 1981 and in 2020, a broader Disabilities Rights Act was passed, the reality for PWDs is quite far from satisfactory.

In the 6th Health Cyberletter, we explore some vital aspects of disability in Pakistan. From the type of disability, to changes in perceptions over time regarding the standard of facilities as well as perceptions on some economic factors like the affordability of special equipment, the following data points provide some interesting insights into previously unexplored facets of disability in Pakistan.

DATA INTERPRETATION:

(17%) of the households have a family member who has a disability with the most common type being a physical disability **(28%)**, poliomyelitis **(22%)**, congenital mental retardation **(15%)**, brain injury **(8%)**, blindness **(7%)** and hearing impairment **(6%)** (*Figure 1.1 and Figure 1.5*).

Based on our data from 2022, the majority **(75%)** of people with disabilities are taken care of at home, **(15%)** go to schools for disabled children (*Figure 1.7*). This percentage has increased by **(11%)** from 2008 to 2022 which can either suggest differences in access to care for the disabled or the unaffordability of care. When asked whether children with disabilities get the same kind of attention and love as other children in the family, approximately **3 in 7** or **45%** reported that they get more attention and love while **23%** claimed they get less.

Only **(23%)** use special equipment to help with their disability (*Figure 1.11*). **Half the respondents** feel that equipment is easily available in the market and compared with data from 2009, this perception has changed slightly with **(43%)** reporting that equipment is easily available in the market in 2009 (*Figure 1.13 and Trend Data 1.14*). However, **1 in 3** or approximately **(36%)** feel that the equipment is not affordable for the average Pakistani (*Figure 1.15*). This perception has also remained roughly hovered around **(30%)** over almost 15 years. (*Trend Data 1.16*)

We also asked respondents their views regarding the standard of facilities for people with disabilities in Pakistan. **1 in 4** think the standard of facilities is satisfactory while **1 in 3** think the standard is bad (*Figure 1.17*). Compared with 2012, this perception regarding the standard of facilities for people with disabilities has worsened over time as **(20%)** of the respondents considered the standard to be bad in 2012 compared with **(32%)** in 2022 (*Trend Data 1.18*). Approximately **(30%)** people also considered the standard of education facilities as bad in 2022 (*Figure 1.19*) whereas in 2009, **(19%)** considered the standard bad (*Trend Data 1.20*). **(44%)** also feel that the standard of education at schools for children with disabilities is worse than other schools (*Figure 1.21*). Compared with the views in 2012, generally people feel the standard of facilities for people with disabilities has declined over the years.

Only **(22%)** of our respondents think that there are reasonable chances for special persons to progress in life in the country (*Figure 1.25*). In terms of how hopeful people seem with regards to the future prospects of people with disabilities, **1 in 3** are very hopeful yet **21%** claim they

² <https://tribune.com.pk/story/2365146/pakistani-people-with-disabilities>

are not very hopeful for the future (*Figure 1.27*). This is possibly reflective of the current infrastructure in Pakistan which is not particularly accommodating of people with disabilities.

DISCUSSION:

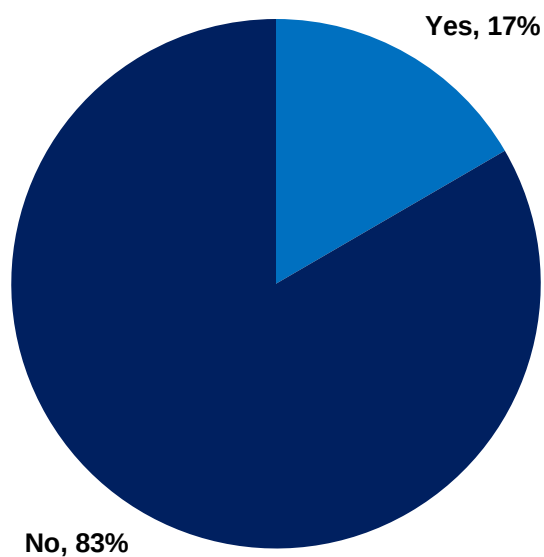
While in Pakistan, public infrastructure largely lacks necessary accommodations making it difficult for PWDs to move around independently and access services, what's particularly worrying is that the standard of education for PWDs, in the view of Pakistanis has declined in recent years. Perhaps, many schools lack the training, resources and support systems to accommodate the diverse needs of students with disabilities. As a result, children with disabilities are often excluded from mainstream education, depriving them of opportunities for personal development, social integration as well as future employment prospects.

For PWDs, the fact that equipment is not affordable for everyone, based on our data, is another economic aspect which needs prompt attention. Our data points to a core policy problem at the national and provincial levels. The lack of policies and policy implementation and the simultaneous negative externalities have far reaching effects on PWDs as well as on Pakistan.

Currently, disability rights activists, civil society organizations and advocacy groups are playing a crucial role in raising awareness and advocating for policy reforms. However, what's required is a comprehensive and inclusive approach and evidence-based action targeted towards removing barriers, promoting accessibility, providing quality education and healthcare services, as well as creating equal opportunity for employment and social participation.

Note: Data representation below.

