

PART II: HEALTH AND DISEASE



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INTRODUCTION

The concepts of “health” and “disease” play an integral role in everyone’s experience of being alive and well. Health, regarded as the state of complete physical, mental and social well-being, encompasses not only the absence of illness but the ability to cope with daily challenges, maintain resilience and pursue our goals and aspirations. On the contrary, disease represents a disruption of the normal functioning of the body and/or mind. It manifests in different forms, often ranging from acute infections to chronic conditions which can significantly impact well-being. Diseases can be caused by pathogens such as viruses, bacteria or parasites, genetic abnormalities, environmental factors, or lifestyle choices. They can affect particular organs or have a systemic impact on the entire body.

The prevention and management of diseases is a crucial aspect of good health. There are multiple prevention strategies such as adopting healthy lifestyle habits, regularly exercising, maintaining a balanced diet, managing stress, avoiding smoking and getting adequate sleep. These strategies particularly signify lifestyle and behavioral changes which can benefit the health of individuals positively in both, the short and long-terms.

Gallup Pakistan’s particular research forte lies in exploring the behavioral aspects of health, lifestyles and diseases. In its mission to contribute to health research in Pakistan, this year Gallup plans to publish 4 decades of behavioral research on health. In March 2023, Gallup released the first chapter of this report, which provides insights into health and healthcare, in particular the healthcare facilities (private versus public) that Pakistanis prefer to go to, their level of trust in doctors and their experiences with hospitalization. You can read the full first chapter here: <https://gallup.com.pk/post/34236>

In the second chapter, crucial behavioral determinants of communicable diseases like flu, diarrhea, malaria and tuberculosis and noncommunicable diseases like hypertension, diabetes, cancer are explored through data spanning 4 decades. Beyond communicable and noncommunicable diseases, we also analyze data on several other aspects of health – disability, eyesight, dental care, immunization, mother and child health as well as family planning.

Based on the most recent survey data from 2022, majority of the respondents prefer to go to a doctor when they’re sick with flu. However, a significant percentage (25%) prefer to treat themselves with home remedies. Unsafe drinking water is cited as a major reason for diarrhea by respondents. Compared with data from 2000, there was an almost two-fold increase (27% to 43% in 2022) in respondents reporting that at least one person in the household was suffering from hypertension and when asked about diabetes, similarly a 20% increase was reported in at least one household member suffering from the disease. It’s important to note that these percentages are based using self-reported measures so the national statistics can vary. Generally, over the last 2 decades, the prevalence of NCDs has increased in Pakistan and the implications of this upward trend can pose significant health risks to individuals, society and the healthcare system of Pakistan. With preventive measures like immunization, we generally noted that respondents felt it was important for parents to get their children routine immunizations. While a few years ago, there were myths surrounding polio vaccinations, this perception largely changed positively in 2022 with 65% refuting the claim that polio drop cause infertility.

In the sections below, you’ll discover many more insights into different health and disease dimensions which set the stage to dig deeper into the behavioral driving forces behind disease patterns Pakistan. Given that health and disease are intertwined aspects of human existence, a collective effort from individuals, communities and institutions is not only ideal but necessary to realize the larger the goal where health is a universal right and diseases are effectively prevented, managed and cured.

A. COMMUNICABLE DISEASES

Common Diseases

Flu

About half (**54%**) of the households had at least one family member who suffered from flu during the months of November and December 2022 which is when our survey was carried out (*Figure 1.1.1*). As everyone is unique, responses to common illnesses vary from person to person. Majority (**39%**) go to a doctor, (**25%**) drink “joshanda,” (**17%**) use some medicines on their own, (**10%**) restrict their diet, (**3%**) treat flu with resting for a while and (**4%**) do nothing about it (*Figure 1.1.3 and Trend Data 1.1.4*). Data from the most recent survey in December 2022 shows that the majority (**61%**) believe a cold causes flu (*Figure 1.1.5*). However, in contrast, in 2006, majority (**65%**) believed that wandering in the heat was the reason for getting sick (*Trend Data 1.1.6*). One reason for the significant contrast in this data point is that the survey was conducted in different points in time over different years. What this data point also suggests is that seasonality possibly influences the causes which people might choose to attribute to the illness.

Diarrhea

According to the Centers for Disease Control and Prevention (CDC), diarrhea is one of the leading causes of death in Pakistan.¹ Across the country, there are regions which still lack adequate facilities and suffer from poor sanitation. Even in larger cities, we’ve had outbreaks of acute watery diarrhea, most commonly, as a result of food and water contamination. About (**10%**) of the households had someone suffering from diarrhea in 2022 (*Figure 1.2.1*). It is encouraging to see some reduction in reported prevalence of diarrhea in the household over the years (*Trend Data 1.2.2*). This can be attributed to improvement in water and sanitation facilities in the country. According to PSLM 2018, 19.95% of Pakistani households have improved access to drinking water. However, more efforts are still needed to improve access to these facilities across the strata of the society. When suffering from diarrhea, compared with 2007, less people preferred to go to the doctor to treat diarrheal symptoms in 2022 (**62% vs 40%, respectively**) (*Trend Data 1.2.4*) and there has been a shift towards self-medication as a form of treatment in recent years.

The major reason for diarrhea, in view of the people, is the use of unsafe water (**59%**) and stale food (**37 %**) (*Figure 1.2.5*). One third (**35 %**) believe germs to be the main culprit and (**33%**) believe that unclean food and drink utensils cause diarrhea (*Figure 1.2.5*). People believe that diarrhea is preventable as (**12%**) say that it can be prevented by having a clean and hygienic diet, (**32%**) believe boiling water before drinking helps, (**19%**) advocate that living in a clean environment can prevent diarrhea attacks and (**9%**) stress on the use of clean food utensils to avoid this disease (*Figure 1.2.7*).

To get an idea of attitudes regarding different types of food contamination, (**73%**) say that they would never eat a stale food item, (**85%**) would never like to eat food contaminated by flies, (**88%**) would not eat food with dirt or dust on it and (**88%**) would not eat food which has been handled with dirty hands (*Figure 1.2.9*).

¹ CDC. Global Health - Pakistan. 2017. Available from: <https://www.cdc.gov/globalhealth/countries/pakistan/default.htm>.

Malaria

In Pakistan, malaria is an endemic life-threatening disease. Between January and August 2022, over 3.4 million suspected cases of malaria were reported in the country, compared with the 2.6 million reported in 2021.² In 2022, Pakistan was also hit by devastating floods which resulted in over 33 million people being displaced and 81 districts being deeply impacted. After the floods, a rapid upsurge of malaria cases was reported in flood-affected areas across the country with the province of Sindh reporting the highest numbers. A survey done in the month of November in 2022 showed that in **(4%)** of the households around the country, **at least one of the family members had malaria** in the last 15 days with an average of **1.19** people per household (*Figure 1.3.1*). Most of the people **(73%)** know of some measure to protect themselves from mosquitoes (*Figure 1.3.3*). On average **(75%)** use local measures such as a “coil,” “mat” and “applying lotion or powder on body” to keep mosquitoes away (*Figure 1.3.5*). Popular prevention methods in the household include using “coils or mat” and “mosquito nets” for protection against mosquitoes (*Figure 1.3.7 and Trend Data 1.3.8*) and for **(46%)**, avoiding malaria is the most important benefit of using measures to repel mosquitoes (*Figure 1.3.11 and Trend Data 1.3.12*).

Tuberculosis:

Our survey shows that **(76%)** of our respondents claim to have heard of Tuberculosis (*Figure 1.4.1*). The most common symptoms identified by the respondents were a cough **(69%)**, hemoptysis **(52%)**, fever **(34%)** and a lack of appetite **(21%)** (*Figure 1.4.3*). The diagnostic modalities identified by the participants were clinical examinations **(51%)**, lab analyses of sputum **(31%)**, blood tests **(29%)** and chest x-rays **(25%)** (*Figure 1.4.5*). **(93%)** people think this disease is treatable (*Figure 1.4.7*). The treatment modalities identified by the respondents were allopathic medicines **(95%)**, hakim treatment **(9%)**, spiritual healing **(7%)** and homeopathy **(5%)** (*Figure 1.4.9*).

In case of improvement in symptoms within 1-2 months of taking anti-tuberculosis treatment, **(84%)** think that the course should be completed according to the doctor’s prescription whereas, **(10%)** think the drugs can be discontinued and **(6%)** chose not to respond (*Figure 1.4.13*). The perceptions have worsened on this issue over time (*Trend Data 1.4.14*).

Only **(61%)** consider TB to be a communicable disease (*Figure 1.4.15*). Again, the awareness on this issue has decreased from the survey in 2009 (*Trend Data 1.4.16*). The most common mode of transmission identified is using others’ eating utensils **(65%)** (*Figure 1.4.17*).

A large number of people think that having TB once in life can affect a person’s later life in terms of education **(61%)** and employment, marital life **(58%)**, parenthood **(59%)** and social life **(63%)** (*Figure 1.4.19*). The stigma associated with the disease continues.

The public perceptions on this important health problem have not improved over time. For comparison, please consult a journal paper based on our 2009 data, available at: https://jpma.org.pk/article-details/3249?article_id=3249

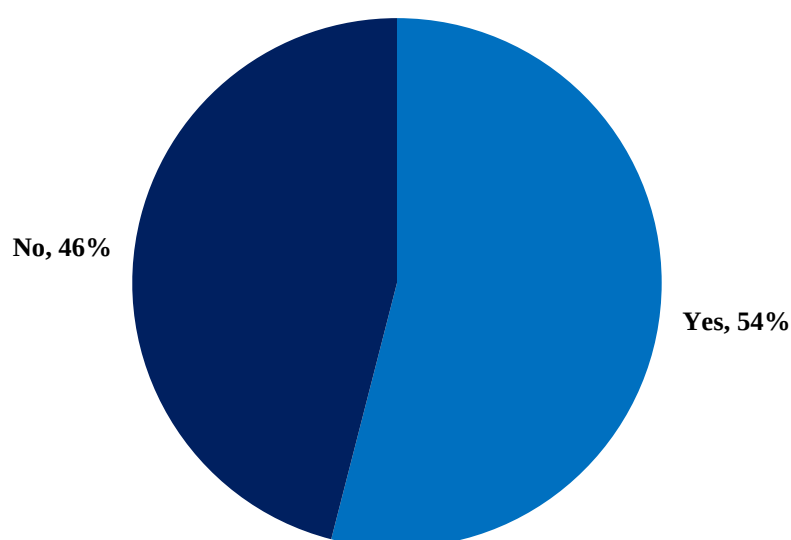
² World Health Organization. <https://www.who.int/emergencies/disease-outbreak-news/item/2022-DON413#:~:text=Malaria%20is%20endemic%20in%20Pakistan,over%20the%20course%20of%202021>

HEALTH AND DISEASE

1.1. FLU

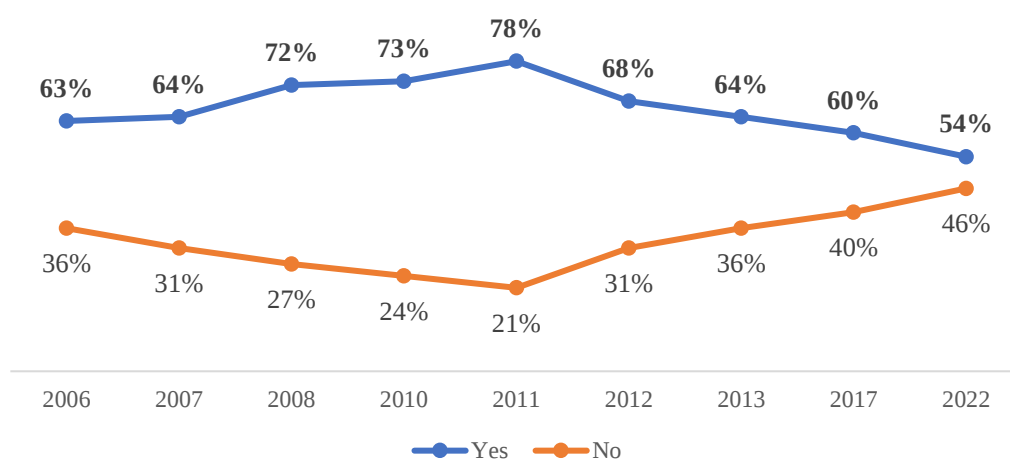
FLU IN THE HOUSEHOLD: **MORE THAN HALF REPORT FLU PATIENTS IN HOUSEHOLD**

1.1.1. Question: Did anyone of your household suffer from Flu during the last month?



Source: Gallup Pakistan Survey, 2022

1.1.2. Trend Data

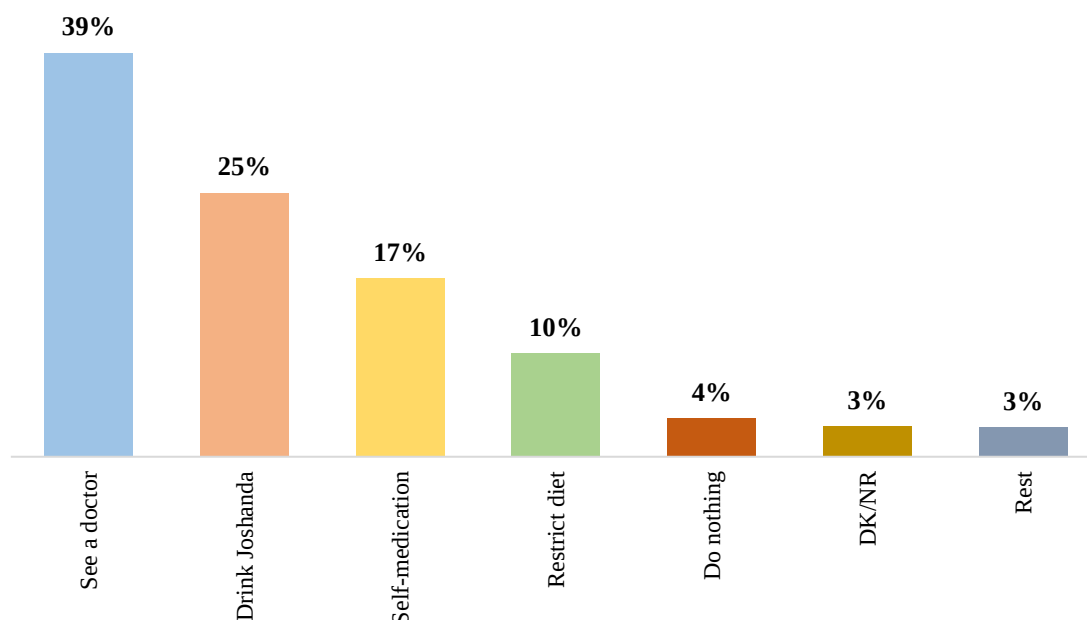


Note: Data for No Response/Don't Know Excluded from Graphical Representation

HEALTH AND DISEASE

FLU: HOW DO YOU TREAT IT? *2 IN 5 SEE A DOCTOR WHEN SUFFERING FROM FLU*

1.1.3. Question: What do you do when you have flu?



Source: Gallup Pakistan Survey, 2022

1.1.4. Trend Data

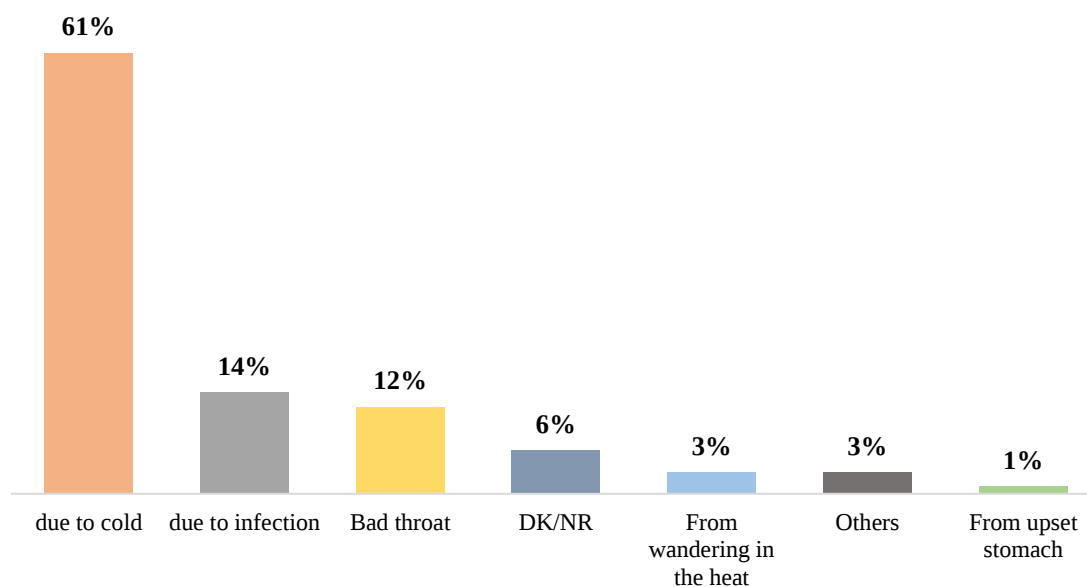
	2006	2008	2009	2010	2011	2012	2013	2017	2022	Avg. 2000 - 2010	Avg. 2011 - 2022
Drink Joshanda	11%	21%	20%	16%	22%	26%	21%	20%	25%	17%	23%
Self-medication	20%	20%	16%	26%	17%	28%	28%	25%	17%	21%	23%
See a doctor	46%	36%	44%	33%	44%	31%	37%	34%	39%	40%	37%
Restrict diet	9%	10%	10%	11%	11%	8%	9%	12%	10%	10%	10%
Rest	6%	4%	5%	4%	5%	5%	5%	4%	3%	5%	4%
Do nothing	7%	5%	3%	8%	4%	3%	3%	5%	4%	6%	4%
Others	-	0%	-	0%	-	-	0%	-	-		
Don't Know / No Response	-	4%	2%	2%	1%	3%	0%	-	3%		

*Averages for Others and Don't Know Excluded

HEALTH AND DISEASE

FLU: WHAT ARE THE CAUSES?: **SIGNIFICANT MAJORITY ATTRIBUTE FLU TO COLD WEATHER**

1.1.5. Question: In your view, what are the reasons/causes for flu?



Source: Gallup Pakistan Survey, 2022

1.1.6. Trend Data

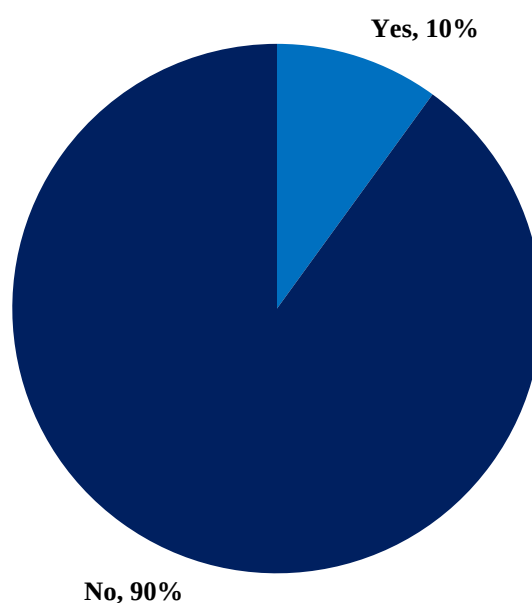
	2006	2008	2009	2010	2011	2012	2017	2022	Avg. 2000 - 2010	Avg. 2011 - 2022
Bad throat	35%	20%	12%	16%	19%	15%	26%	12%	21%	18%
Due to cold	25%	37%	58%	36%	58%	56%	41%	61%	39%	54%
Due to infection	19%	18%	22%	27%	23%	18%	21%	14%	22%	19%
From wandering in the heat	65%	18%	1%	15%	2%	14%	8%	3%	25%	7%
From upset stomach	7%	3%	5%	2%	2%	2%	3%	1%	4%	2%
Others	-	1%	-	0%	-	0%	-	3%		
Don't Know / No Response	-	3%	2%	4%	1%	0%	1%	6%		