1.1. Question: Does **anyone in your household** have any kind of disability?

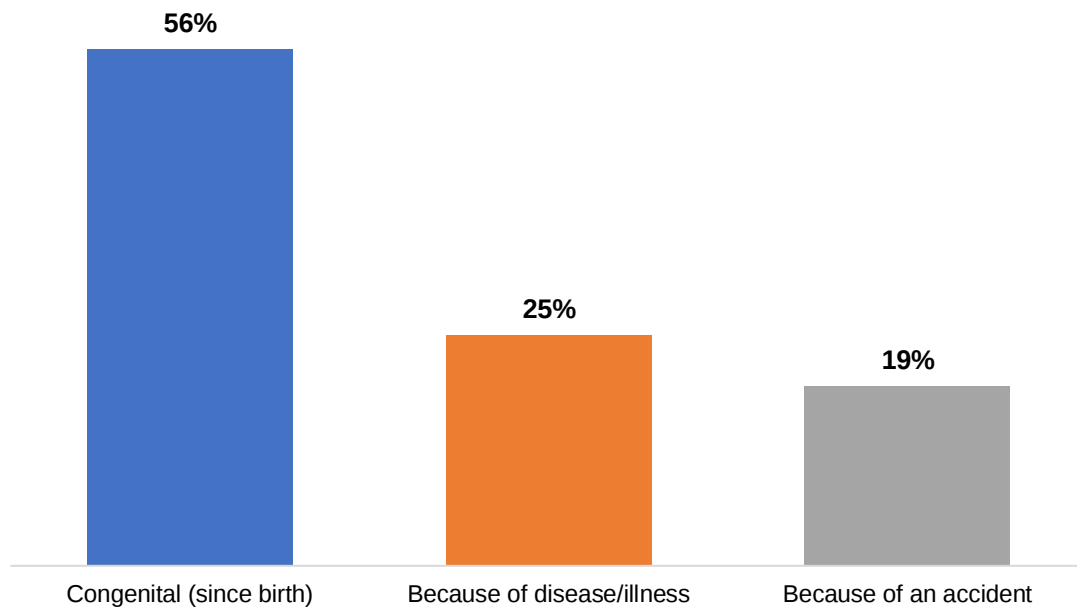


Source: Gallup Pakistan Survey, 2022

1.2. Trend Data

	2009	2012	2022
Yes	4%	4%	17%
No	96%	95%	83%
Don't Know / No Response	0%	1%	-

1.3. Question: Why/how did they get this disability?

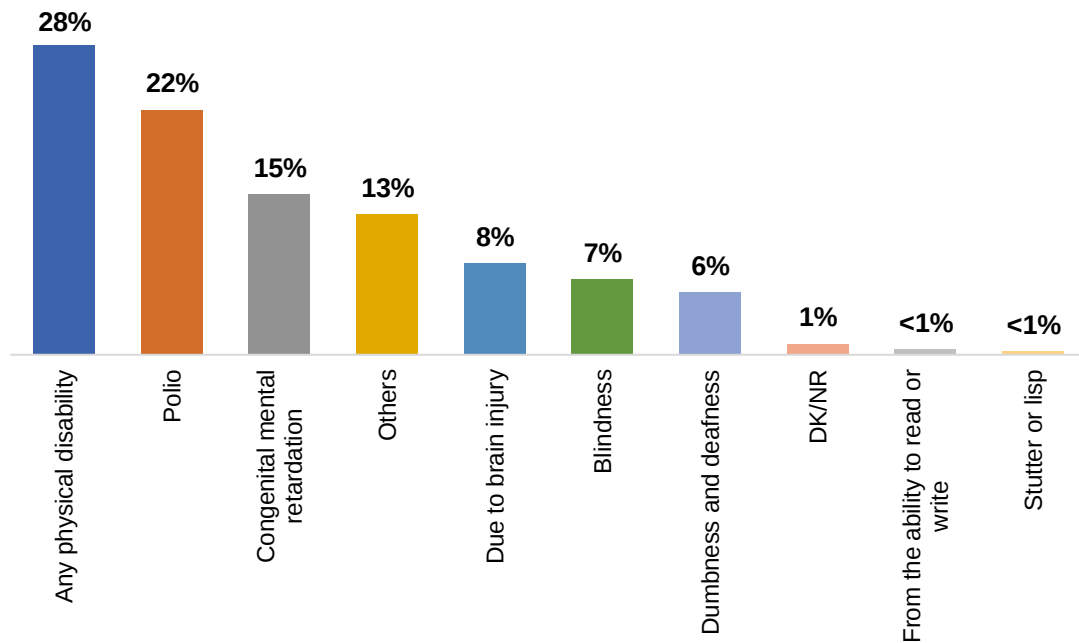


Source: Gallup Pakistan Survey, 2022

1.4. Trend Data

	2009	2012	2022
Congenital (since birth)	45%	33%	56%
Because of disease/illness	48%	44%	25%
Because of an accident	4%	7%	19%
Don't Know / No Response	3%	16%	-