HEALTH AND DISEASE

1.2. DIARRHEA

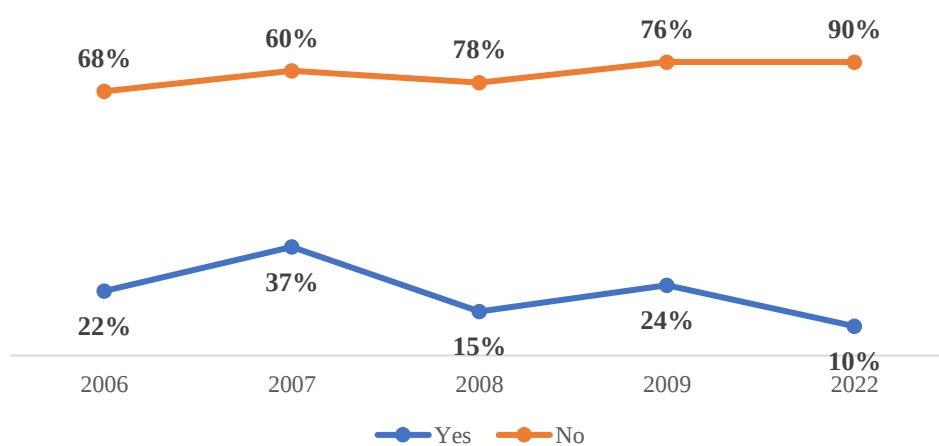
DIARRHEA IN THE HOUSEHOLD: **ALMOST EVERYONE REPORTS NOT HAVING ANYONE WITH DIARRHEA IN THEIR HOUSEHOLD**

1.2.1. Question: Did any one of your households have diarrhea during the last month?



Source: Gallup Pakistan Survey, 2022

1.2.2. Trend Data

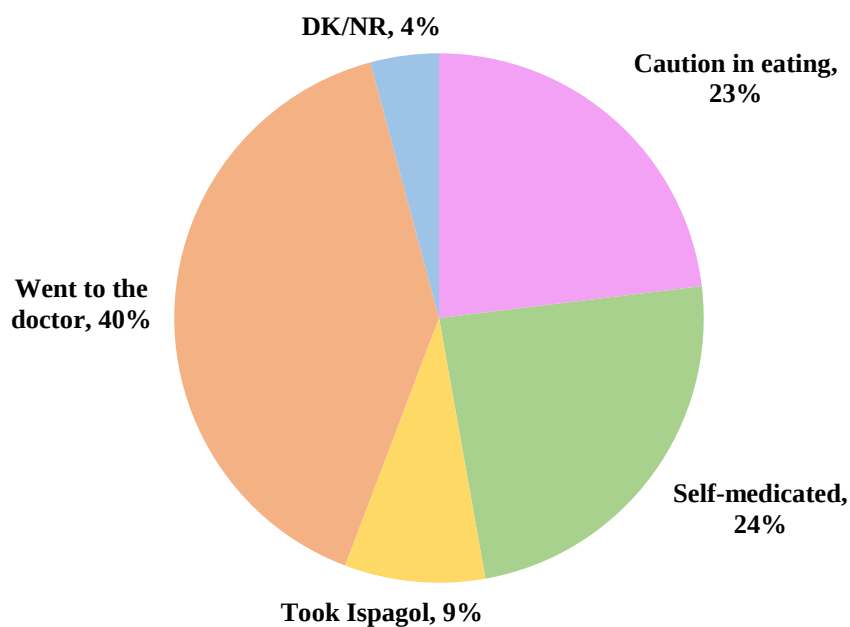


Note: Data for No Response/Don't Know Excluded from Graphical Representation

HEALTH AND DISEASE

DIARRHEA: HOW DO YOU TREAT IT? **OVER THE YEARS, MOST PATIENTS HAVE CHOSEN TO VISIT A DOCTOR TO TREAT DIARRHEA**

1.2.3. Question: How did you treat diarrhea?



Source: Gallup Pakistan Survey, 2022

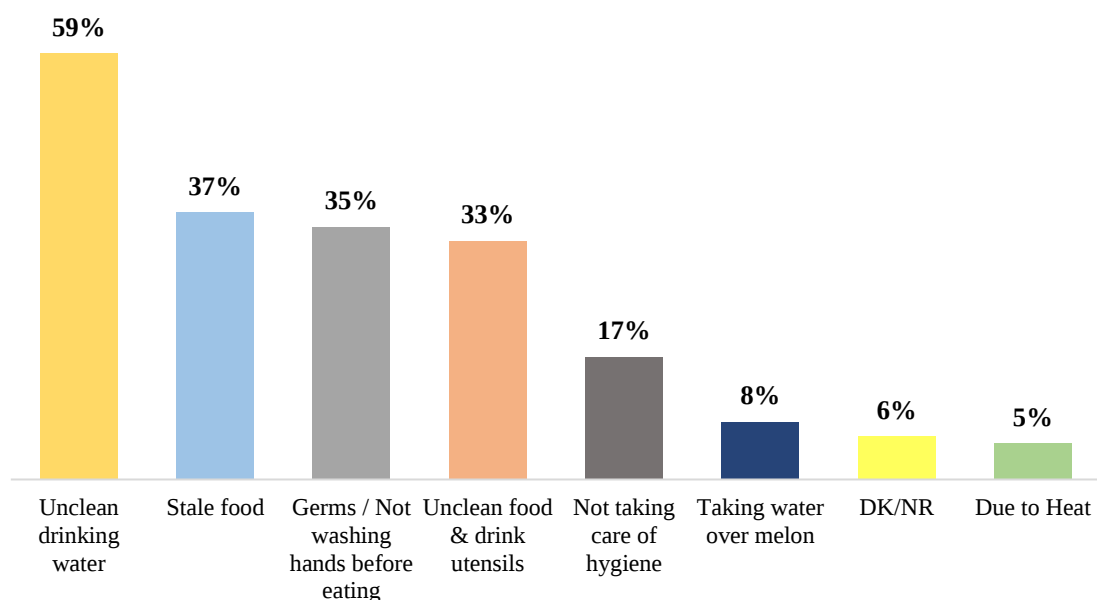
1.2.4. Trend Data

	2007	2009	2022
Caution in eating	13%	15%	23%
Self-medicated	21%	10%	24%
Took Ispagol (Psyllium Husk)	4%	16%	9%
Went to the doctor	62%	54%	40%
Don't Know / No Response	-	5%	4%

HEALTH AND DISEASE

DIARRHEA: WHAT ARE THE CAUSES? **MAJORITY ATTRIBUTE DIARRHEA TO UNCLEAN DRINKING WATER**

1.2.5. Question: In your opinion, what is the cause of Diarrhea?



Source: Gallup Pakistan Survey, 2022

1.2.6. Trend Data

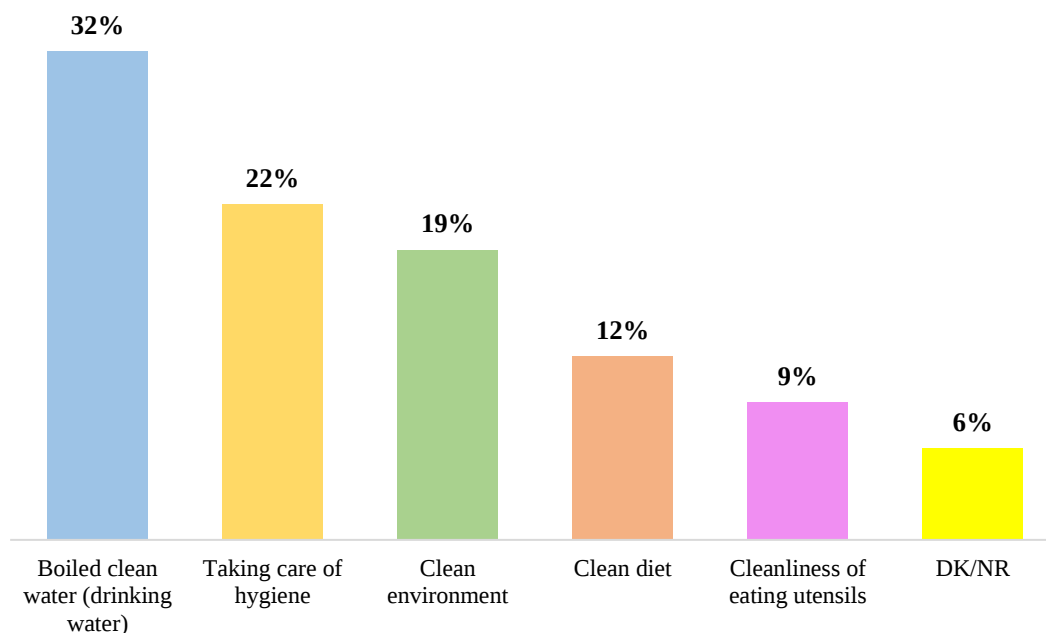
	2001	2006	2007	2008	2009	2013	2022	Avg.
Unclean drinking water	21%	33%	33%	3%	33%	60%	59%	35%
Unclean food & drink utensils	41%	-	-	-	-	36%	33%	37%
Germs / Not washing hands before eating	19%	17%	21%	20%	19%	36%	35%	24%
Stale food	-	12%	8%	11%	13%	36%	37%	20%
Due to Heat	-	24%	28%	25%	24%	22%	5%	21%
Not taking care of hygiene	19%	-	-	-	-	23%	17%	20%
Taking water over melon	-	14%	9%	6%	17%	-	8%	11%
Don't Know / No Response	1%	-	-	-	4	3%	6%	

*Averages for Don't Know/No Response Excluded

HEALTH AND DISEASE

DIARRHEA: HOW TO PREVENT IT? **BOILING WATER CITED AS A WAY TO PREVENT DIARRHEA BY 1 IN 3**

1.2.7. Question: In your opinion, how can diarrhea be prevented?



Source: Gallup Pakistan Survey, 2022

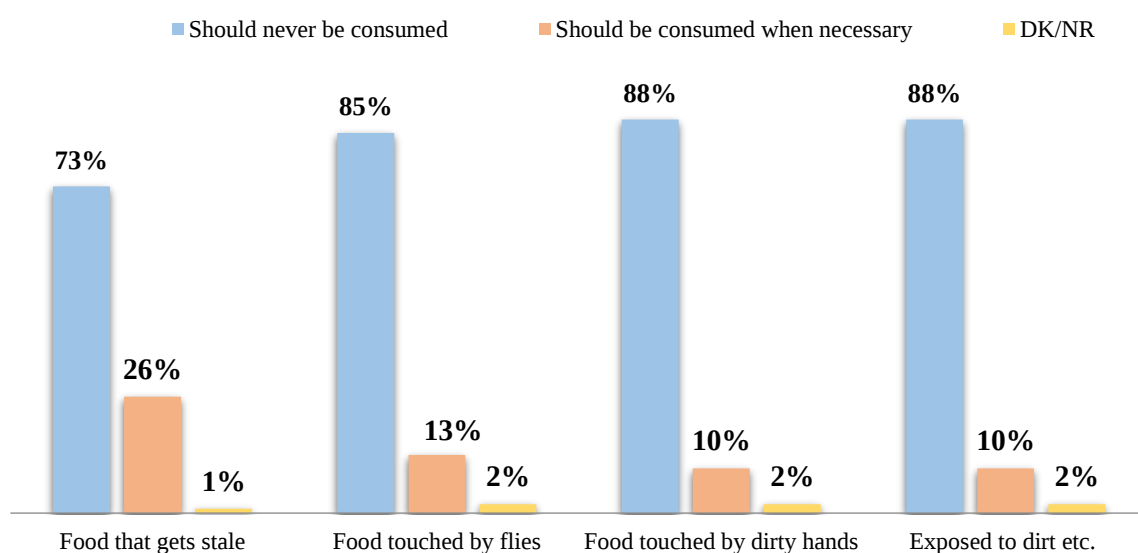
1.2.8. Trend Data

	2001	2013	2022
Boiled clean water (drinking water)	31%	60%	32%
Cleanliness of eating utensils	9%	41%	9%
Taking care of hygiene	-	42%	22%
Clean diet	38%	43%	12%
Clean environment	20%	23%	19%
Others	1%	-	-
Don't Know / No Response	1%	-	6%

HEALTH AND DISEASE

DIARRHEA: PERCEPTIONS ABOUT CONTAMINATED FOOD? **MAJORITY STATE THAT STALE AND DIRTY FOOD AND FOOD TOUCHED BY FLIES AND DIRTY HANDS SHOULD NOT BE CONSUMED**

1.2.9. Question: What kind of food would you never like to have, and which can be taken sometimes? Kindly give answer separately for each of the following?



Source: Gallup Pakistan Survey, 2022

1.2.10. Trend Data

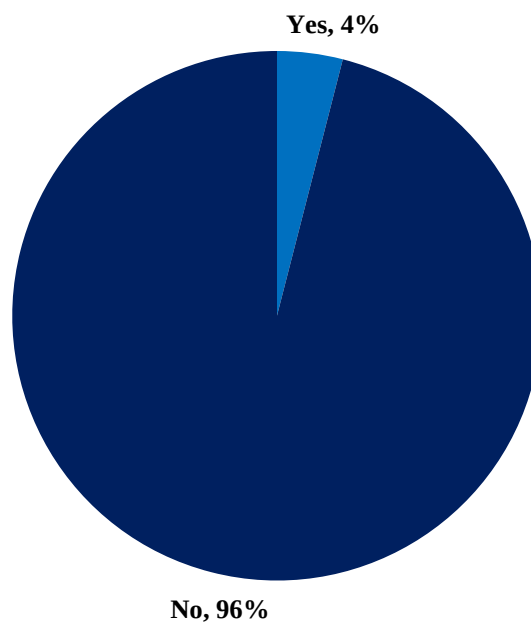
	2000			2022		
	Should never be consumed	Should be consumed when necessary	DK/NR	Should never be consumed	Should be consumed when necessary	DK/NR
Food that gets stale	64%	32%	4%	73%	26%	1%
Food touched by flies	69%	21%	10%	85%	13%	2%
Food touched by dirty hands	68%	20%	12%	88%	10%	2%
Exposed to dirt etc.	75%	14%	11%	88%	10%	2%

HEALTH AND DISEASE

1.3. MALARIA

MALARIA IN THE HOUSEHOLD: **AVERAGE NUMBER OF MALARIA PATIENTS IN HOUSEHOLD REPORTED TO BE 2 IN THE LAST 2 WEEKS OF NOVEMBER 2022**

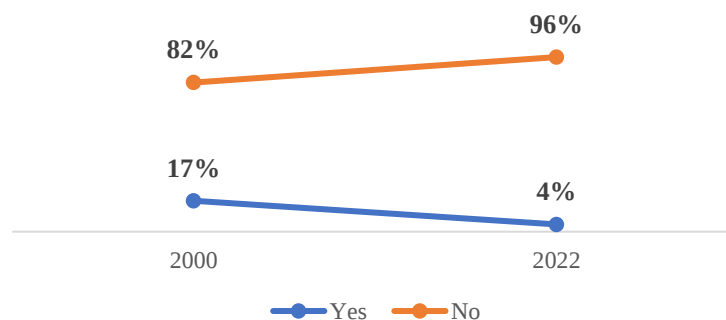
1.3.1. Question: Did anyone of your household have Malaria in the last 2 weeks? If yes then how many persons?



Average No. of Members in the Household = 1.19 Members

Source: Gallup Pakistan Survey, 2022

1.3.2. Trend Data

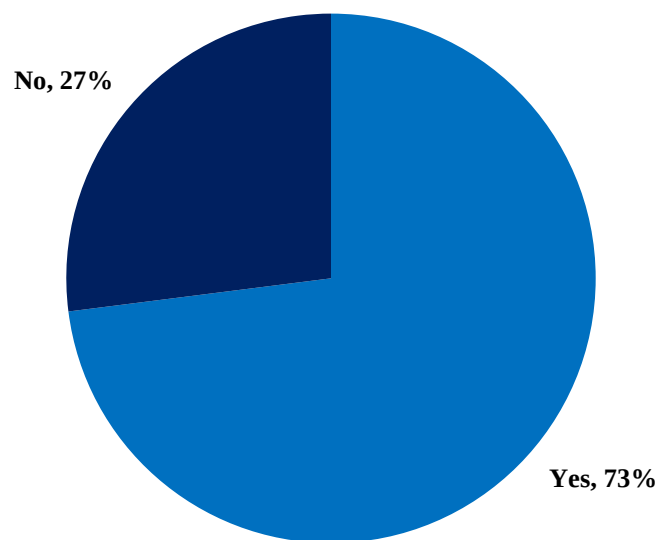


Note: Data for No Response/Don't Know Excluded from Graphical Representation

HEALTH AND DISEASE

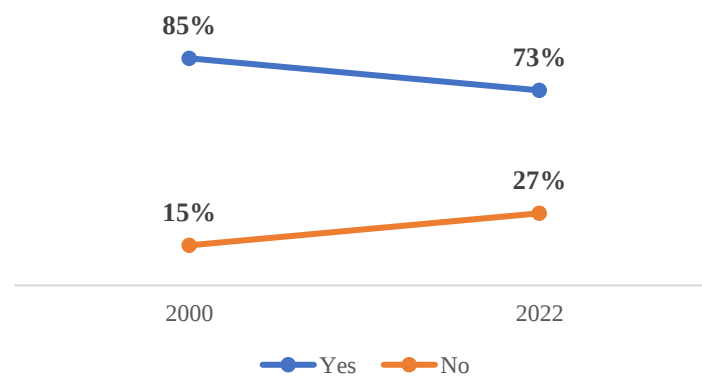
MALARIA: KNOWLEDGE OF MEASURES TO KEEP MOSQUITOES AWAY: **5 IN 7 PEOPLE AWARE OF THINGS THAT KEEP MOSQUITOES AND FLIES AWAY**

1.3.3. Question: Are you aware of things that don't kill flies / mosquitoes but keep them away?



Source: Gallup Pakistan Survey, 2022

1.3.4. Trend Data

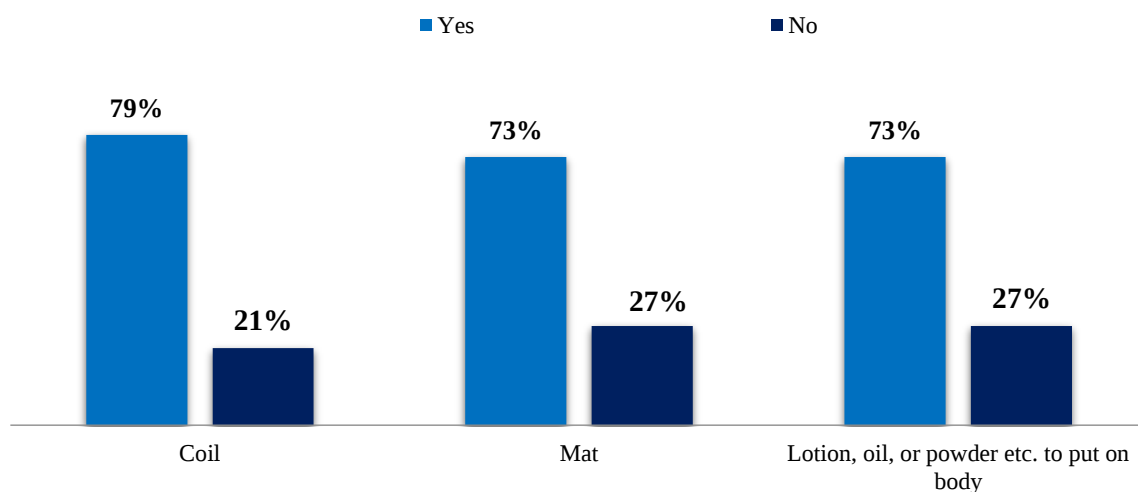


Note: Data for No Response/Don't Know Excluded from Graphical Representation

HEALTH AND DISEASE

MALARIA: KNOWLEDGE OF MEASURES TO KEEP MOSQUITOES AWAY: **5 IN 7 USE COIL, MAT OR PROTECTIVE LOTION TO KEEP MOSQUITOES AWAY**

1.3.5. Question: What things/measures do you know of to keep mosquitoes away?



Source: Gallup Pakistan Survey, 2022

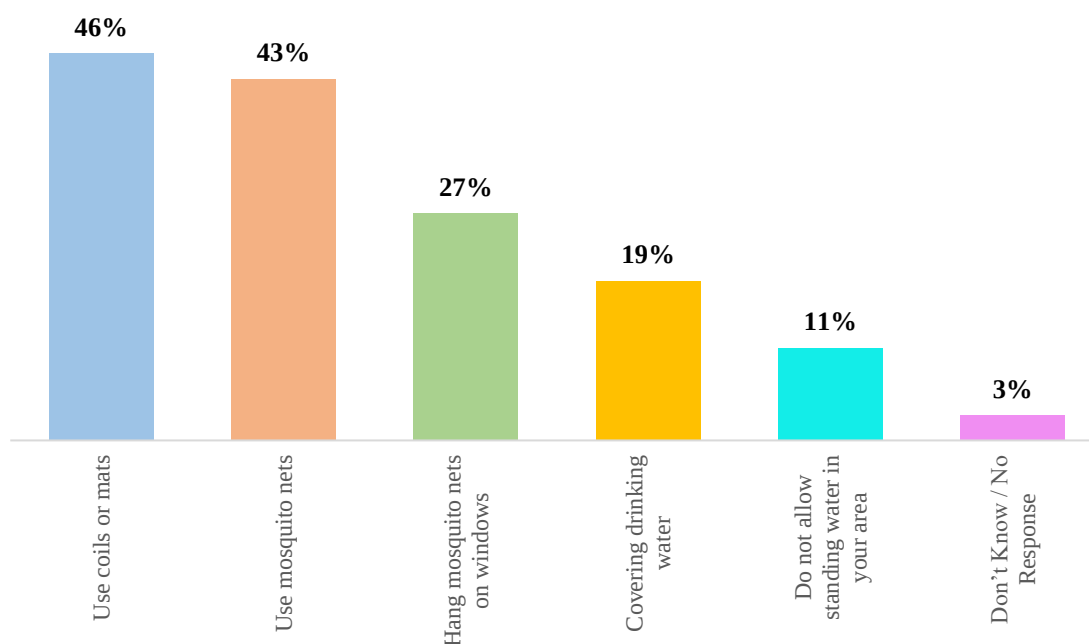
1.3.6. Trend Data

	2000		2022	
	YES	NO	YES	NO
Coil	66%	34%	79%	21%
Mat	63%	37%	73%	27%
Lotion, oil, or powder etc. to put on body	33%	67%	73%	27%

HEALTH AND DISEASE

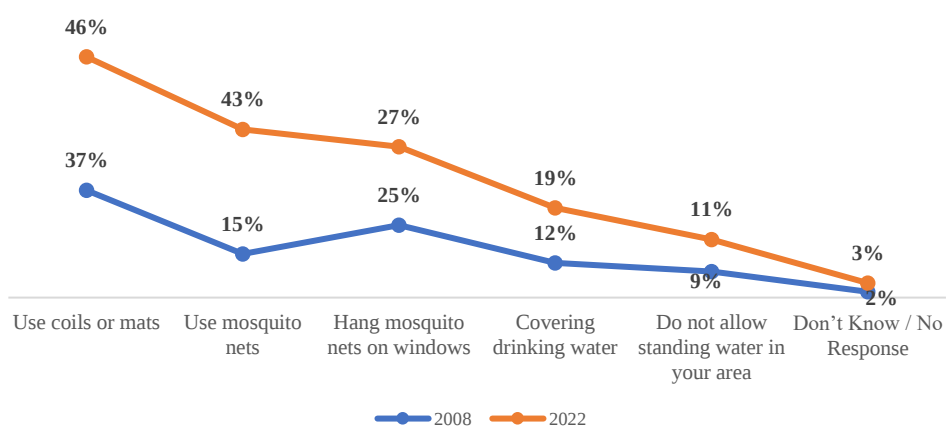
MALARIA: PRACTICE OF MEASURES TO PROTECT AGAINST MOSQUITOES: **ABOUT HALF THE RESPONDENTS USE COILS, MATS AND MOSQUITO NETS TO PROTECT THEMSELVES AGAINST MOSQUITOES**

1.3.7. Question: What measure do you take in your household to protect yourself against mosquitoes?



Source: Gallup Pakistan Survey, 2022

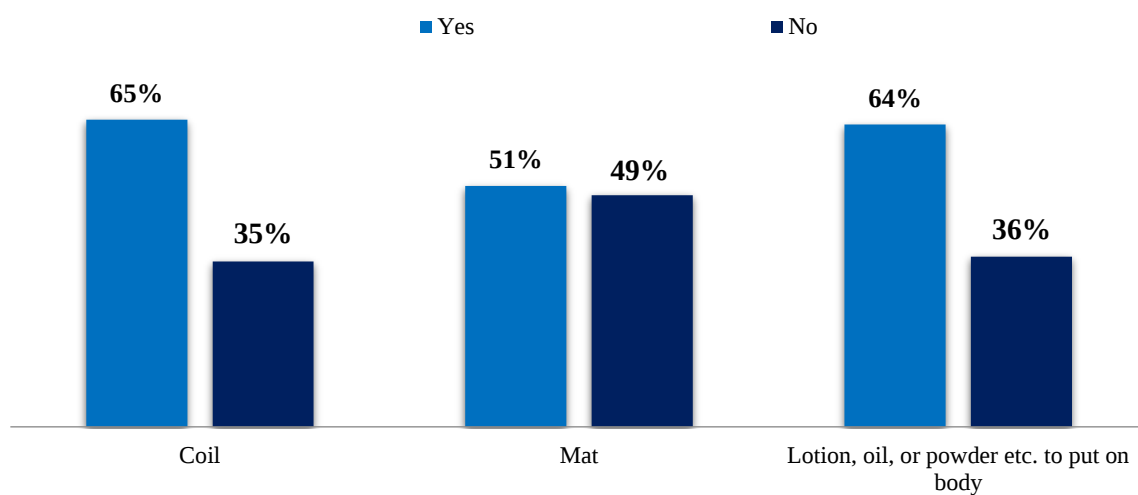
1.3.8. Trend Data



HEALTH AND DISEASE

MALARIA: WHAT DO YOU DO TO KEEP MOSQUITOES AWAY? *USING COIL, LOTION AND MAT MOST POPULAR PROTECTIVE MEASURES AGAINST MOSQUITOES IN PREVIOUS 3 YEARS*

1.3.9. Question: Which measures/things have you used in your household to keep mosquitoes away in the last 3 years?



Source: Gallup Pakistan Survey, 2022

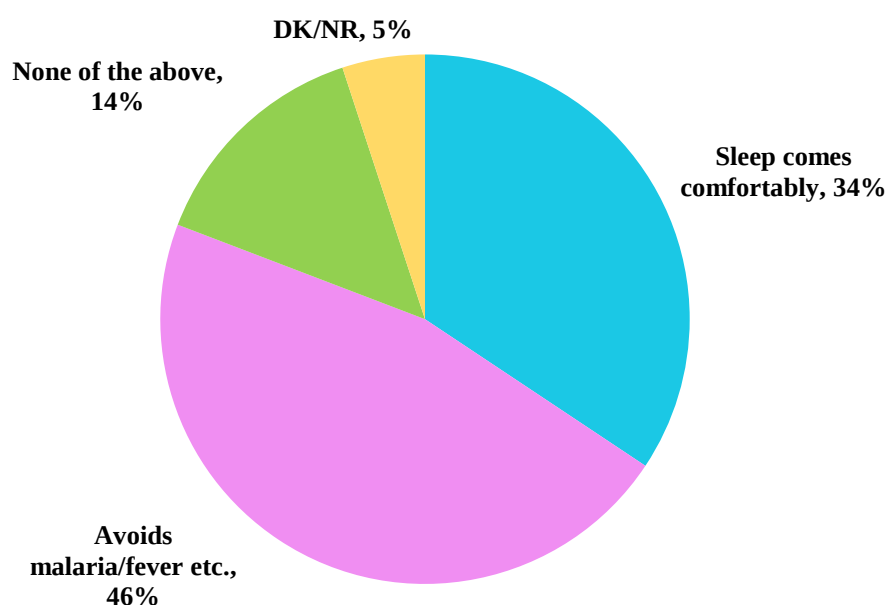
1.3.10. Trend Data

	2000			2022	
	YES	NO	NR	YES	NO
Coil	56%	33%	11%	65%	35%
Mat	46%	44%	10%	51%	49%
Lotion, oil, or powder etc. to put on body	10%	66%	24%	64%	36%

HEALTH AND DISEASE

MALARIA: BENEFIT OF KEEPING MOSQUITOES AWAY? ***MOST FEEL THE BENEFIT OF KEEPING MOSQUITES AWAY INCLUDES SLEEPING COMFORTABLY AND AVOIDING MALARIA***

1.3.11. Question: In your opinion, which of the benefit of using measures to repel mosquitoes is more important for you?



Source: Gallup Pakistan Survey, 2022

1.3.12. Trend Data

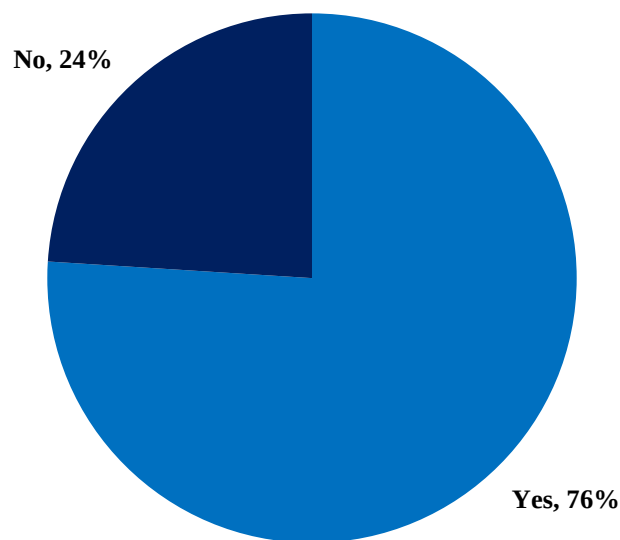
	2000	2022
Sleep comes comfortably	37%	34%
Avoids malaria/fever etc.	41%	46%
None of the above	16%	14%
Don't Know / No Response	6%	6%

HEALTH AND DISEASE

1.4. TUBERCULOSIS

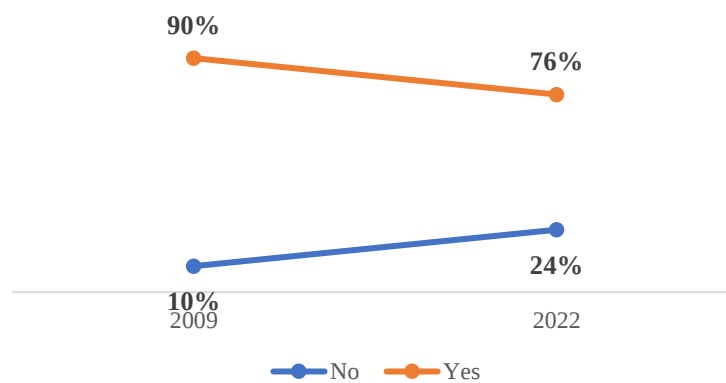
TUBERCULOSIS: HEARD OF IT OR NOT? **3 IN 4 HAVE HEARD OF TUBERCULOSIS**

1.4.1. Question: *Have you ever heard of a disease called Tuberculosis/TB?*



Source: Gallup Pakistan Survey, 2022

1.4.2. Trend Data

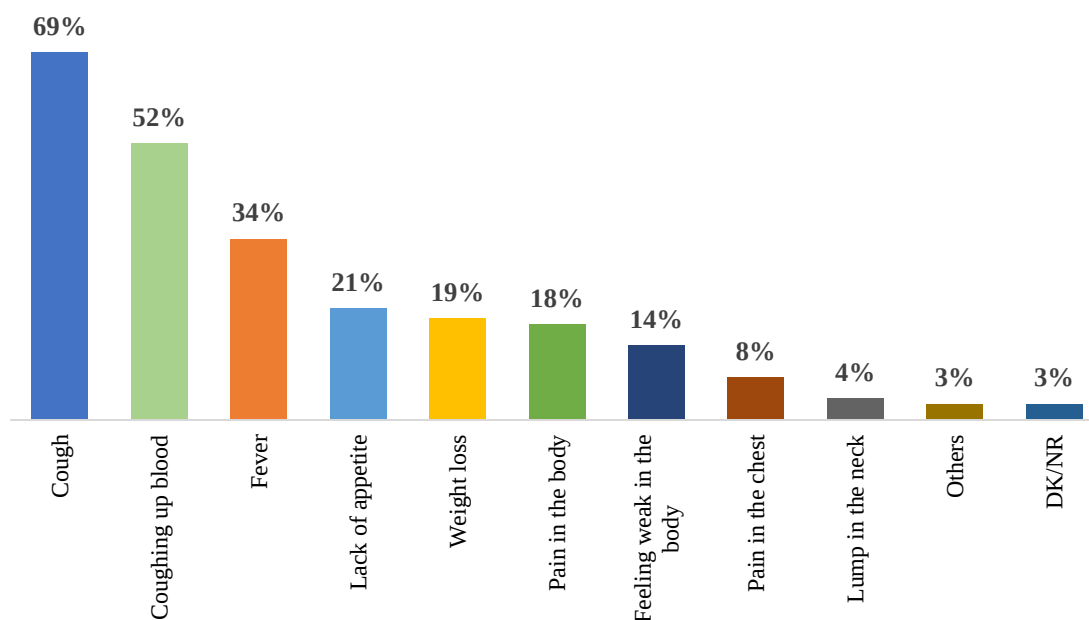


Note: Data for No Response/Don't Know Excluded from Graphical Representation

HEALTH AND DISEASE

TUBERCULOSIS: SYMPTOMS OF DISEASE: *MAJORITY CLAIM COUGH IS A SYMPTOM OF TUBERCULOSIS*

1.4.3. Question: In your opinion what are the symptoms of Tuberculosis?



Source: Gallup Pakistan Survey, 2022

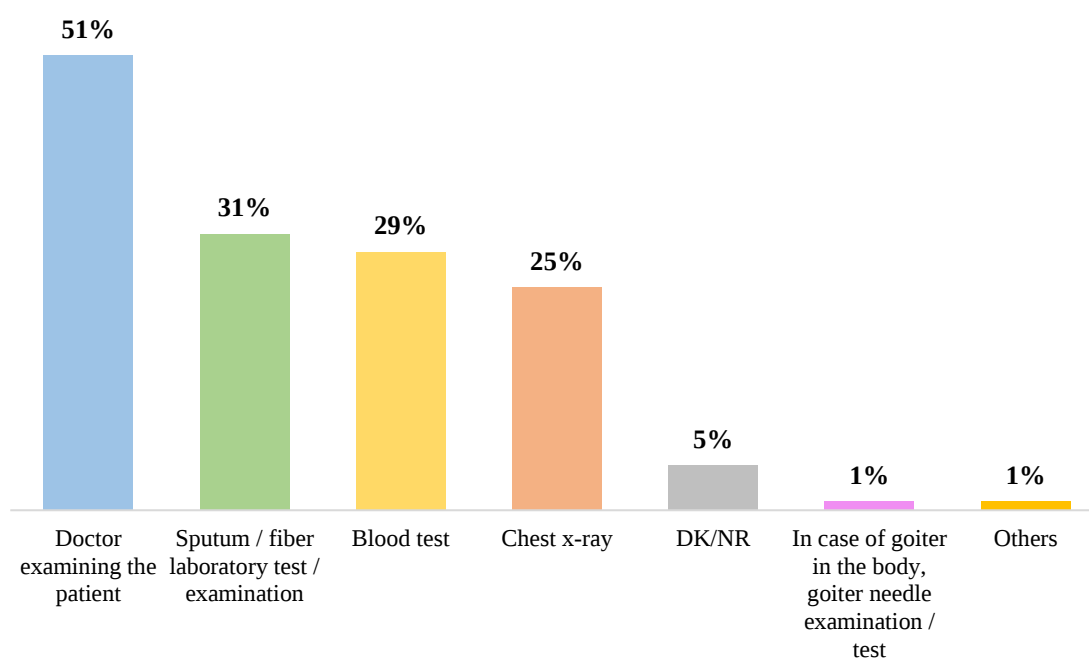
1.4.4. Trend Data

	2009	2022
Cough	59%	69%
Fever	40%	34%
Coughing up blood	51%	52%
Weight loss	28%	19%
Lack of appetite	18%	21%
Pain in the body	18%	18%
Feeling weak in the body	17%	14%
Pain in the chest	13%	8%
Lump in the neck	1%	4%
Others	-	3%
Don't Know / No Response	6%	3%

HEALTH AND DISEASE

TUBERCULOSIS: DIAGNOSIS OF DISEASE: *HALF THE RESPONDENTS THINK TUBERCULOSIS IS DIAGNOSED BY A DOCTOR EXAMINING THE PATIENT*

1.4.5. Question: In your opinion, how is TB diagnosed?



Source: Gallup Pakistan Survey, 2022

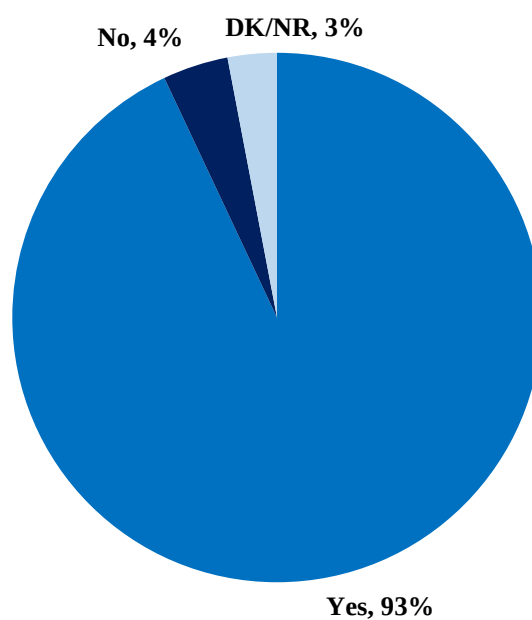
1.4.6. Trend Data

	2009	2022
Doctor examining the patient	61%	51%
Chest x-ray	33%	25%
Sputum / fiber laboratory test / examination	45%	31%
Blood test	28%	29%
In case of goiter in the body, goiter needle examination / test	1%	1%
Others	-	1%
Don't Know / No Response	3%	5%

HEALTH AND DISEASE

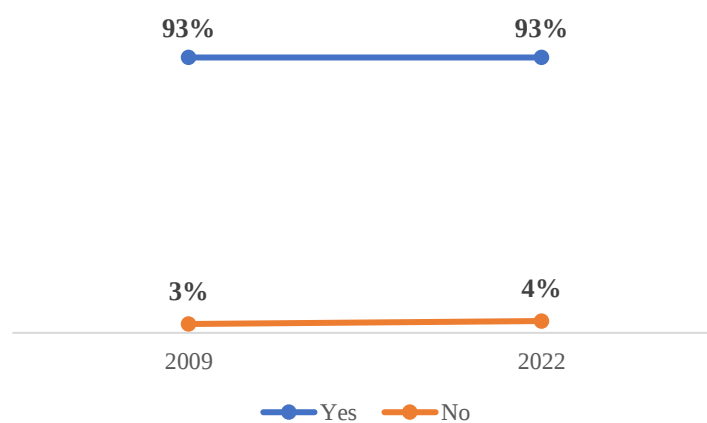
TUBERCULOSIS: IS IT TREATABLE? *ALMOST EVERYONE FEELS THAT THERE IS A TREATMENT FOR TUBERCULOSIS*