1.5. Question: What is the **nature** of this disability?

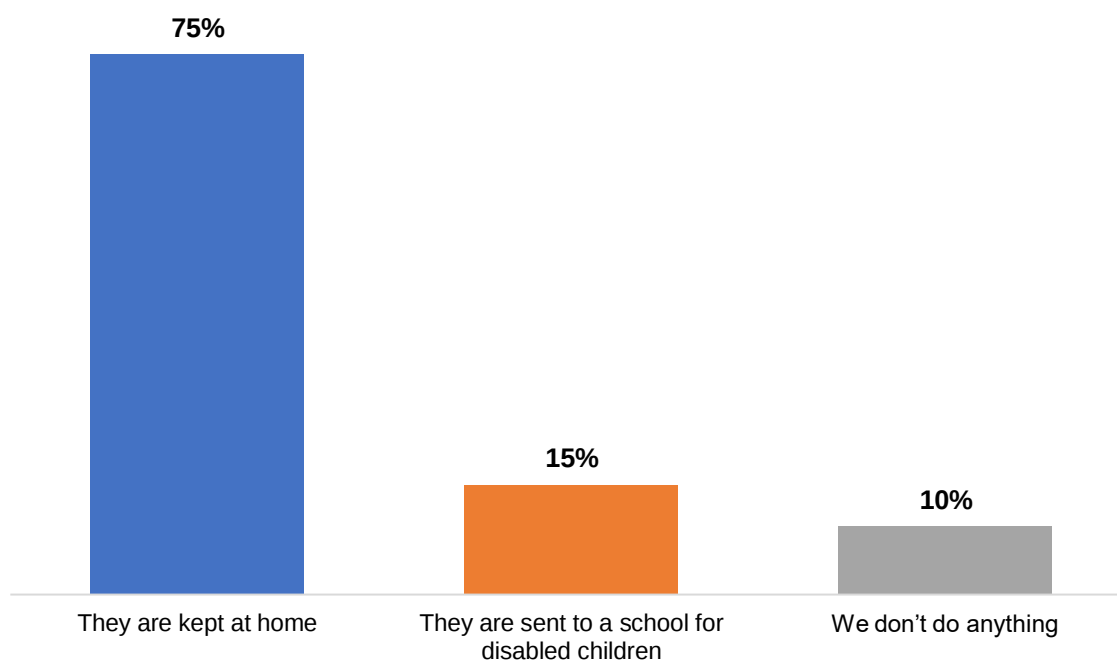


Source: Gallup Pakistan Survey, 2022

1.6. Trend Data

	2009	2012	2022
Due to brain injury	18%	8%	8%
Polio	27%	31%	22%
Congenital mental retardation	24%	30%	15%
Blindness	3%	2%	7%
From the ability to read or write	5%	4%	0%
Stutter or lisp	7%	2%	0%
Dumbness and deafness	12%	5%	6%
Deafness only	2%	-	-
Any physical disability	17%	16%	28%
Others	0%	1%	13%
Don't Know / No Response	3%	1%	1%

1.7. Question: How are the people with disabilities taken care of at your household?

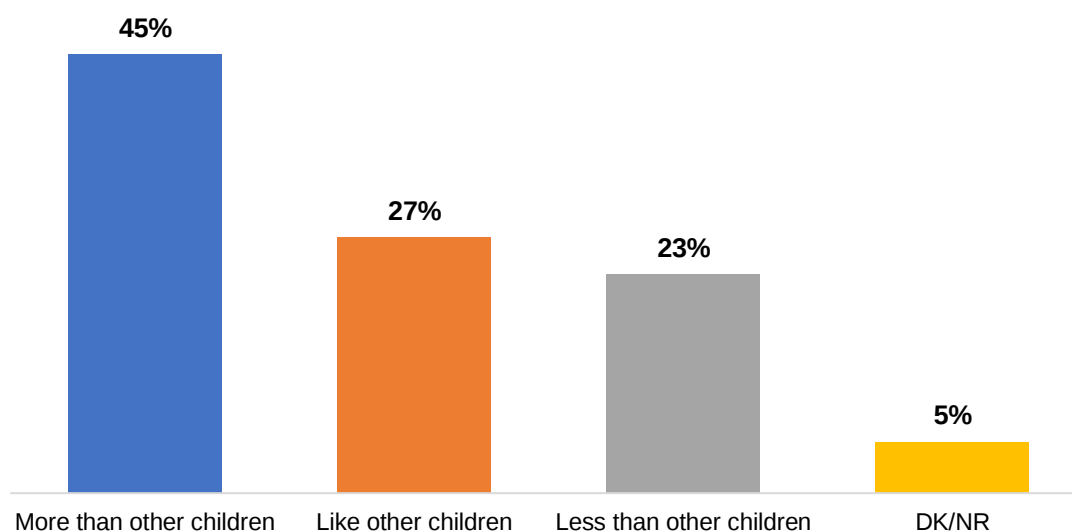


Source: Gallup Pakistan Survey, 2022

1.8. Trend Data

	2008	2022
They are sent to a school for disabled children	19%	15%
They are kept at home	64%	75%
They are not kept at home and are dropped off at an orphanage	6%	-
We don't do anything	8%	10%
Don't Know / No Response	3%	-

1.9. Question: In your opinion, do children with disabilities get the same kind of **attention and love** as other children from their family?

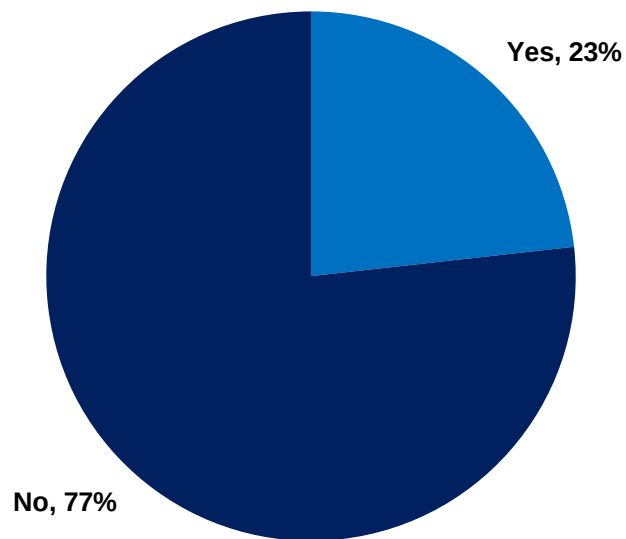


Source: Gallup Pakistan Survey, 2022

1.10. Trend Data

	2009	2022
Like other children	31%	27%
More than other children	32%	45%
Less than other children	22%	23%
Don't Know / No Response	15%	5%

- 1.11. Question: Does he/she use any **special instrument or equipment** (e-g wheelchair, hearing aid etc.) for help with the disability?