1.4.7. Question: Do you think is there any treatment for Tuberculosis?



Source: Gallup Pakistan Survey, 2022

1.4.8. Trend Data

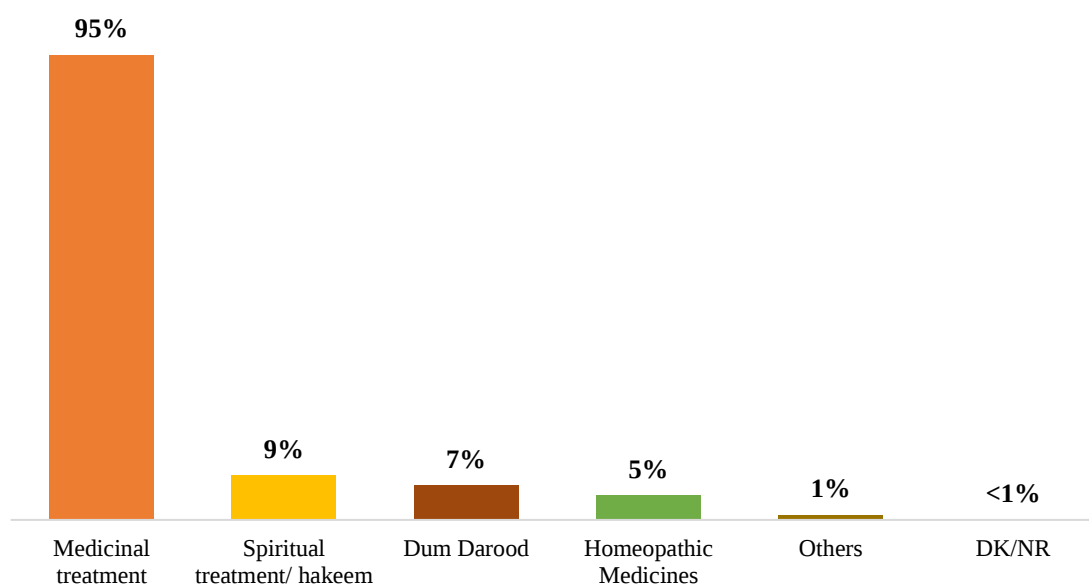


Note: Data for No Response/Don't Know Excluded from Graphical Representation

HEALTH AND DISEASE

TUBERCULOSIS: HOW IS IT TREATED? **MAJORITY FEEL MEDICINES ARE USED TO TREAT TUBERCULOSIS**

1.4.9. Question: *If you think that TB is treatable, do you know of any treatment modality for TB?*



Source: Gallup Pakistan Survey, 2022

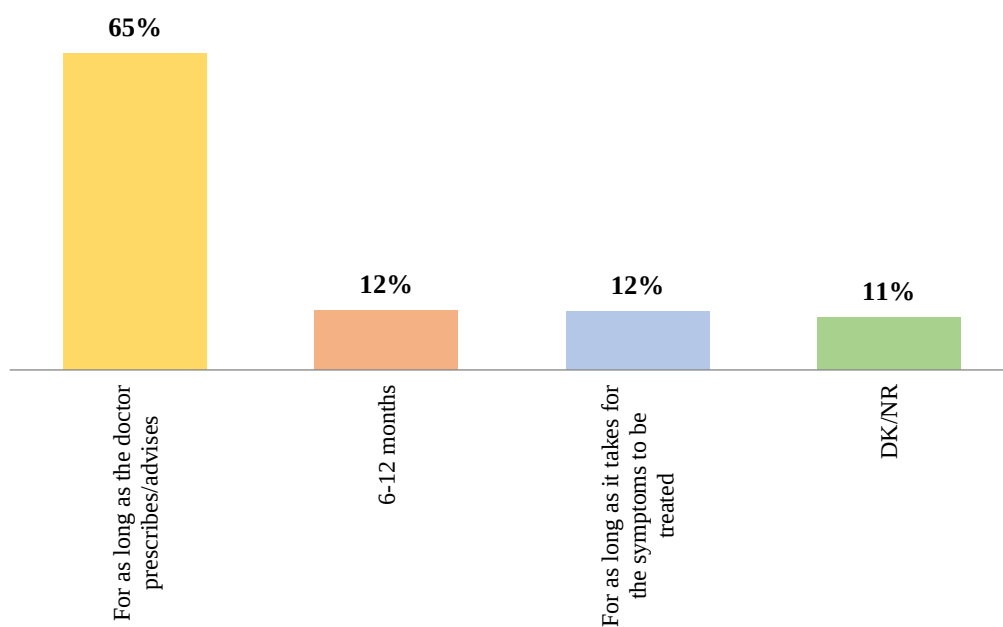
1.4.10. Trend Data

	2009	2022
Medicinal treatment	90%	95%
Spiritual treatment/ hakeem	8%	9%
Homeopathic Medicines	8%	5%
Dum Darood	1%	7%
Others	-	1%
Don't Know / No Response	3%	0%

HEALTH AND DISEASE

TUBERCULOSIS: HOW LONG SHOULD IT BE TREATED? *OVER THE YEARS, RESPONDENTS FEEL ALLOPATHIC MEDICINES SHOULD BE USED FOR AS LONG AS THE DOCTOR PRESCRIBED TO TREAT TUBERCULOSIS*

1.4.11. Question: How long should the allopathic medicines used for treating TB be used?



Source: Gallup Pakistan Survey, 2022

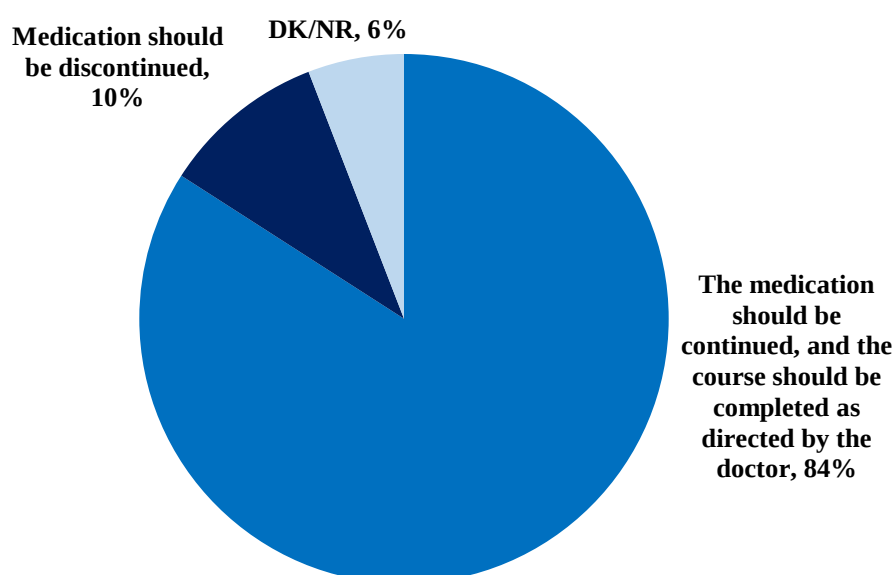
1.4.12. Trend Data

	2009	2022
6-12 months	23%	12%
For as long as the doctor prescribes/advises	56%	65%
For as long as it takes for the symptoms to be treated	16%	12%
Don't know / No Response	6%	11%

HEALTH AND DISEASE

TUBERCULOSIS: WHEN TO STOP DRUGS? MAJORITY FEEL THAT THE MEDICATION COURSE SHOULD BE COMPLETED AS PRESCRIBED EVEN WHEN SYMPTOMS IMPROVE

1.4.13. Question: *If within 1-2 months of taking medicines for treatment of TB, patient's fever/cough is resolved, and he /she feels improvement in overall condition then should the medicines be continued according to Doctor's prescription or can the medicines be stopped?*



Source: Gallup Pakistan Survey, 2022

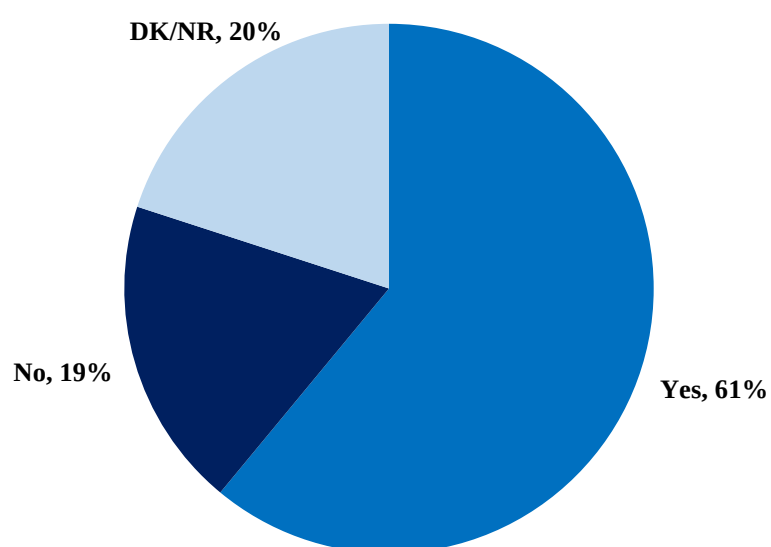
1.4.14. Trend Data

	2009	2022
The medication should be continued, and the course should be completed as directed by the doctor	91%	84%
Medication should be discontinued	4%	10%
Don't Know / No Response	6%	6%

HEALTH AND DISEASE

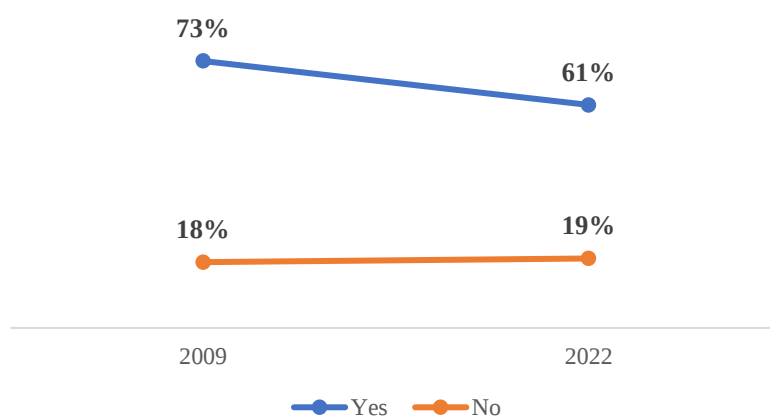
TUBERCULOSIS: IS IT TRANSMISSIBLE? *3 IN 5 ARE AWARE THAT TUBERCULOSIS CAN BE TRANSMITTED FROM PERSON TO PERSON*

1.4.15. Question: Can TB be transmitted from one person to the other?



Source: Gallup Pakistan Survey, 2022

1.4.16. Trend Data

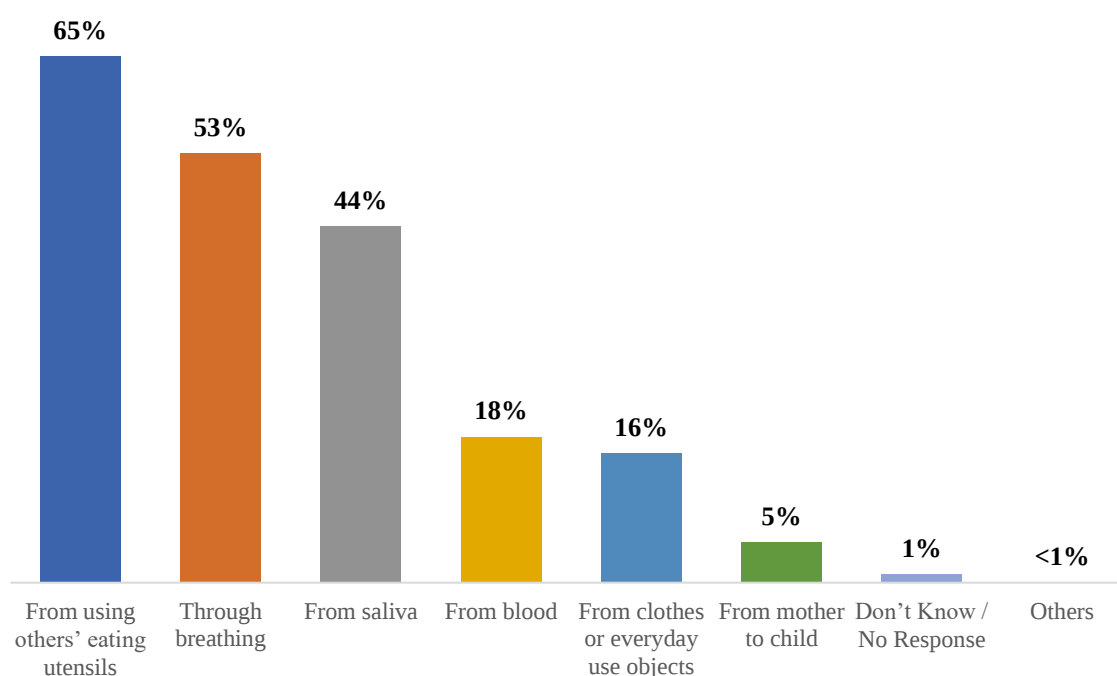


Note: Data for No Response/Don't Know Excluded from Graphical Representation

HEALTH AND DISEASE

TUBERCULOSIS: HOW IS IT TRANSMITTED? *USING OTHERS' UTENSILS, BREATHING AND SALIVA CITED AS TOP 3 MODES OF TRANSMISSION FOR TUBERCULOSIS*

1.4.17. Question: In your opinion how can TB be transmitted from one person to the other?



Source: Gallup Pakistan Survey, 2022

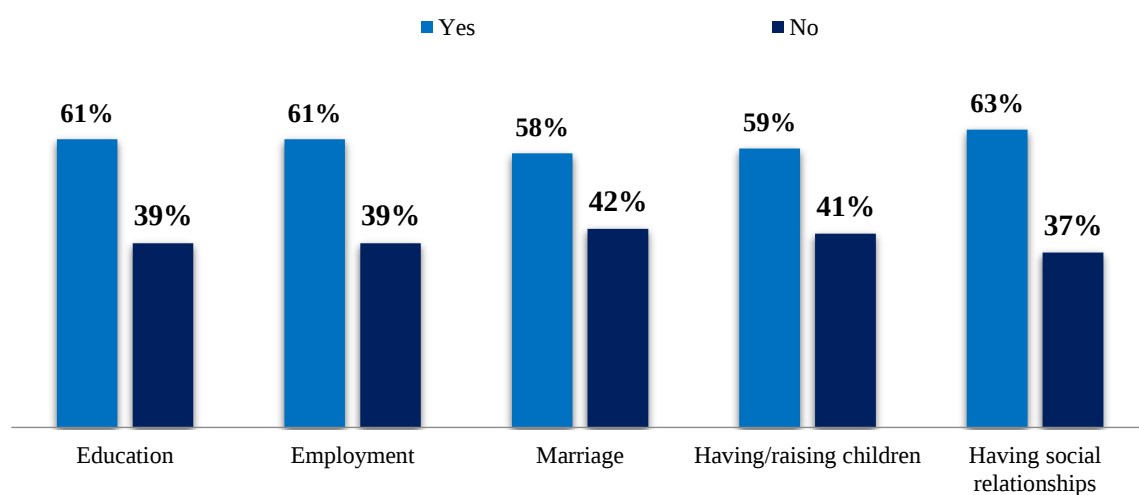
1.4.18. Trend Data

	2009	2022
Through breathing	42%	53%
From saliva	66%	44%
From blood	35%	18%
From using others' eating utensils	37%	65%
From clothes or everyday use objects	9%	16%
From mother to child	9%	5%
Others	0%	0%
Don't Know / No Response	1%	1%

HEALTH AND DISEASE

TUBERCULOSIS: DOES IT AFFECT YOUR LIFE? COMPARED WITH 2009, PEOPLE WHO BELIEVE TUBERCULOSIS AFFECTS THE EDUCATIONAL AND EMPLOYMENT ASPECT OF PATIENTS ALMOST INCREASED TWO-FOLD IN 2022

1.4.19. Question: *If a person gets TB, will it affect the following aspects of his life in the future?*



Source: Gallup Pakistan Survey, 2022

1.4.20. Trend Data

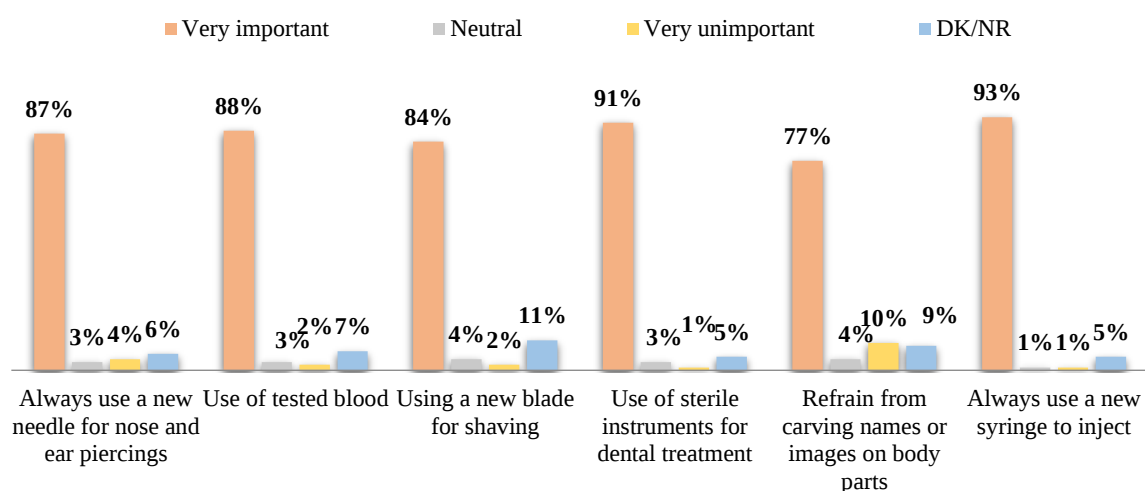
	2009			2022	
	YES	NO	NR	YES	NO
Education	39%	59%	2%	61%	39%
Employment	38%	60%	2%	61%	39%
Marriage	40%	58%	2%	58%	42%
Having/raising children	37%	61%	2%	59%	41%
Having social relationships	39%	59%	2%	63%	37%

HEALTH AND DISEASE

1.5. HEPATITIS

HOW TO CONTROL IT? **MAJORITY RESPONDENTS BELIEVE ALL MENTIONED MEASURED IMPORTANT TO CONTROL HEPATITIS**

1.5.1. Question: In your view opinion, how important are following measures to control Hepatitis?



Source: Gallup Pakistan Survey, 2022

1.5.2. Trend Data

	2008				2022			
	Very Important	Neutral	Very Unimportant	DK/NR	Very Important	Neutral	Very Unimportant	DK/NR
Always use a new needle for nose and ear piercings	82%	13%	1%	4%	87%	3%	4%	6%
Use of tested blood	83%	7%	1%	9%	88%	3%	2%	7%
Using a new blade for shaving	83%	13%	2%	2%	84%	4%	2%	11%
Use of sterile instruments for dental treatment	79%	17%	2%	2%	91%	3%	1%	5%
Refrain from carving names or images on body parts	75%	19%	3%	3%	77%	4%	10%	9%
Always use a new syringe to inject	92%	6%	1%	1%	93%	1%	1%	5%

PART II: HEALTH AND DISEASE

B: NON-COMMUNICABLE



B. NON-COMMUNICABLE DISEASES

Hypertension

About two third **(69%)** say that they have had a chance of getting their blood pressure checked (*Figure 2.1.1*). **(63%)** think that their blood pressure usually remains in normal limits, **(22%)** believe they have low blood pressure (BP) and **(11%)** say that they usually have high BP (*Figure 2.1.3*).

The symptoms which alarm a person about his/her low BP are dizziness **(57%)**, weakness **(32%)** and **(6%)** say that they know they have low BP because the doctor told them so (*Figure 2.1.5*).

The people who usually have high BP say that they know of their high BP because of a headache **(41%)** (*Figure 2.1.7*). **(35%)** lose their temper and get angry on petty things whenever they have high BP, **(15%)** feel hot and **(9%)** know of the high BP because they have been told by the doctor (*Figure 2.1.7*). The remedy for high BP used by most **(28%)** people is taking some medicine (*Figure 2.1.9*). **(27%)** take dietary measures, **(26%)** decrease or halt salt intake, **(8%)** rest for a while and **(5%)** go for a walk when they have high BP (*Figure 2.1.9*).

According to a survey in 2000, **(27%)** of the households reported having at least one person suffering from hypertension (*Trend Data 2.1.12*). Out of them, **(79%)** households had one such person and **(21%)** households had two hypertensives in the family. In 2022, **(43%)** respondents claimed to have a hypertensive patient in the household (*Figure 2.1.11*).

It is important to note that these are only people's own perceptions and not the clinical assessment for hypertension. However, this does point out the marked increase in self-reported prevalence of the disease over time.

Diabetes

According to a survey in 2003, **(12%)** of the households said that they have at least one person suffering from diabetes (*Trend Data 2.2.2*). In 2022, **(32%)** of our respondents claim to have a diabetic patient in the household showing an upward trend in the prevalence of the disease (*Figure 2.2.1*). Based on data by the International Diabetes Foundation, 1 in 4 adults are living with diabetes, which is one of the highest national prevalence rates in the world.³

Majority of these diabetic patients had their sugar levels checked at home **(43%)** while **(34%)** checked it at a private clinic or laboratory, **(22%)** had it checked at a government hospital (*Figure 2.2.3*). At home, the most common method used was a glucometer **(95%)** and **(4%)** claimed to use urine strips (*Figure 2.2.5*).

Heart Disease

According to a survey in 2008, **(8%)** of the households had a family member with heart disease (*Trend Data 2.3.2*). In 2022, **(17%)** of the households claim to have a person suffering from heart disease in the household (*Figure 2.3.1*).

³ <https://tribune.com.pk/story/2337953/pakistan-faces-alarmsurge-in-diabetes-cases-report>

Cancer

(4%) of the households have a person affected by cancer in the family (*Figure 2.4.1*). Interestingly (51%) of the people think that cancer is caused by substandard foods and only (17%) believe that cancer is hereditary (*Figure 2.4.3 and Trend Data 2.4.4*).

Disability

(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 2.5.1 and Figure 2.5.5*).

The majority (75%) of people with disabilities are taken care of at home and (15%) go to schools for disabled children (*Figure 2.5.7*). Only (23%) use special equipment to help with their disability (*Figure 2.5.11*). **Half the respondents** feel that equipment is easily available in the market (*Figure 2.5.13*). However, **1 in 3** or approximately (36%) feel that the equipment is not affordable for the average Pakistani (*Figure 2.5.15*).

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 2.5.17*). 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 2.5.18*). Approximately (30%) people also consider the standard of education facilities bad (*Figure 2.5.19*) and (44%) feel that the standard of education at schools for children with disabilities is worse than other schools (*Figure 2.5.21*). Compared with the views in 2012, generally people feel the standard of facilities for people with disabilities has declined over the years.

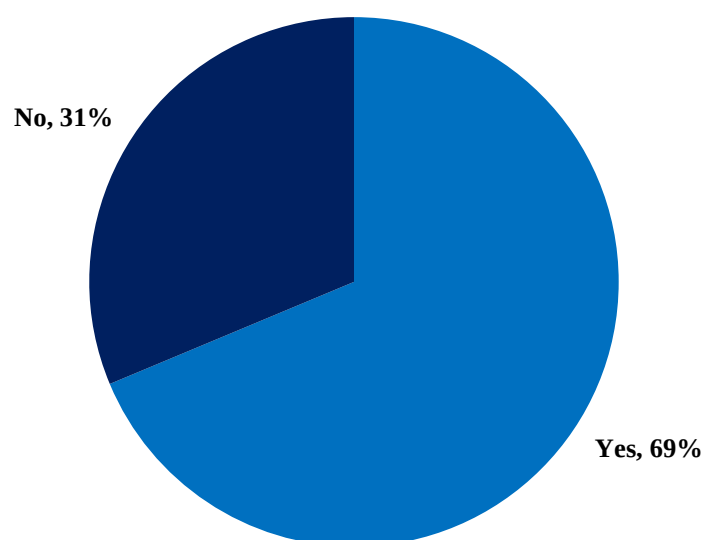
Only (22%) of our respondents think that there are reasonable chances for special persons to progress in life in the country (*Figure 2.5.25*). This is possibly reflective of the current infrastructure in Pakistan which is not particularly accommodating of people with disabilities.

HEALTH AND DISEASE

2.1. HYPERTENSION

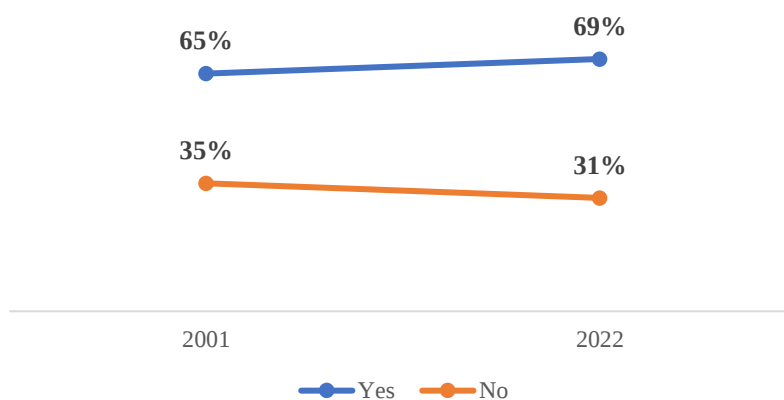
HYPERTENSION: EVER MEASURED BP: **5 IN 7 PEOPLE HAVE HAD THEIR BLOOD PRESSURE CHECKED**

2.1.1. Question: *Have you ever had a chance of getting your blood pressure checked?*



Source: Gallup Pakistan Survey, 2022

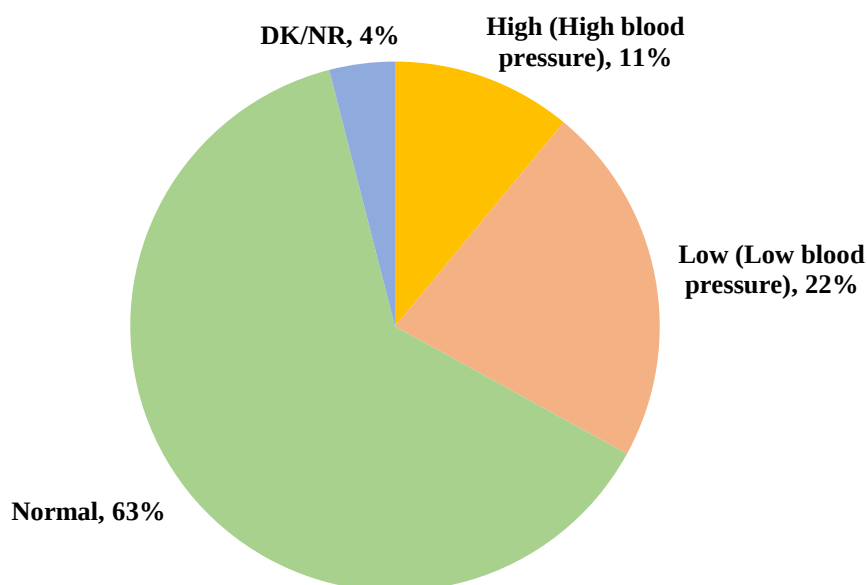
2.1.2. Trend Data



HEALTH AND DISEASE

HYPERTENSION: PERCEPTIONS ABOUT BP: **ON AVERAGE 3 IN 5 PEOPLE HAVE REPORTED HAVING NORMAL BLOOD PRESSURE OVER THE YEARS**

2.1.3. Question: In your view, is your BP usually low, high or within normal limits?



Source: Gallup Pakistan Survey, 2022

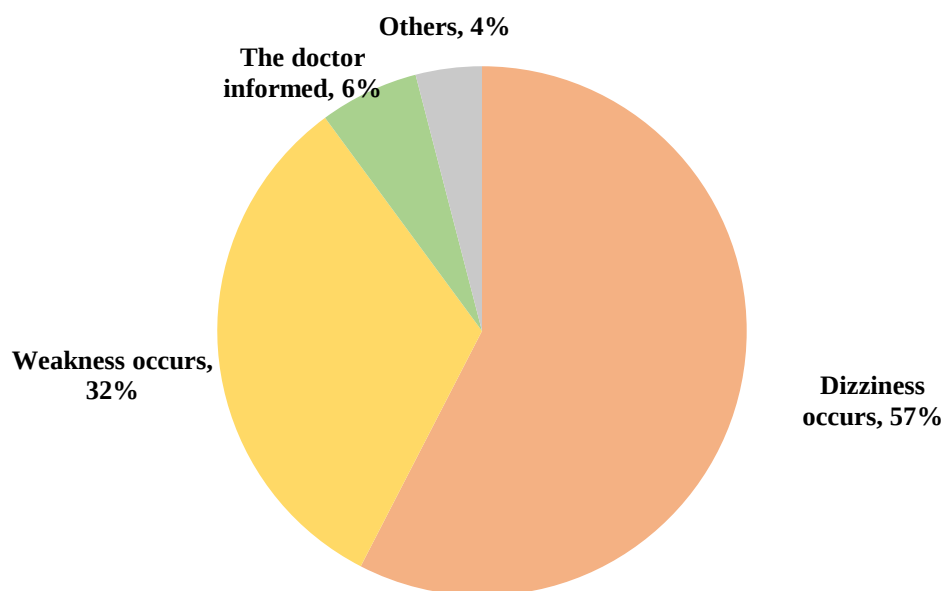
2.1.4. Trend Data

	2002	2003	2011	2022	Avg.
High (High blood pressure)	10%	14%	14%	11%	12%
Low (Low blood pressure)	10%	20%	12%	22%	16%
Normal	58%	53%	56%	63%	58%
Don't Know / No Response	22%	13%	18%	4%	14%

HEALTH AND DISEASE

HYPERTENSION: PERCEPTIONS OF LOW BP: ***DIZZINESS AND WEAKNESS CITED AS TOP 2 SYMPTOMS OF LOW BLOOD PRESSURE BY RESPONDENTS***

2.1.5. Question: *If you think that you usually have low BP, then how do you know that it is low?*



Source: Gallup Pakistan Survey, 2022

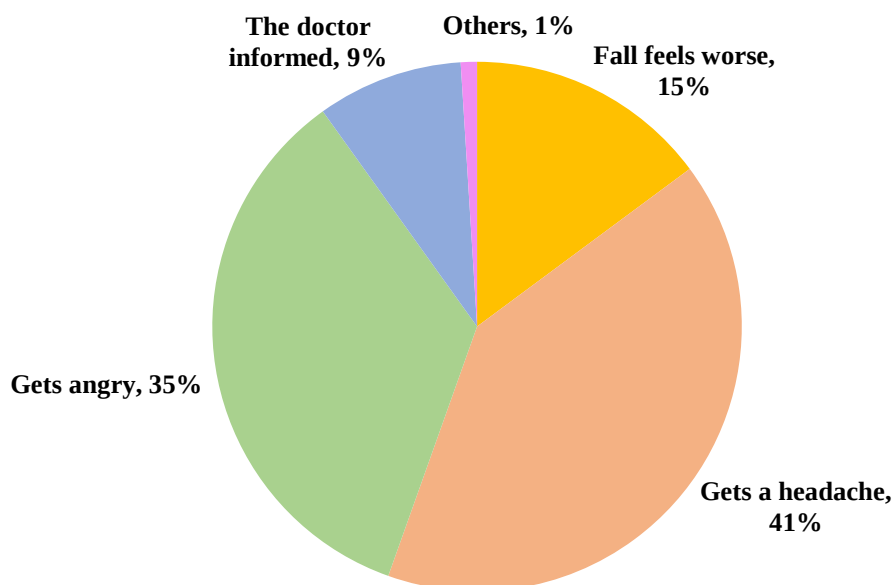
2.1.6. Trend Data

	2002	2003	2011	2022
Dizziness occurs	54%	52%	38%	57%
Weakness occurs	26%	27%	46%	32%
The doctor informed	13%	7%	16%	6%
Others	2%	-	0%	4%
Don't Know / No Response	5%	14%	0%	0%

HEALTH AND DISEASE

HYPERTENSION: PERCEPTIONS OF HIGH BP: *HEADACHES AND ANGER CITES AS TOP TWO SYMPTOMS OF HIGH BLOOD PRESSURE BY RESPONDENTS*

2.1.7. Question: How do you know that your BP is high?



Source: Gallup Pakistan Survey, 2022

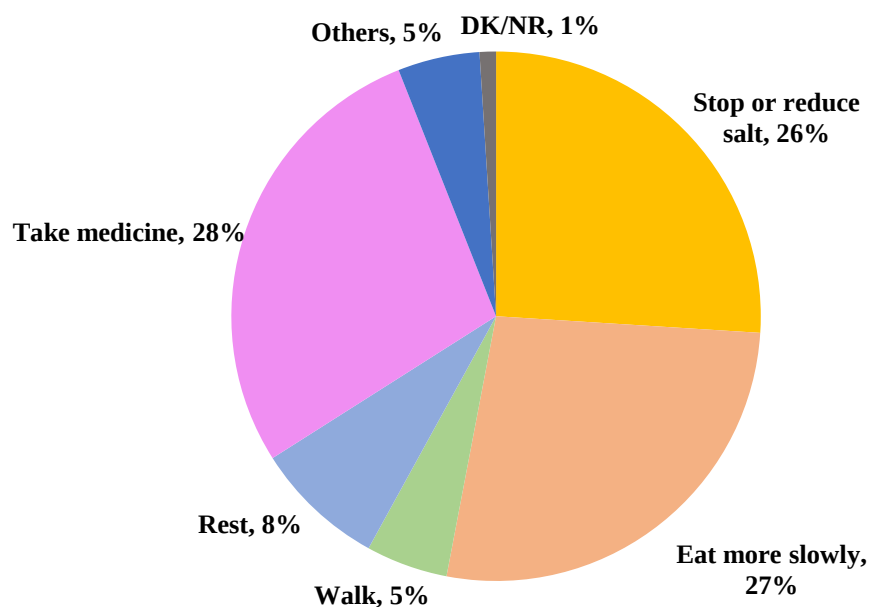
2.1.8. Trend Data

	2002	2003	2011	2022
Feel much hot	15%	17%	17%	15%
Gets a headache	32%	29%	35%	41%
Gets angry	44%	22%	31%	35%
The doctor informed	7%	12%	13%	9%
Others	2%	-	2%	1%
Don't Know / No Response	-	20%	2%	-

HEALTH AND DISEASE

HYPERTENSION: RESPONSE TO HIGH BP: **ON AVERAGE 1 IN 3 HAVE RESORTED TO TAKING MEDICINE TO ADDRESS HIGH BLOOD PRESSURE OVER THE YEARS**

2.1.9. Question: What do you do when you have high BP?



Source: Gallup Pakistan Survey, 2022

2.1.10. Trend Data

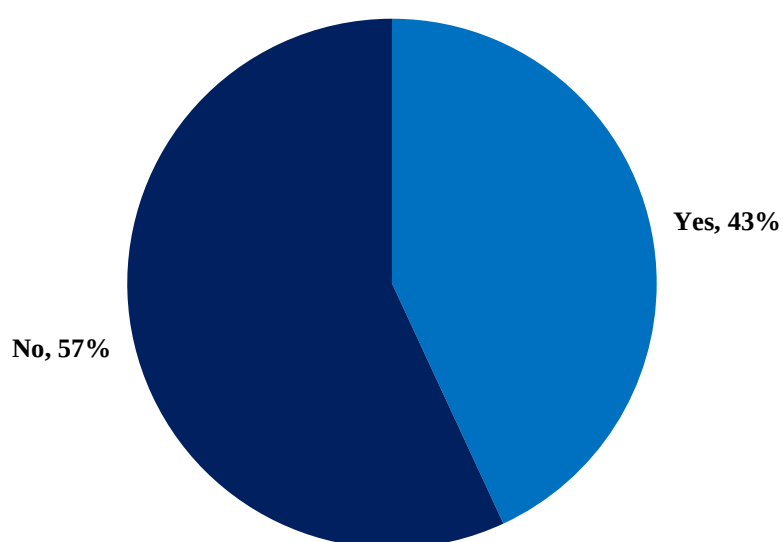
	2002	2003	2011	2022	Avg.
Stop or reduce salt	11%	15%	25%	26%	19%
Eat more slowly	19%	19%	17%	27%	21%
Walk	24%	5%	1%	5%	9%
Rest	14%	11%	17%	8%	13%
Take medicine	32%	36%	37%	28%	33%
Others	-	14%	-	5%	
Don't Know / No Response	-	-	3%	1%	

*Averages for Others and Don't Know/No Response Excluded

HEALTH AND DISEASE

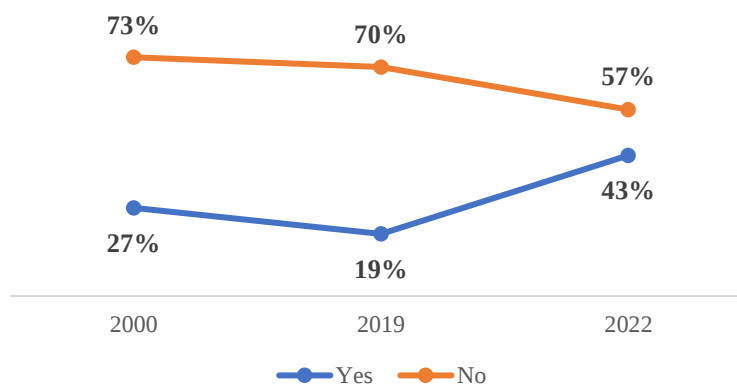
HYPERTENSION: HYPERTENSIVE IN THE FAMILY? **LESS THAN HALF REPORT HAVING A HYPERTENSIVE PATIENT IN THE HOUSEHOLD IN THE PAST YEAR**

2.1.11. Question: Do you or any member of the household suffer from Hypertension (as diagnosed by a doctor)?*



Source: Gallup Pakistan Survey, 2022

2.1.12. Trend Data



*Please note that this is people's perception of Hypertension and not a clinical assessment.