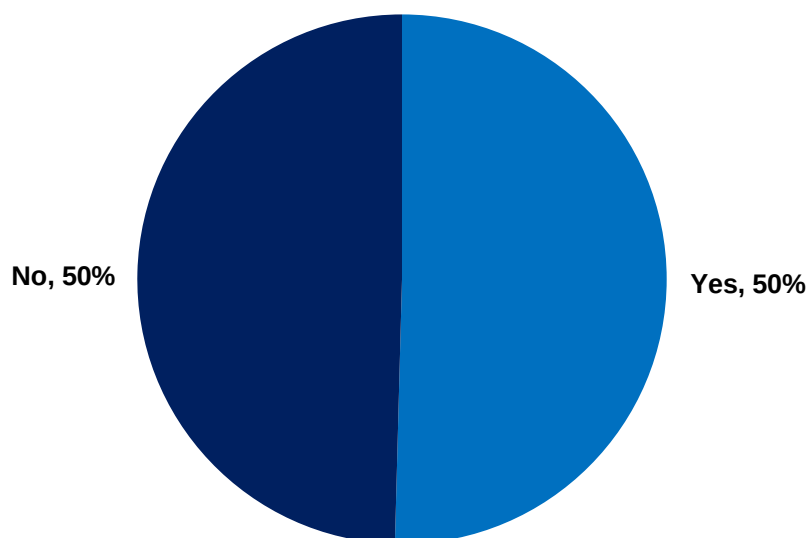


Source: Gallup Pakistan Survey, 2022

1.12. Trend Data

	2009	2022
Yes	38%	23%
No	59%	77%
Don't Know / No Response	3%	-

1.13. Question: Is such equipment easily **available** in the market?

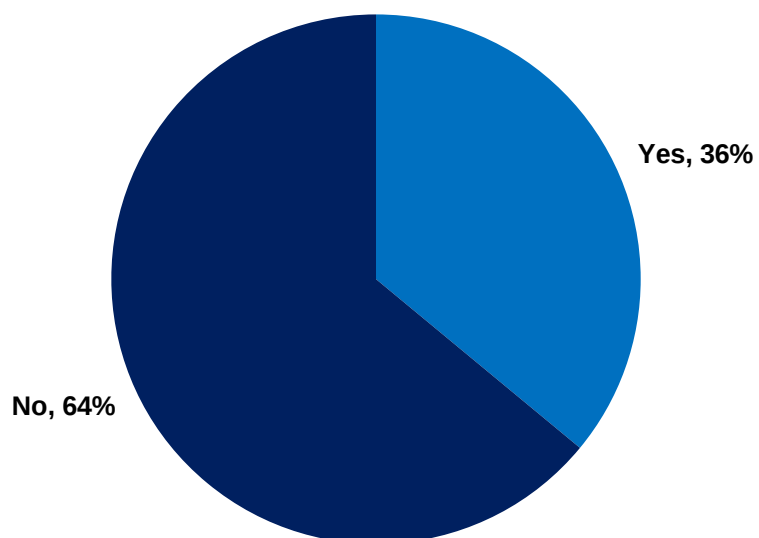


Source: Gallup Pakistan Survey, 2022

1.14. Trend Data

	2009	2022
Yes	43%	50%
No	50%	50%
Don't Know / No Response	7%	-

1.15. Question: Is such equipment **affordable** for a common man?

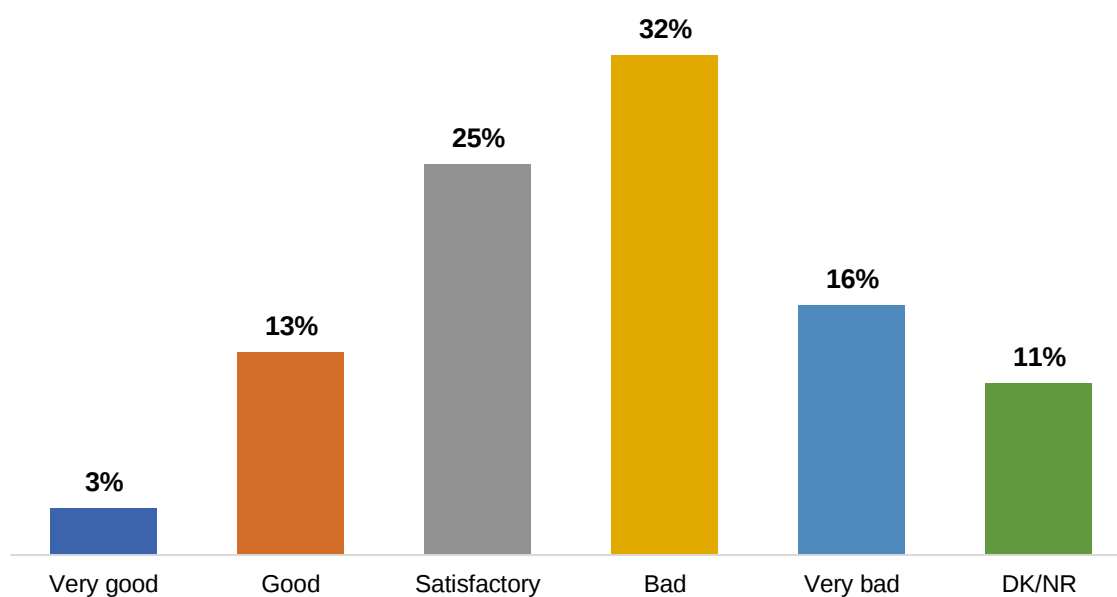


Source: Gallup Pakistan Survey, 2022

1.16. Trend Data

	2009	2022
Yes	31%	36%
No	62%	64%
Don't Know / No Response	7%	-

1.17. Question: What is your opinion regarding the **standard of facilities** for people with disabilities in your country?