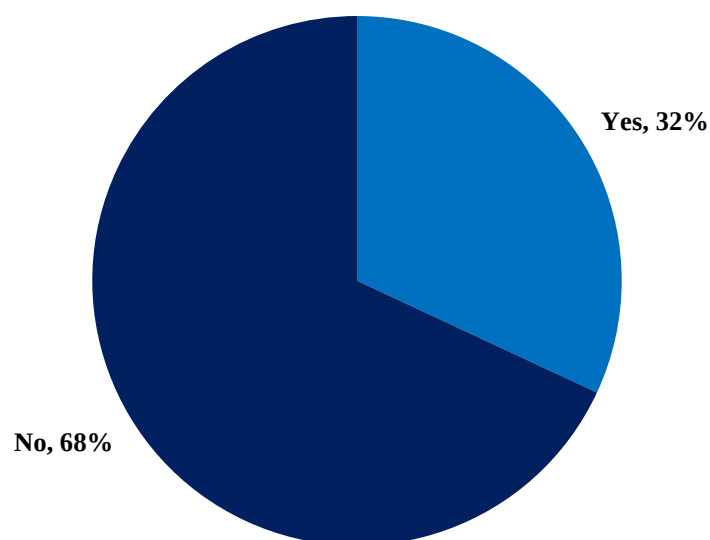
*Figures for Don't Know/No Response Excluded

HEALTH AND DISEASE

2.2. DIABETES

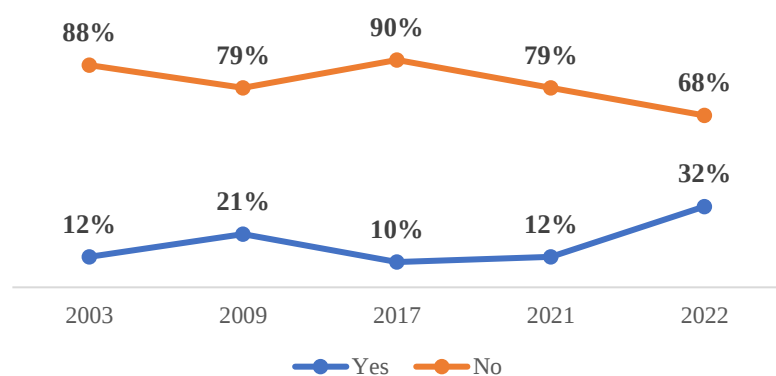
DIABETIC IN THE HOUSEHOLD? 32% REPORT HAVING DIABETIC IN THE HOUSEHOLD IN THE PAST YEAR, UP FROM 12% IN 2003 – AN INCREASE OF ALMOST 3X

2.2.1. Question: Does anyone/more of your family members (in the household) suffer from diabetes?*



Source: Gallup Pakistan Survey, 2022

2.2.2. Trend Data



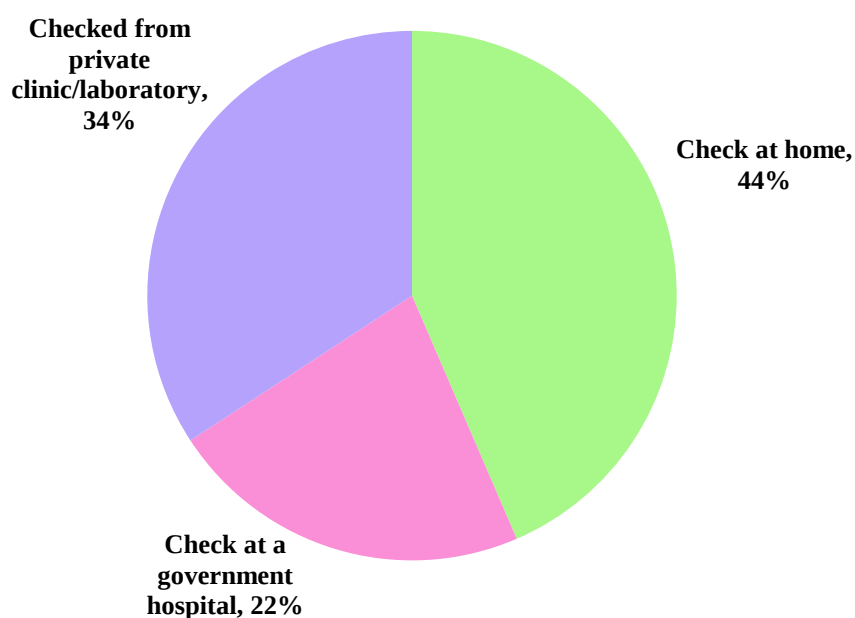
*Please note that this is people's perception of Diabetes and not a clinical assessment.

*Figures for Don't Know/No Response Excluded

HEALTH AND DISEASE

DIABETES: HOW DO YOU CHECK SUGER LEVEL? **THE NUMBER OF PEOPLE CHECKING THEIR BLOOD SUGAR AT HOME HAS INCREASE TWO-FOLD FROM 2005 (25%) TO 2022 (44%)**

2.2.3. Question: Where do you have your Blood Sugar Levels checked?*



Source: Gallup Pakistan Survey, 2022

2.2.4. Trend Data

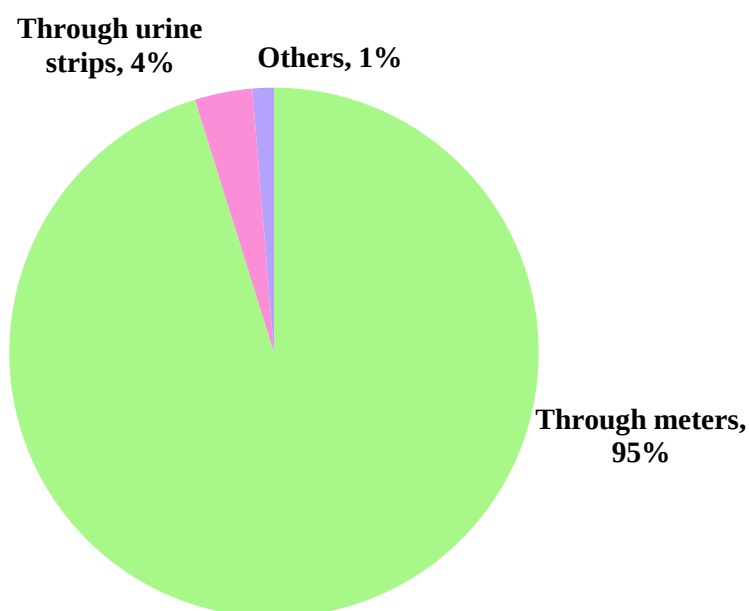
	2005	2022
Check at home	25%	44%
Check at a government hospital	31%	22%
Checked from private clinic/laboratory	43%	34%

*Of those who claim to have a Diabetic Patient in household.

HEALTH AND DISEASE

DIABETES: HOW DO YOU CHECK SUGAR LEVEL?* ***MOST PEOPLE (95%) USE GLUCOMETERS TO CHECK SUGAR LEVELS AT HOME – THIS IS A MASSIVE INCREASE IN THE USE OF GLUCOMETERS AS COMPARED TO IN 2000 (13%)***

2.2.5. Question: *If you check your Sugar level at home, then how do you do it?*



Source: Gallup Pakistan Survey, 2022

2.2.6. Trend Data

	2000	2022
Through meters	13%	95%
Through urine strips	84%	4%
Others	3%	1%

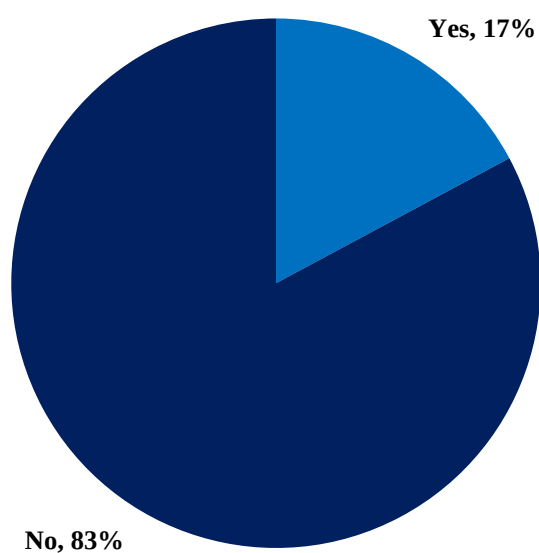
*Of those who check sugar levels at home.

HEALTH AND DISEASE

2.3. CARDIOVASCULAR DISEASE:

HEART PATIENT IN THE HOUSEHOLD? **4 IN 5 REPORTED NOT HAVING ANYONE SUFFERING FROM CARDIOVASCULAR/HEART DISEASE IN THE PAST YEAR**

2.3.1. Question: Does anyone of your household suffer from Cardiovascular/Heart disease?



Source: Gallup Pakistan Survey, 2022

2.3.2. Trend Data

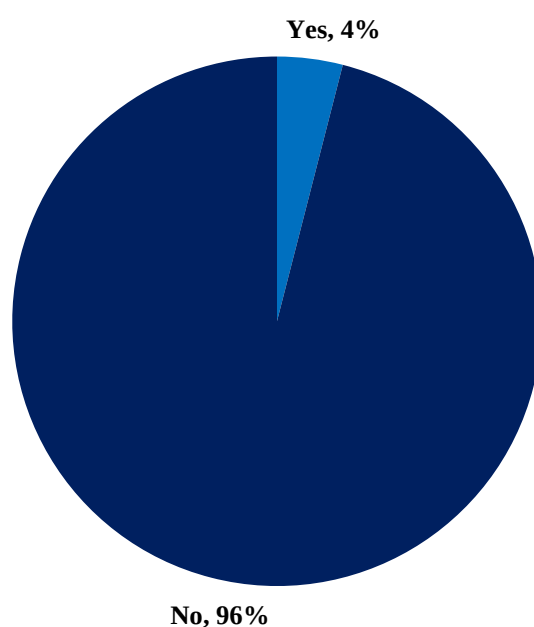
	2008	2009	2017	2021	2022
Yes	8%	10%	7%	4%	17%
No	89%	90%	93%	87%	83%
Don't Know / No Response	3%	0%	-	9%	-

HEALTH AND DISEASE

2.4. CANCER

ANYONE IN THE HOUSEHOLD? **MAJORITY REPORT NOT HAVING ANYONE IN THE HOUSEHOLD SUFFERING FROM CANCER IN THE PAST YEAR**

2.4.1. Question: Does anyone of the household suffer from Cancer?



Source: Gallup Pakistan Survey, 2022

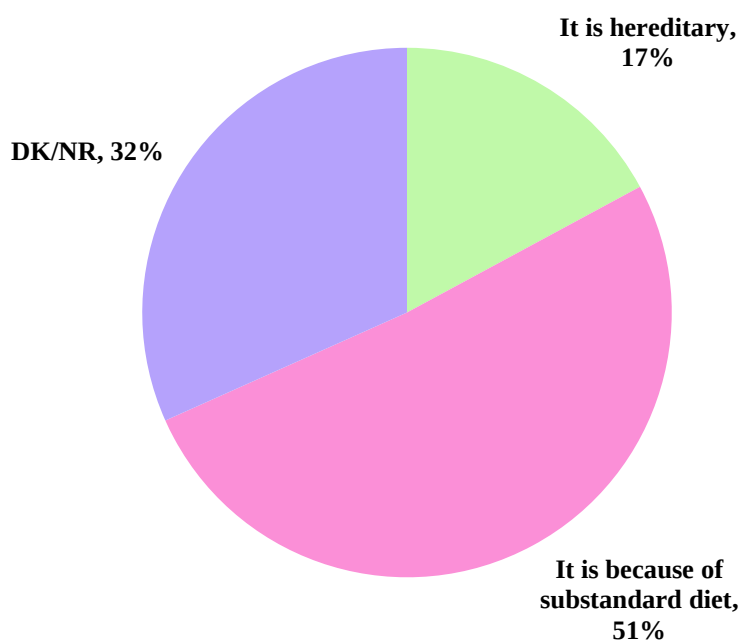
2.4.2. Trend Data

	2001	2017	2022
Yes	1%	1%	4%
No	99%	99%	96%

HEALTH AND DISEASE

CANCER: PERCEPTIONS OF ITS CAUSES: ***HALF THE RESPONDENTS BELIEVE THAT A SUBSTANDARD DIET CAUSES CANCER***

2.4.3. Question: What do you think are the causes of Cancer?



Source: Gallup Pakistan Survey, 2022

2.4.4. Trend Data

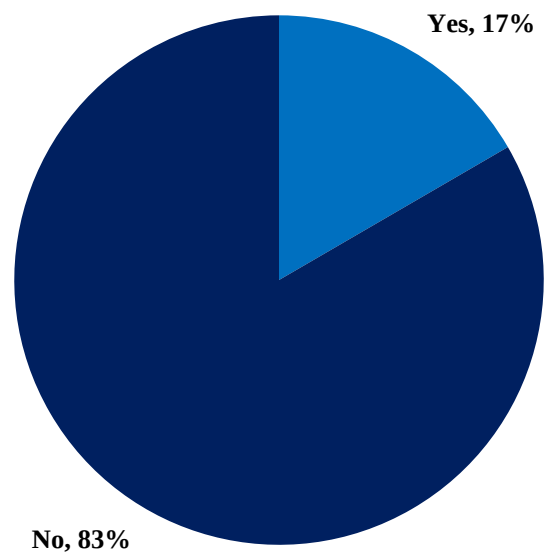
	2001	2022
It is hereditary	0%	17%
It is because of substandard diet	79%	51%
Don't Know / No Response	21%	32%

HEALTH AND DISEASE

2.5. DISABILITY

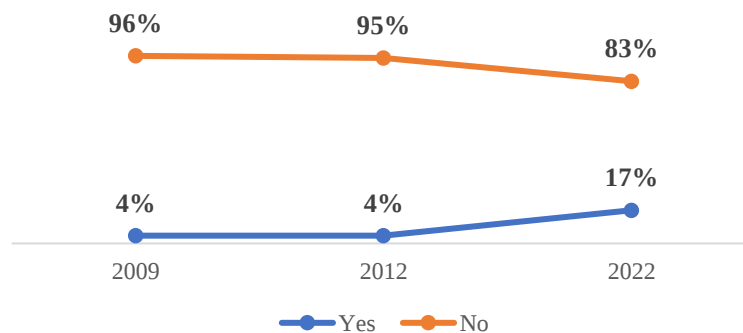
IN 2022, 17% REPORTED HAVING SOMEONE IN THEIR HOUSEHOLD SUFFERING FROM A DISABILITY

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



Source: Gallup Pakistan Survey, 2022

2.5.2. Trend Data

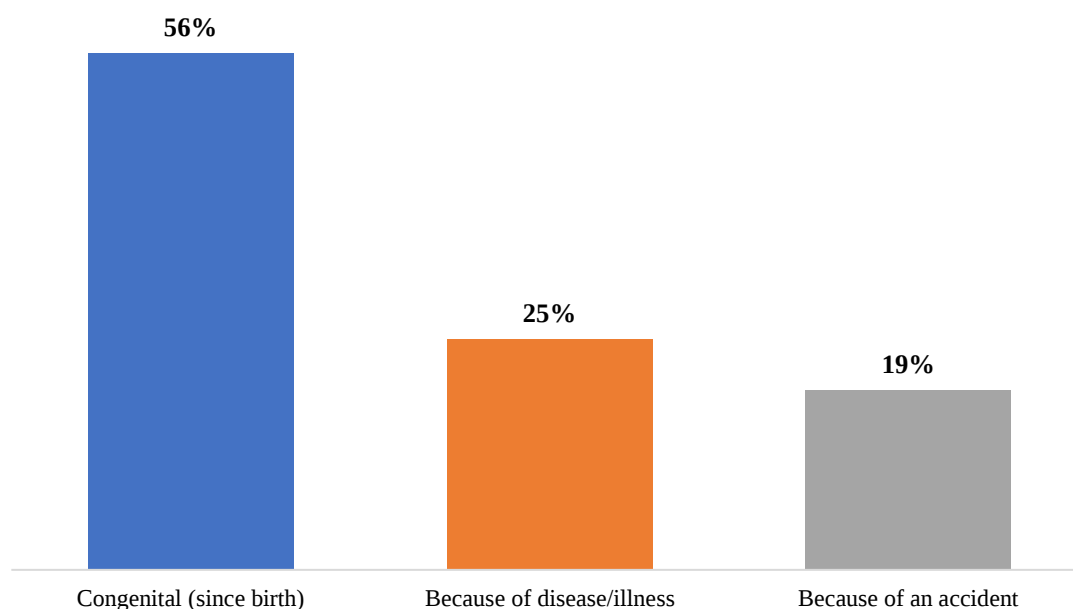


*Figures for Don't Know/No Response Excluded

HEALTH AND DISEASE

DISABILITY: CAUSE OF DISABILITY? ***MORE THAN HALF RESONDENTS STATED THAT THE DISABILITY OF THE MEMBER IN THEIR HOUSEHOLD IS CONGENITAL***

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



Source: Gallup Pakistan Survey, 2022

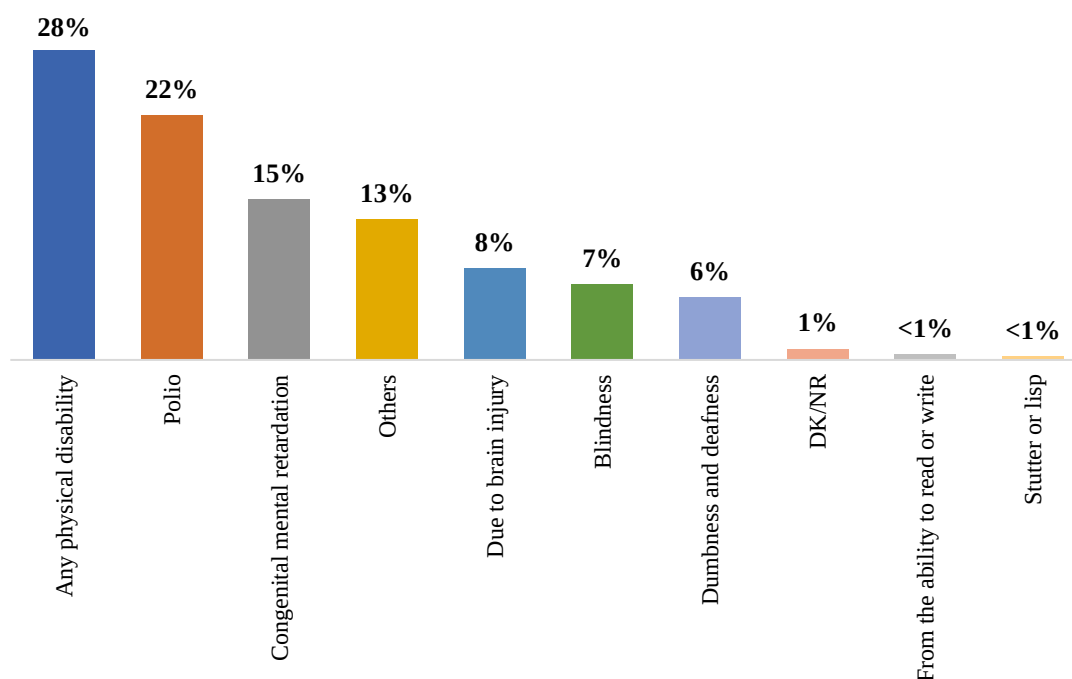
2.5.4. Trend Data

	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%	-

HEALTH AND DISEASE

DISABILITY: NATURE OF DISABILITY? *TOP 3 TYPES OF DISABILITIES IDENTIFIED AS PHYSICAL, POLIO AND CONGENITAL MENTAL DISABILITY IN 2022*