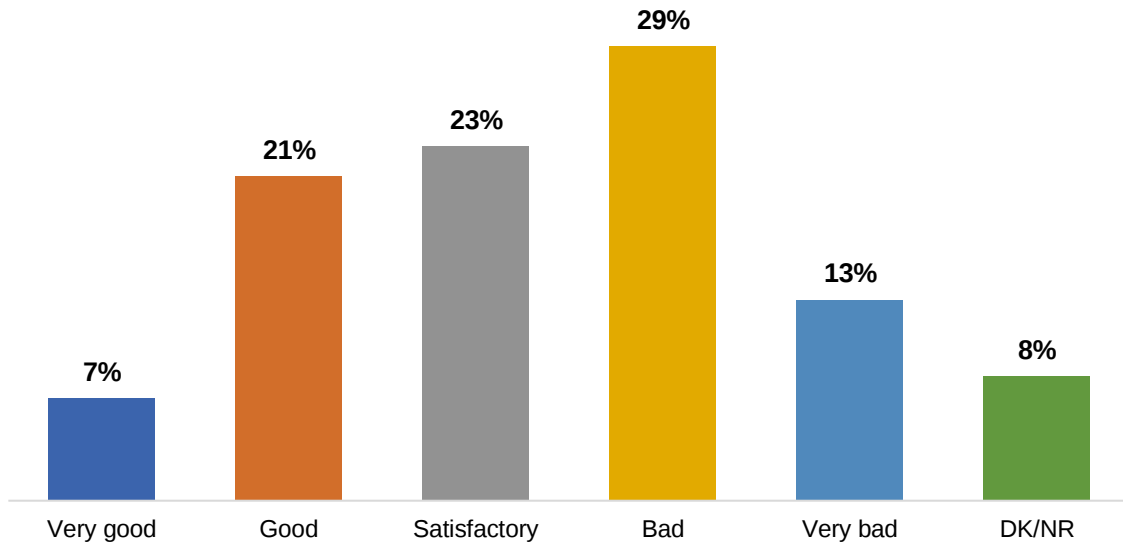


Source: Gallup Pakistan Survey, 2022

1.18. Trend Data

	2009	2012	2022
Very good	3%	2%	3%
Good	12%	11%	13%
Satisfactory	33%	41%	25%
Bad	20%	20%	32%
Very bad	11%	9%	16%
Don't Know / No Response	21%	17%	11%

1.19. Question: What is the standard of **education facilities** for people with disabilities in Pakistan?

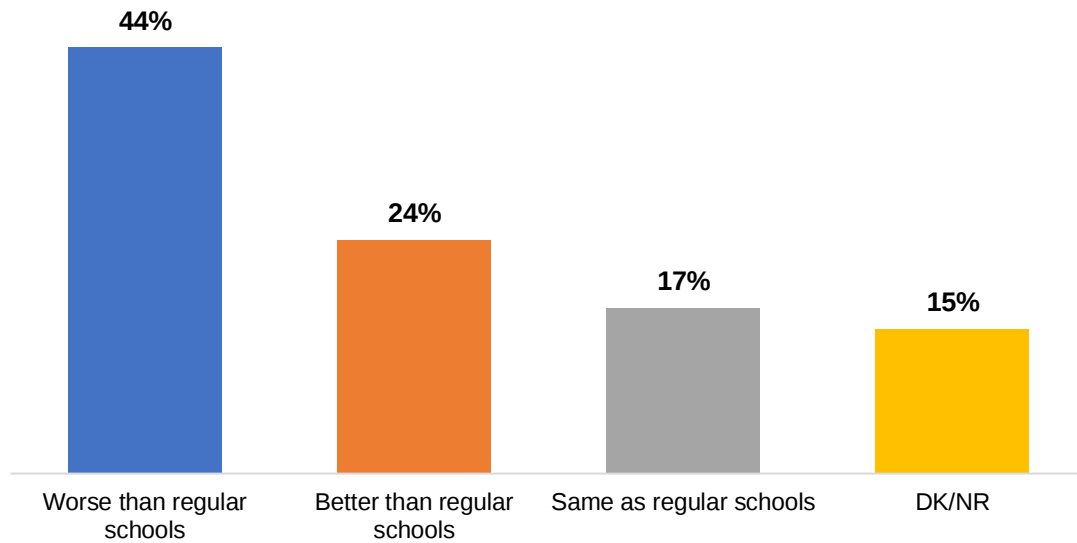


Source: Gallup Pakistan Survey, 2022

1.20. Trend Data

	2009	2012	2022
Very good	3%	1%	7%
Good	11%	11%	21%
Satisfactory	32%	37%	23%
Bad	19%	19%	29%
Very bad	18%	13%	13%
Don't Know / No Response	16%	17%	8%

1.21. Question: How will you **compare the standard of education** of schools for children with disabilities as compared to ordinary schools?

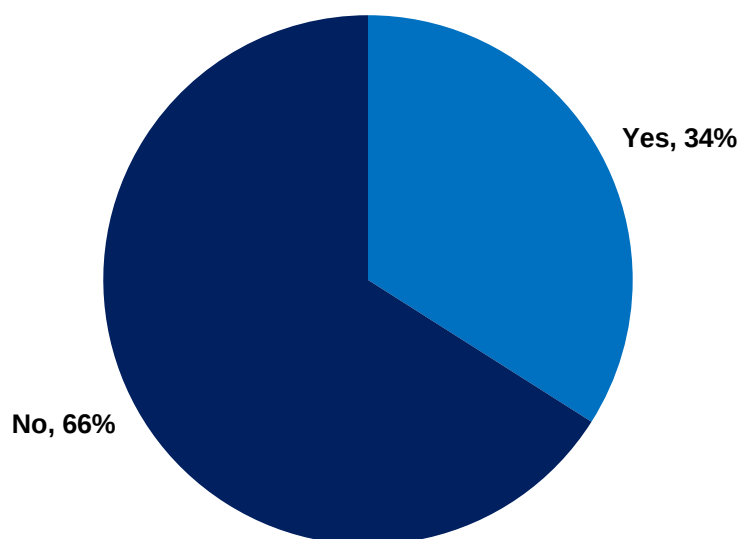


Source: Gallup Pakistan Survey, 2022

1.22. Trend Data

	2009	2012	2022
Same as regular schools	24%	22%	17%
Better than regular schools	19%	24%	24%
Worse than regular schools	36%	35%	44%
Don't Know / No Response	21%	19%	15%

- 1.23. Question: *There are many people with disabilities who have excelled in different fields of life e-g education, sports etc. Do you **know of any such people?***

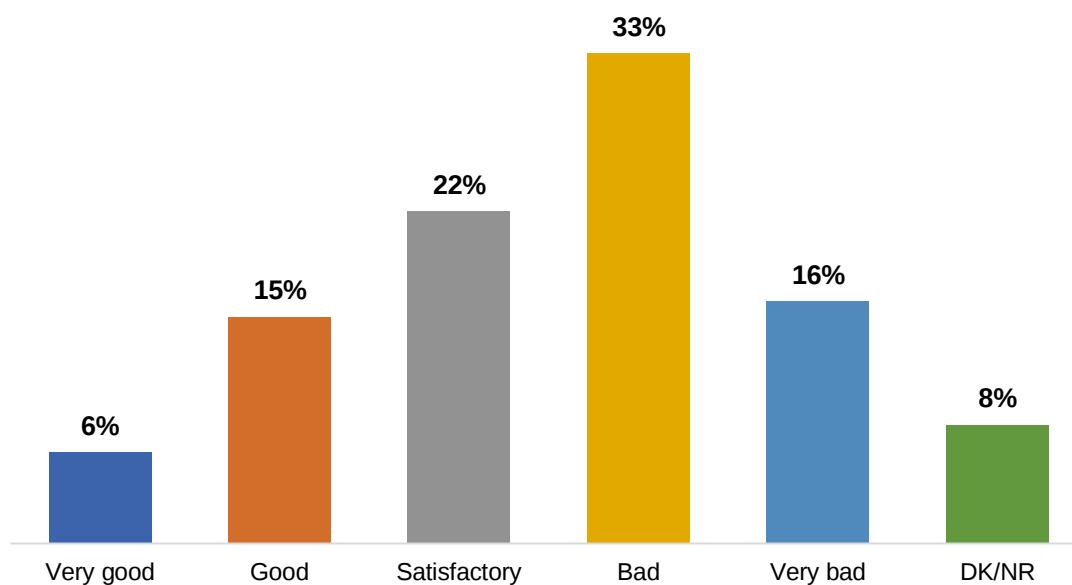


Source: Gallup Pakistan Survey, 2022

1.24. Trend Data

	2009	2022
Yes	29%	34%
No	71%	66%

1.25. Question: In your opinion, how are the possibilities for people with disabilities to **progress in life** in your country?

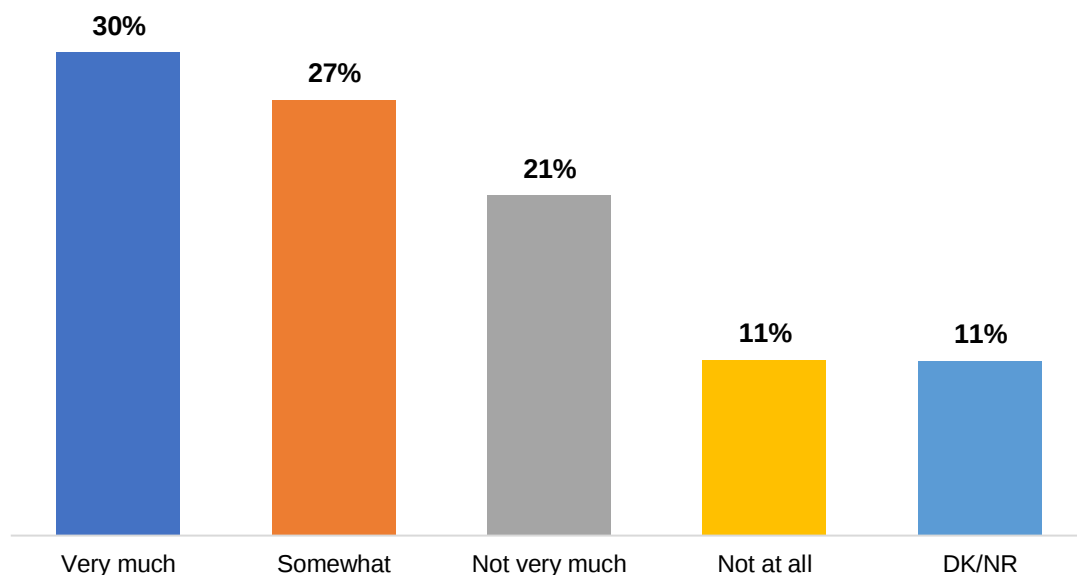


Source: Gallup Pakistan Survey, 2022

1.26. Trend Data

	2009	2022
Very good	3%	6%
Good	11%	15%
Satisfactory	30%	22%
Bad	20%	33%
Very bad	18%	16%
Don't Know / No Response	18%	8%

1.27. Question: How **hopeful** are you regarding the future prospects of people with disabilities?



Source: Gallup Pakistan Survey, 2022

1.28. Trend Data

	2009	2022
Very much	15%	30%
Somewhat	26%	27%
Not very much	25%	21%
Not at all	8%	11%
Don't Know / No Response	26%	11%

GALLUP PAKISTAN PUBLIC HEALTH PROGRAM

Gallup Pakistan formally introduced the Gallup Pakistan Public Health Program earlier this year. Through this dedicated space, we hope to act as catalysts of change in the public health landscape by using innovative and collaborative solutions to tackle complex problems in the country.