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



Source: Gallup Pakistan Survey, 2022

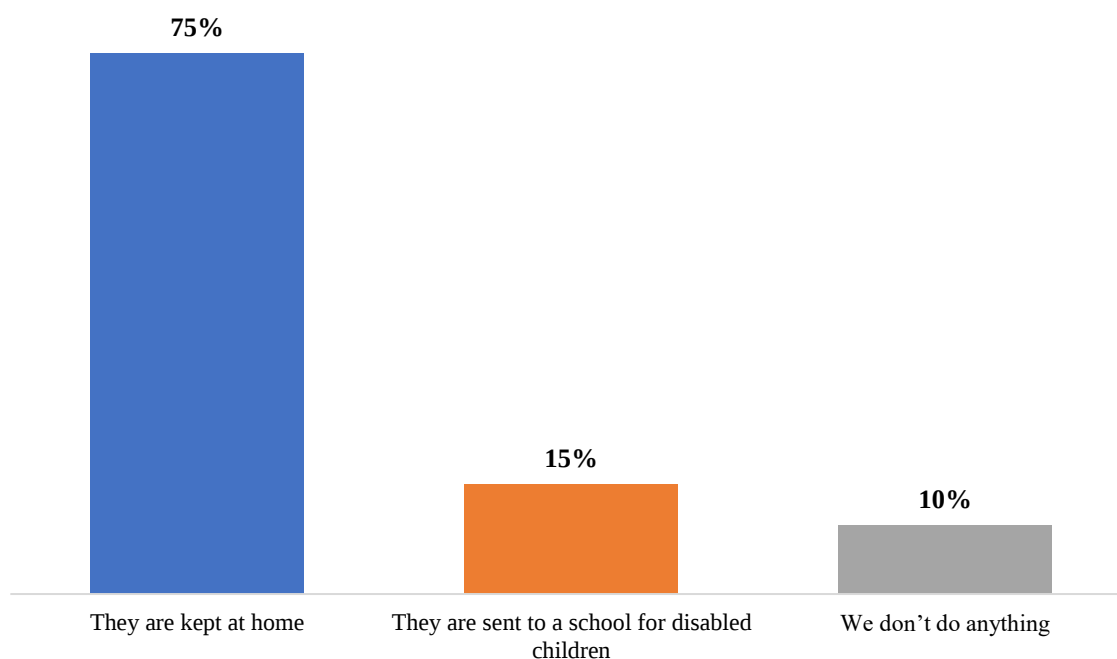
2.5.6. Trend Data

	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%

HEALTH AND DISEASE

DISABILITY: CARETAKER? **3 IN 4 STATE THAT PEOPLE WITH DISABILITIES IN THEIR HOUSEHOLD ARE TAKEN CARE OF AT HOME**

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



Source: Gallup Pakistan Survey, 2022

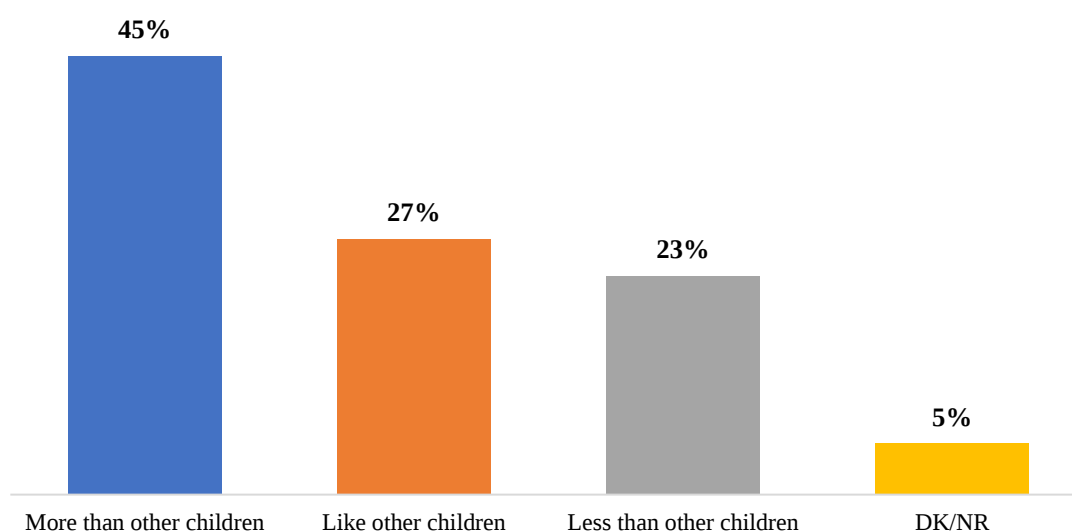
2.5.8. Trend Data

	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%	-

HEALTH AND DISEASE

DISABILITY: ATTENTION AND LOVE? **ALMOST HALF SAY THAT CHILDREN WITH DISABILITIES GET MORE ATTENTION AND LOVE AT HOME**

2.5.9. 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

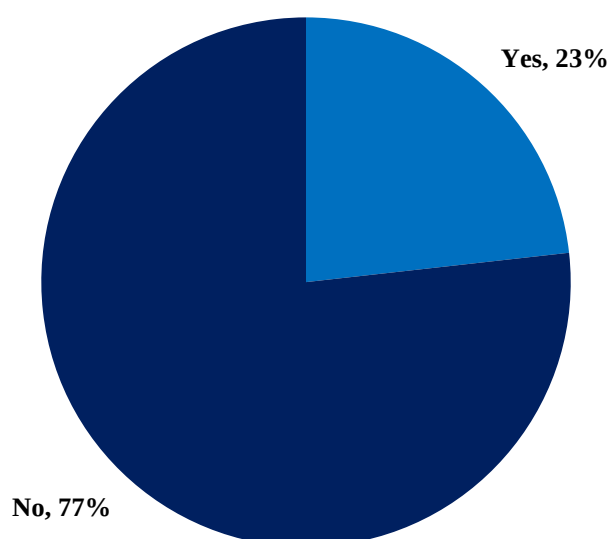
2.5.10. Trend Data

	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%

HEALTH AND DISEASE

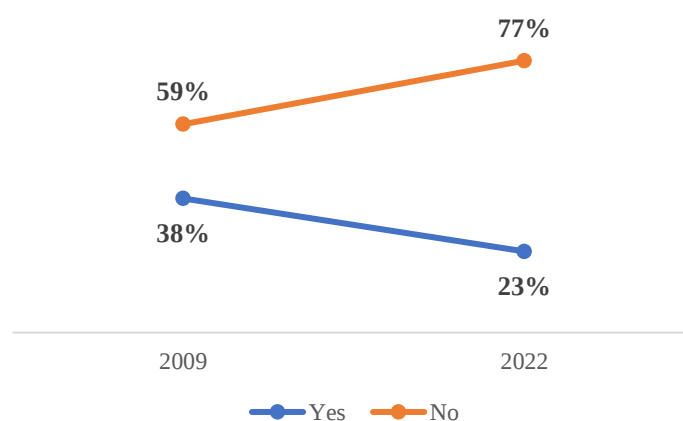
DISABILITY: USE OF AIDS? **THE PERCENTAGE OF PEOPLE WITH DISABILITIES USING SPECIAL EQUIPMENT HAS DECREASED BY 15% IN 2022, COMPARED WITH 2009 (38%)**

2.5.11. 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

2.5.12. Trend Data

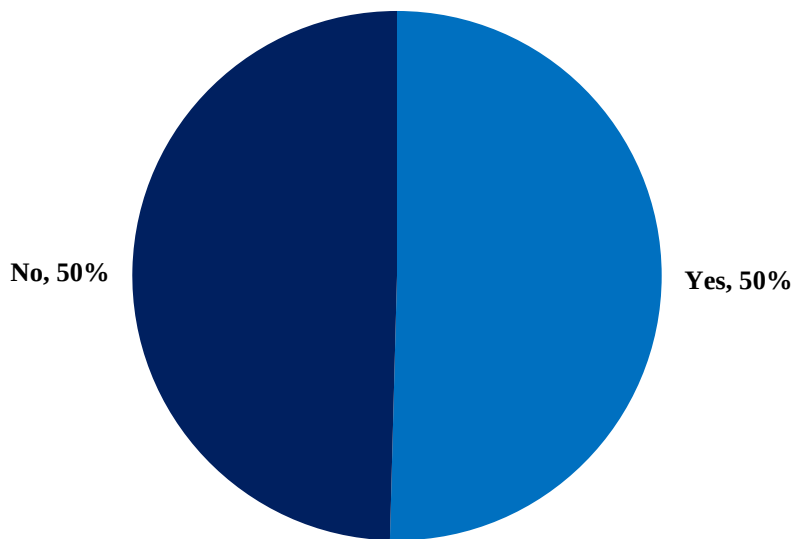


*Figures for Don't Know/Response Excluded

HEALTH AND DISEASE

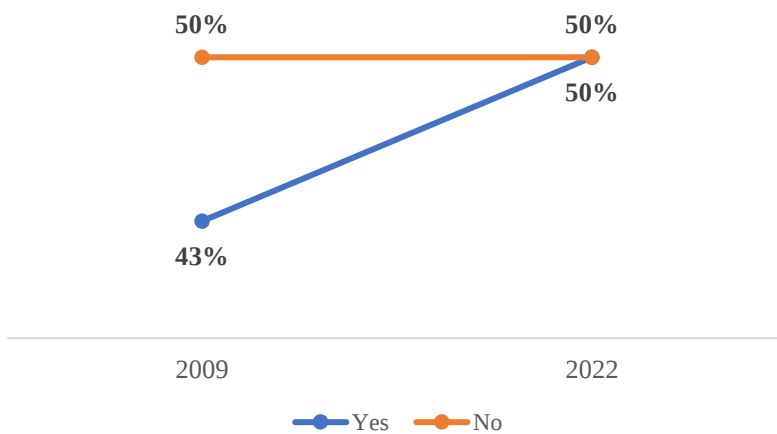
DISABILITY: AVAILABILITY OF EQUIPMENT? **HALF THE RESPONDENTS FEEL THAT EQUIPMENT IS EASILY AVAILABLE IN THE MARKET**

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



Source: Gallup Pakistan Survey, 2022

2.5.14. Trend Data

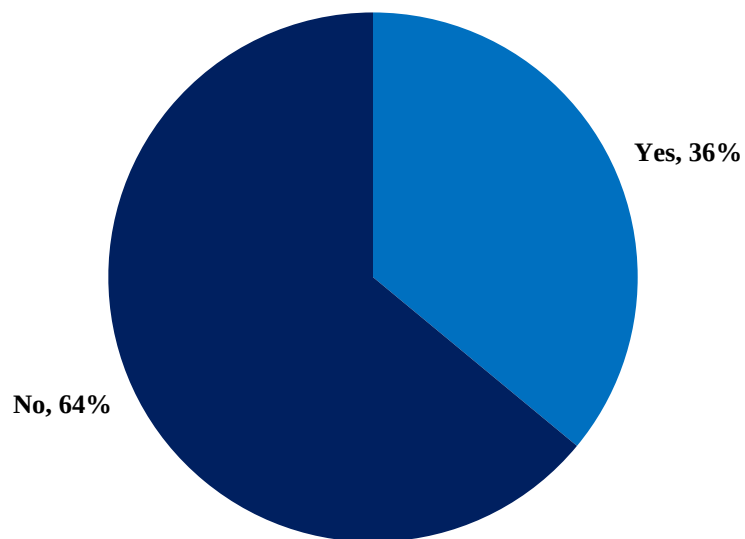


*Figures for Don't Know/No Response Excluded

HEALTH AND DISEASE

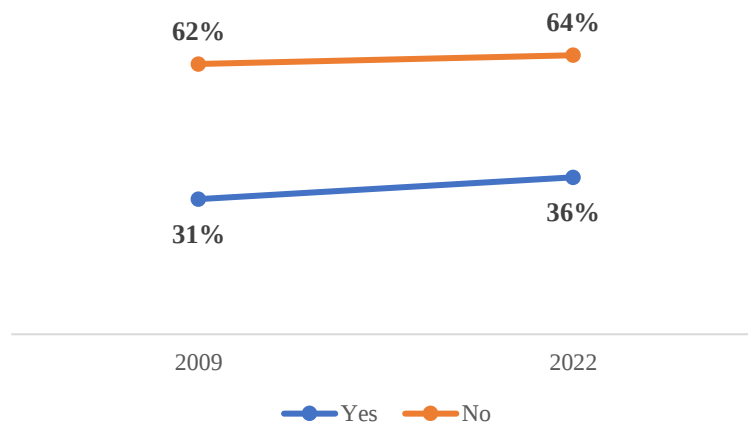
DISABILITY: AFFORDABILITY OF EQUIPMENT? ***MORE THAN HALF FEEL THAT EQUIPMENT IS NOT AFFORDABLE FOR EVERYONE***

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



Source: Gallup Pakistan Survey, 2022

2.5.16. Trend Data

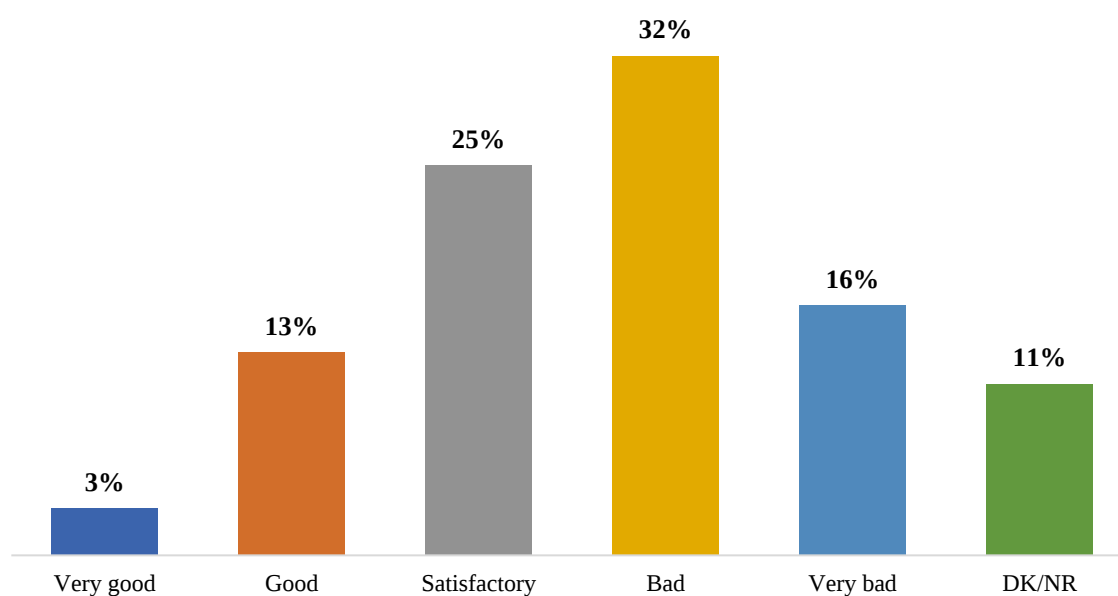


*Figures for Don't Know/No Response Excluded

HEALTH AND DISEASE

DISABILITY: PERCEPTIONS ABOUT FACILITIES? *1 IN 3 FEEL THE STANDARD OF FACILITIES FOR PEOPLE WITH DISABILITIES IS BAD*

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



Source: Gallup Pakistan Survey, 2022

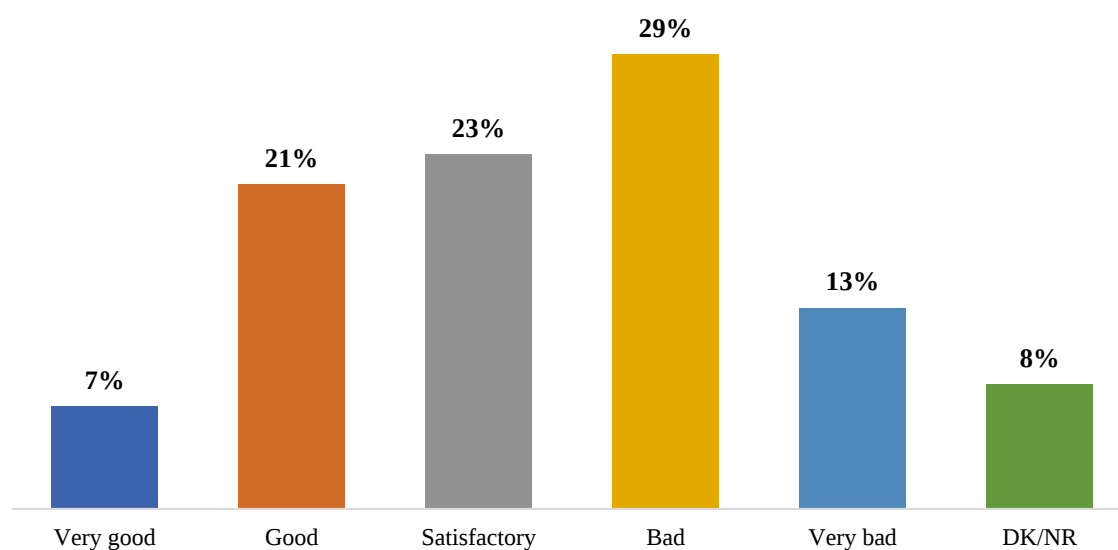
2.5.18. Trend Data

	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%

HEALTH AND DISEASE

DISABILITY: PERCEPTIONS ABOUT EDUCATION FACILITIES? *THE PERCEPTION REGARDING EDUCATION FACILITIES HAS ALSO DECLINED IN 2022*

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



Source: Gallup Pakistan Survey, 2022

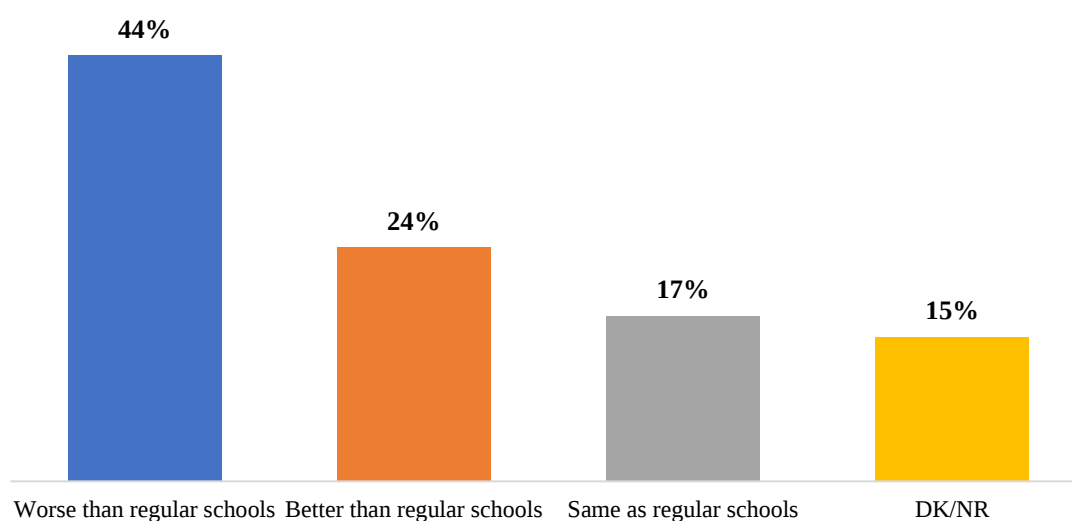
2.5.20. Trend Data

	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%

HEALTH AND DISEASE

DISABILITY: PERCEPTIONS ABOUT FACILITIES? ***THE PERCEPTION REGARDING THE STANDARD OF EDUCATION IN SCHOOLS FOR CHILDREN WITH DISABILITIES HAS DECLINED – PEOPLE NOW CONSIDER IT WORSE***

2.5.21. 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

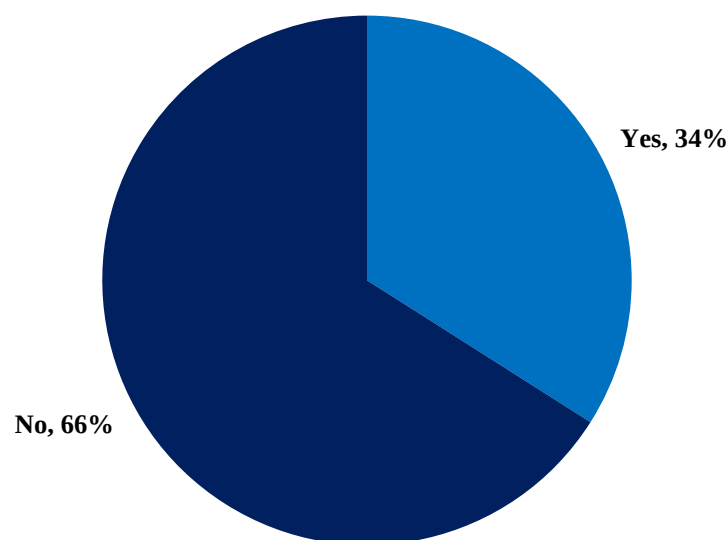
2.5.22. Trend Data

	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%

HEALTH AND DISEASE

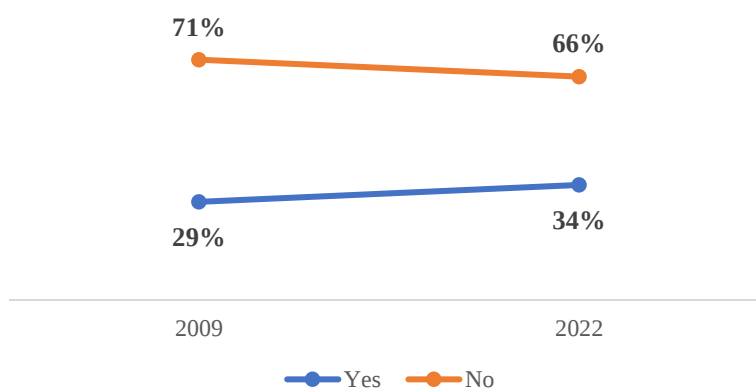
DISABILITY: KNOW OF ANY SUCH PEOPLE? **1 IN 3 KNOW OF PEOPLE WITH DISABILITIES WHO HAVE EXCELLED IN DIFFERENT FIELDS OF LIFE**