Under this program, the streams of work currently include:

1. Let's Talk Public Health
2. Gallup Pakistan's Health CyberLetters
3. Gallup Pakistan and CDC Sponsored Projects: Recent developments include the Cause of Death (COD) Training and Enhancing Integrated Mortality Surveillance Workshop held in Islamabad from February 6 – February 10, 2023
4. Gallup Pakistan and Digital Vaccine Register Project
5. Gallup Big Data Analysis of Pakistan Statistical Yearbook – Healthcare in Pakistan (2010 – 2020)
6. Gallup Big Data Analysis of Pakistan Statistical Yearbook – Live Births (2018 – 2020) – Pakistan Demographic Survey 2020
7. Gallup Pakistan 40-year report on Health

One of our pioneering initiatives as part of the Public Health Program is the **“Let's Talk Public Health”** series which was launched in March 2022. Through this platform, we conduct insightful conversations with experts/researchers/practitioners in the field, on public health challenges that Pakistan is facing today and we hope we can find ways to reimagine the concept of health as well as make meaningful contributions to the public health discourse in both, Pakistan and globally.

Links to our previous episodes can be accessed below:

- *Episode 1: Lifestyle and Non-communicable diseases (NCDs) – Conceptual, Empirical and Practical Perspective by Dr. Ijaz Gilani.* <https://youtu.be/uJcYQlj3GH4>
- *Episode 2: Pakistan's Healthcare Market, Medical Devices and Digital Health by Hammad Ijaz.* <https://youtu.be/Wz8QWExlHGg>
- *Episode 3: Health Perception Survey - WiN International and Gallup Pakistan by Mishalle Kayani and Laila Waqar.* <https://youtu.be/IFQp6Qp6GrQ>
- *Episode 4: Value of Community Co-design for Vaccine Confidence Interventions - A Case from Karachi by Rubina Qasim.:* <https://youtu.be/7TqLL3cM17A>
- *Episode 5: Science Behind Artistic Processes (Conductive Tools for Health Sector) by Dr. Habib Afsar.* <https://www.youtube.com/watch?v=1ZWK0EhZyD8>
- *Episode 6: Family Planning in Pakistan: Issues, Progress and the Way Forward by Dr. Adnan Khan.* <https://youtu.be/LyQfFv0w8oA>
- *Episode 7: The Menace of Self-Citation: An Audit of Two Years from Journals of KPK by Dr. Umema Zafar.* <https://youtu.be/UZrCBreD8No>
- *Episode 8: International Health Regulations (IHRs) and Pakistan by Dr. Saeed Ahmad.* <https://www.youtube.com/watch?v=t9sZOnzfiS8&t=64s>
- *Episode 9: Migration and Health by Dr. Roomi Aziz.* <https://www.youtube.com/watch?v=E89KBuiU52E>

In Episode 9 of ‘Let's Talk Public Health,’ Dr. Roomi discussed the health needs of the migrant population in Pakistan. Migrant populations in Pakistan have historically been neglected and seen as a burden on the healthcare infrastructure. Migrants also face multidimensional challenges in Pakistan; in camp settlements water and sanitation facilities and basic healthcare arrangements are not available or accessible.

To move towards an equitable healthcare future for all populations in Pakistan, Dr. Roomi suggests that as a first step, on-ground research which incorporates the voices of migrants to assess their needs, problems and concerns is imperative. In addition to this, policymakers need experts and researchers to present evidence-based solutions so as to improve the health situation of migrants in future.

Some recent previous editions of our Health CyberLetters can be found below:

1. *Covid-19 Vaccination Perceptions in Pakistan*: https://gallup.com.pk/wp/wp-content/uploads/2022/10/COVID-19-Vaccination-Perceptions-in-Pakistan_October-2022-1.pdf
2. *Health Self-Perception in Pakistan*: https://gallup.com.pk/wp/wp-content/uploads/2022/11/Health-Self-Perception-in-Pakistan_compressed-1.pdf
3. *Non-communicable Diseases in Pakistan*: https://gallup.com.pk/wp/wp-content/uploads/2022/12/non-communicable-diseases-in-pakistan_december-2022.pdf
4. *Health-Seeking Behaviors in Pakistan*: https://gallup.com.pk/wp/wp-content/uploads/2023/03/Health-Seeking-Behaviors-in-Pakistan_February-2023.pdf
5. *Common Communicable Diseases in Pakistan*: https://gallup.com.pk/wp/wp-content/uploads/2023/04/Common-Communicable-Diseases-in-Pakistan_March-2023-1.pdf

In addition to our talk series and cyberletters, we've worked on several **research projects with the Centers for Disease Control (CDC)**.³

Project: Survey of Social and Behavioral Determinants of COVID-19 Vaccination Uptake and Evaluation of On-going National and Subnational Programming to Increase Demand for COVID-19 Vaccines. 2021

Description: The project aimed to prepare for the rollout of COVID-19 vaccines by assessing social and behavioral determinants for under vaccination in the EMRO region. The multi-country assessment focused on understanding determinants of demand for COVID-19 and other vaccines among priority populations, particularly the role of rumors and misinformation on behavior, and a secondary focus on challenges in vaccine service delivery faced by healthcare workers and program administrators. This project also evaluated ongoing regional, country-level, and subnational planning efforts to introduce COVID-19 vaccines to high priority populations of healthcare workers, adults over 65, and high-risk adults. An important aspect of this project was data triangulation- collecting and reviewing diverse sources of data to compare, contrast, and develop a fuller picture of demand for COVID-19 vaccines in each selected country.

Project: A Cross-Sectional Survey on COVID-19 Knowledge, Attitudes, Practices (KAP) and Resiliency in Pakistan. 2021-2022

Description: The goal of this study was to provide a nationally and regionally representative comprehensive understanding of knowledge, attitudes, and practices (KAPs) around COVID-19 as well as the mental health impacts and other personal effects of the pandemic by providing context specific evidence to help address COVID-19 more effectively. Measuring key cognitive and behavioral factors associated with COVID-19 will help inform recommendations for effective public health management of the disease, such as behavior change strategies, communication strategies to counteract misperceptions around COVID-19, address stigma, community and home-care strategies, and the deployment of food or cash assistance, to vulnerable households.

³ Funding for this conference was made possible (in part) by the Centers for Disease Control and Prevention. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

Project: *Track and Trace of COVID-19 Suspected Cases – Pilot Program Working with Faith-Based Organizations. 2022*

Description: Engaging faith communities to advance COVID-19 risk communication and mitigation represents a pivotal opportunity to accelerate pandemic control. The project goal was to pilot a program in which contact tracing and advocacy around non-pharmaceutical intervention (NPIs) is done by FBO's and lessons can be learned and shared with policy-makers dealing with COVID-19.

Project: *Estimating Excess Deaths and Improving Mortality Surveillance and Civil Registration Systems in Pakistan during COVID-19. 2022-2023*

Description: This project aims to estimate and improve the capacity for estimation of excess deaths and their causes in selected areas of Pakistan; understand and inform as to causes of increases in preventable deaths; and to attempt to integrate relevant partners and systems to build sustainable capacity in mortality surveillance and in National Public Health Institutes.

Cause of Death (COD) Training (Monday, February 6 to Wednesday February 8, 2023)

Over the course of 3-days, health stakeholders such as doctors from public and private hospitals, the district health office (DHO), Ministry of Health (MoH) and the Civil Registration and Vital Statistics Unit (CRVS) in Islamabad, participated in a training module led by the Centers for Disease Control and Prevention (CDC-US) with Gallup Pakistan's support. The technical training focused on assigning cause of death, the use of ICD-10/11 coding for maternal mortality (MM) and perinatal mortality (PM), and birth and death record assessment and management. Participants also took part in practical exercises using digital platforms like DORIS and AnaCOD as well as group case studies to appropriately fill out death registration forms and discuss mortality management with respect to participants' institutions.

Enhancing Integrated Mortality Surveillance Workshop (Thursday, February 9 to Friday, February 10, 2023)

On February 9 and 10, 2023, Gallup Pakistan and the Ministry of National Health Services and Coordination held a workshop in Islamabad to discuss potential ways to strengthen mortality surveillance in Pakistan. Participants included doctors from public and private hospitals in Islamabad, development organizations and other key actors involved in health surveillance and management systems in Pakistan. Participants had the chance to learn from insightful presentations on existing health infrastructure which included detailed information on data collection processes. In addition to this, participants also actively engaged in group exercises which involved the identification of problems as well as solutions to problems in current surveillance systems at different levels of implementation ranging from the community level up to the facility and institutional levels.

Lastly, during this year we also worked on a ***Digital Vaccine Register Project***, the details of which, you can find below:

The ***Zindagi Mehfooz (ZM)*** application has been designed as a digital repository of enrolment and vaccination records of women and children on a web-based dashboard, currently being leveraged as a micro-data collection tool in the health centers of Sindh, Pakistan. The scope of the research study was to evaluate the impact of the application on immunization service delivery, registry coverage, uptake of immunization services, and data use patterns.

The qualitative aspect of the evaluation included a series of focus group discussions, key informant interviews, and observations across health facilities/offices in the districts of Jacobabad, Shikarpur, and Naushahro Feroz with the goal of understanding the perceptions of all the stakeholders involved (ZM staff, caregivers, vaccinators, supervisors/coordinators,

district managers, and provincial managers) regarding the use and impacts of the ZM application.

Gallup Big Data Analysis of Pakistan Statistical Yearbook – Healthcare in Pakistan (2010 – 2020) <https://gallup.com.pk/wp/wp-content/uploads/2022/12/Health-pr.pdf>

As a developing country, Pakistan has been struggling with developments in the health sector. Even though there has been constant development happening, the country still has a long way to go. Undertaking an analysis of facts and figures available in The Pakistan Statistical Yearbook 2022 published by the Pakistan Bureau of Statistics, we provide an overview of the growth in the health sector over the last decade.

Key Findings:

- (1). The number of health institutions in Pakistan increased by 10% from 2011 to 2020.
- (2). Almost 37% increase in the number of beds was seen in health institutions from 2011 to 2020.
- (3). 61% increase in the number of doctors as compared to 135% increase the number of dentists in the country from 2011 to 2020.
- (4). 69% increase in lady health visitors, 50% increase in the number of nurses and 40% increase in the number of midwives was seen in the previous decade.

Gallup Big Data Analysis of Pakistan Statistical Yearbook – Live Births (2018 – 2020) – Pakistan Demographic Survey 2020

This series aims to present the important learnings from the Pakistan Demographic Survey 2020 for policy makers, the public, as well as for marketers in an easy and understandable way. In particular, this edition looks at number of Live Births from 2018 to 2020. The total number of live births over a period of time can have implications for state of healthcare across the urban-rural divide, and between provinces, and the age stratification can tell us what age group of women are having the greatest successful pregnancies. The series' main aim is to provide data. Implications of these data points for development sector as well as wider socio-political ramifications is something we would like to trigger in relevant circles.

Key Findings:

- (1). Number of live births by age of mother: During 2018-20, women in their late twenties delivered the highest number of live babies, at 31% of the total number of live births.
- (2). Number of live births by place of delivery and age of mother: Nearly 1 in 4 Pakistani children (24%) were born at home between 2018 and 2020. 65% of live births in Balochistan were homebirths (greatest proportion out of all provinces).
- (3). Number of live births by type of attendant at birth and age of mother: Between 2018-20, 60% of children born in Pakistan were delivered by doctors. 16% were delivered by traditional birth attendants (Dai) and 12% by nurses. Out of live births conducted under a doctor's overview, 60% took place in rural areas while 40% were in urban areas.

In addition to all the aforementioned initiatives, Gallup Pakistan is also working on producing a **40-year report on Health in Pakistan** which is a compilation of findings from health research conducted by the organization over the last 4 decades.

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