2.5.23. 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

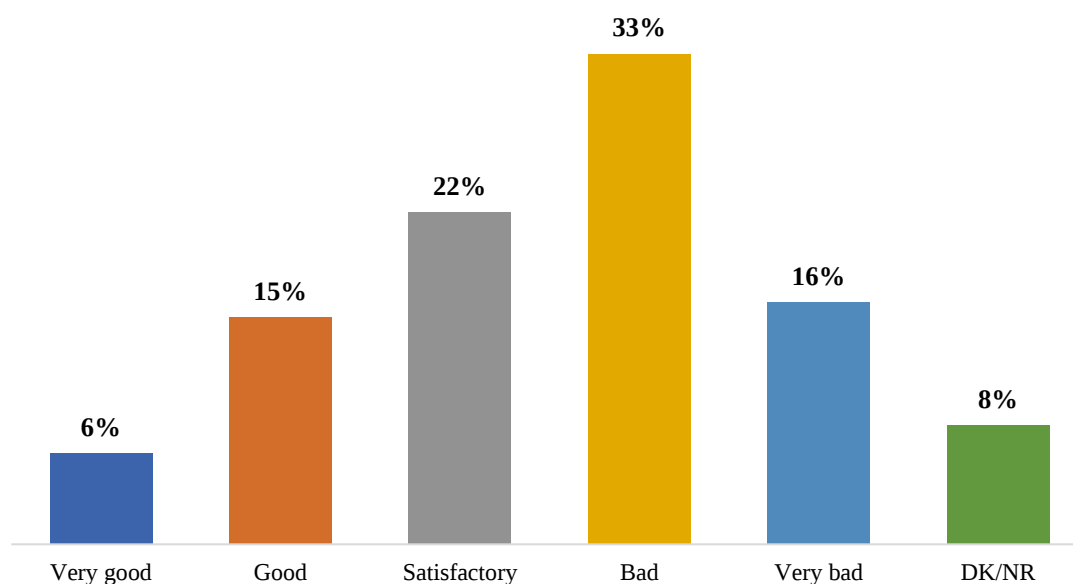
2.5.24. Trend Data



HEALTH AND DISEASE

DISABILITY: PROGRESS IN LIFE? **1 IN 3 PEOPLE FEEL THAT THE POSSIBILITIES FOR PEOPLE WITH DISABILITIES TO PROGRESS IN LIFE IN PAKISTAN ARE BAD**

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



Source: Gallup Pakistan Survey, 2022

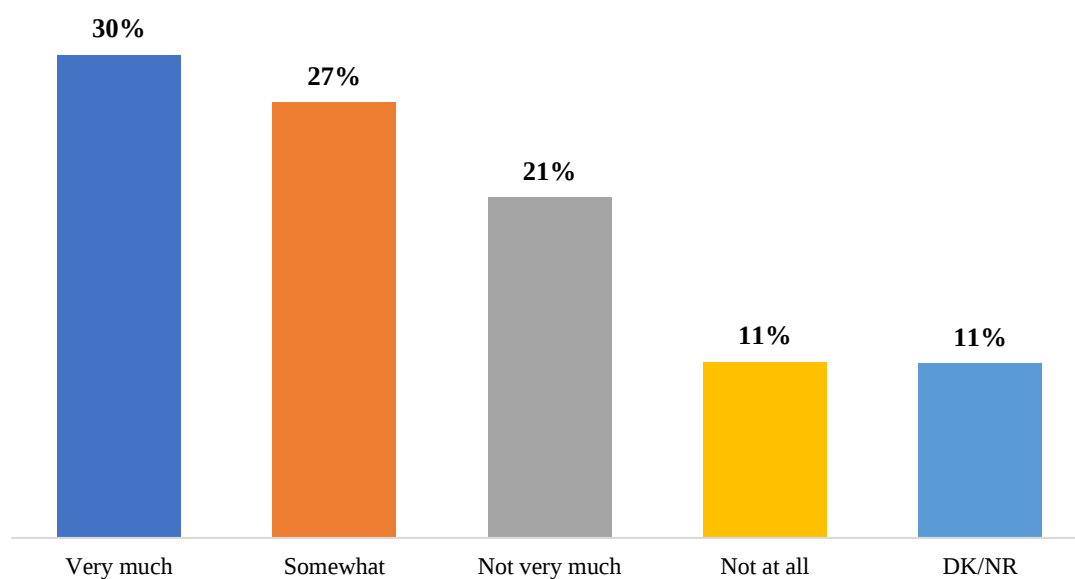
2.5.26. Trend Data

	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%

HEALTH AND DISEASE

DISABILITY: HOPEFUL IN FUTURE? **30% ARE HOPEFUL REGARDING FUTURE PROSPECTS OF PEOPLE WITH DISABILITIES**

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



Source: Gallup Pakistan Survey, 2022

2.5.28. 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%

PART II: HEALTH AND DISEASE

C: MISCELLANEOUS DISEASES



C. MISCELLANEOUS DISEASES

Global Viruses and Infections

AIDS

(58%) of the people say that they have heard or read about the disease of AIDS (Figure 3.1.1). This awareness has increased two-fold in the last twenty years (only 26% in 1998 had heard of this disease) (Trend Data 3.1.2). (63%) consider this disease to be very serious for the world and (55%) of Pakistanis view AIDS to be a serious problem for Pakistan (Figures 3.1.3 and 3.1.5). In Pakistan, 3 in 4 people support that there should be ads and programs about AIDS on TV whereas (28%) oppose such ads (Figure 3.1.7).

Dental Care

(65%) of the people use toothpaste for cleaning their teeth and (27%) use miswak whereas manjan is used by (4%) (Figure 3.3.7). The use of toothpaste has increased over the years when in 1979 only (20%) of urban households used toothpaste (Trend Data 3.3.8).

People think that the main reason for toothache is unclean teeth (45%), cavity in teeth (21%), cold/hot food (15%) and extra sweet food (15%) (Figure 3.3.5). (46%) of people consult a doctor for toothache. (23%) clean teeth with a special toothpaste, (23%) take some medicine on their own, (12%) use clove in teeth and (10%) take caution in food (Figure 3.3.3).

Eye Sight

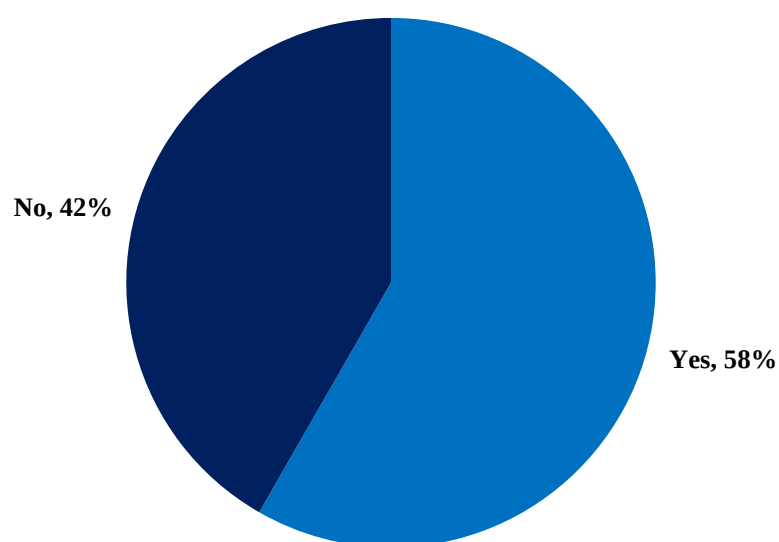
(28%) of the Pakistanis wear glasses, out of which (9%) wear sunglasses and (91%) use them for weak eyesight (Figures 3.4.1 and 3.4.3). Out of these, (65%) use glasses for near vision and (35%) for distant vision (Figure 3.4.5).

HEALTH AND DISEASE

3.1. AIDS: AWARE OF THE NAME?

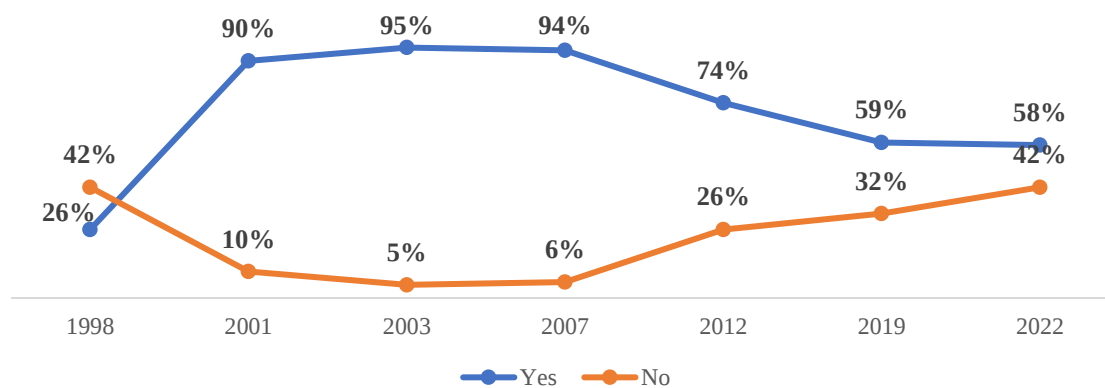
COMPARED WITH 1998, MORE THAN 50% HAVE HEARD OF AIDS IN 2022

3.1.1. Question: Have you heard/read about a disease called AIDS?



Source: Gallup Pakistan Survey, 2022

3.1.2. Trend Data

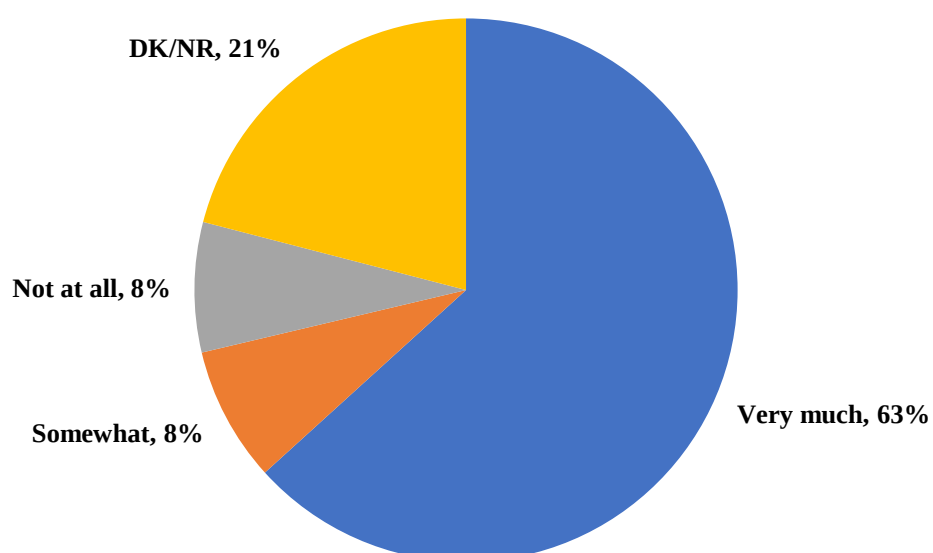


*Figures for Don't Know/No Response Excluded

HEALTH AND DISEASE

AIDS: IS IT A SERIOUS PROBLEM? *MOST AGREE THAT AIDS IS A SERIOUS PROBLEM FOR THE WHOLE WORLD*

3.1.3. Question: In your view how serious is AIDS for the whole world?



Source: Gallup Pakistan Survey, 2022

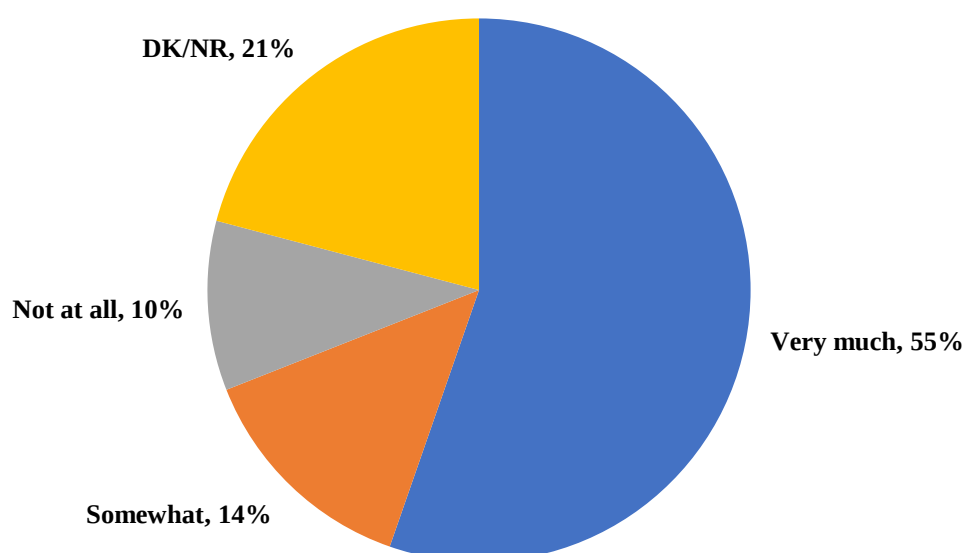
3.1.4. Trend Data

	2001	2003	2007	2012	2022
Very much	88%	15%	22%	83%	63%
Somewhat	5%	61%	46%	11%	8%
Not at all	1%	16%	27%	2%	8%
Don't Know / No Response	6%	8%	5%	4%	21%

HEALTH AND DISEASE

AIDS: IS IT A SERIOUS PROBLEM? *MOST AGREE THAT AIDS IS A SERIOUS PROBLEM FOR PAKISTAN*

3.1.5. Question: *In your view how serious is AIDS for Pakistan?*



Source: Gallup Pakistan Survey, 2022

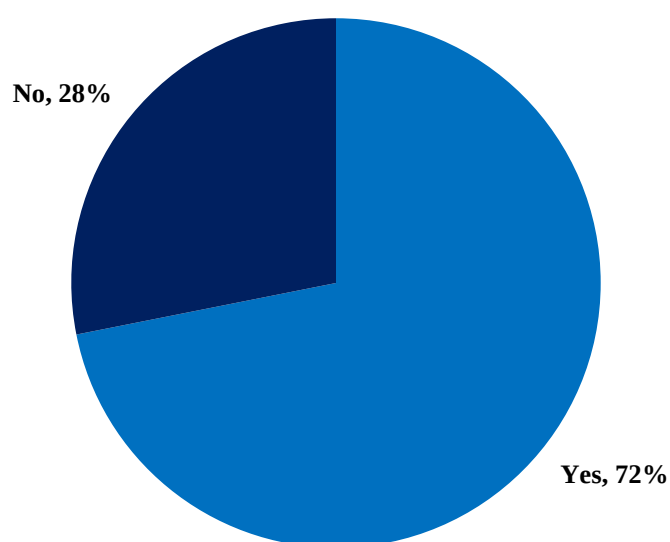
3.1.6. Trend Data

	2001	2003	2007	2012	2022
Very much	70%	71%	66%	67%	55%
Somewhat	16%	17%	25%	19%	14%
Not at all	4%	4%	2%	9%	10%
Don't Know / No Response	10%	8%	7%	5%	21%

HEALTH AND DISEASE

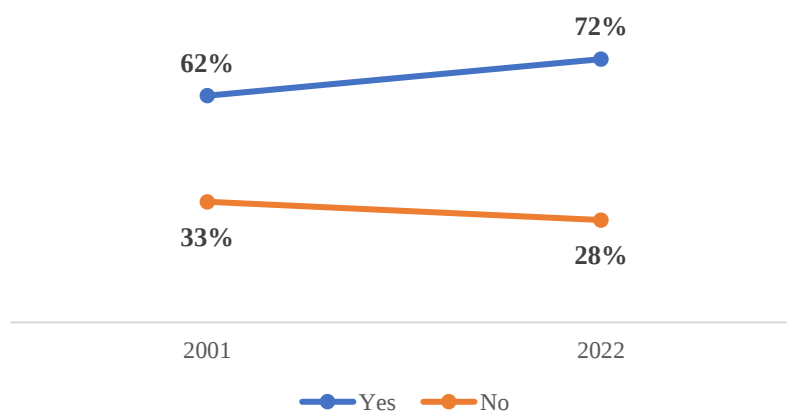
AIDS: SHOULD THERE BE COVERAGE ON TV? 72% FEEL THERE SHOULD BE PROGRAMS OR ADVERTISEMENTS ABOUT AIDS ON TV

3.1.7. Question: Do you think there should be programs or advertisements about AIDS on TV or not?



Source: Gallup Pakistan Survey, 2022

3.1.8. Trend Data



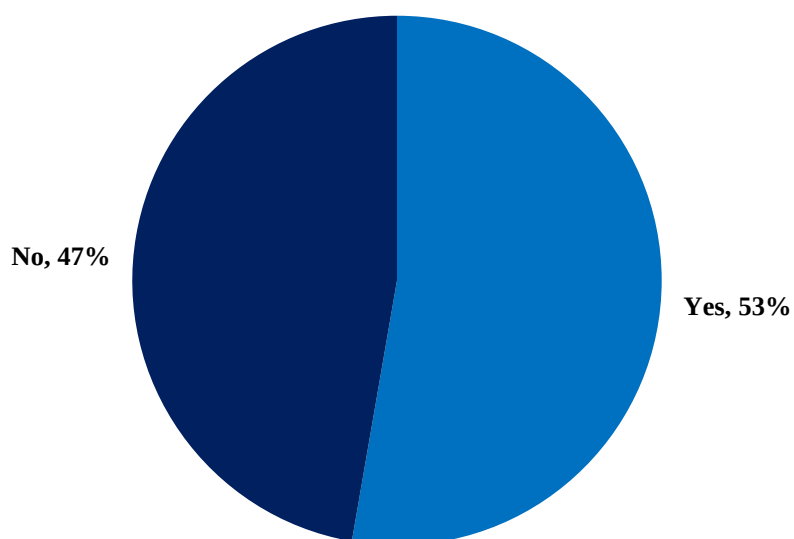
*Figures for Don't Know/No Response Excluded

HEALTH AND DISEASE

3.3. DENTAL CARE: TOOTH ACHE?

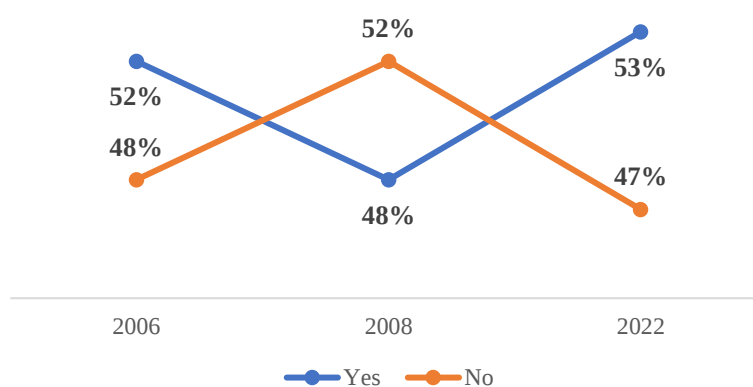
IN THE PAST YEAR, MORE THAN HALF (53%) REPORTED EXPERIENCING A TOOTHACHE AT SOME POINT IN THEIR LIVES

3.3.1. Question: *Have you ever experienced Toothache?*



Source: Gallup Pakistan Survey, 2022

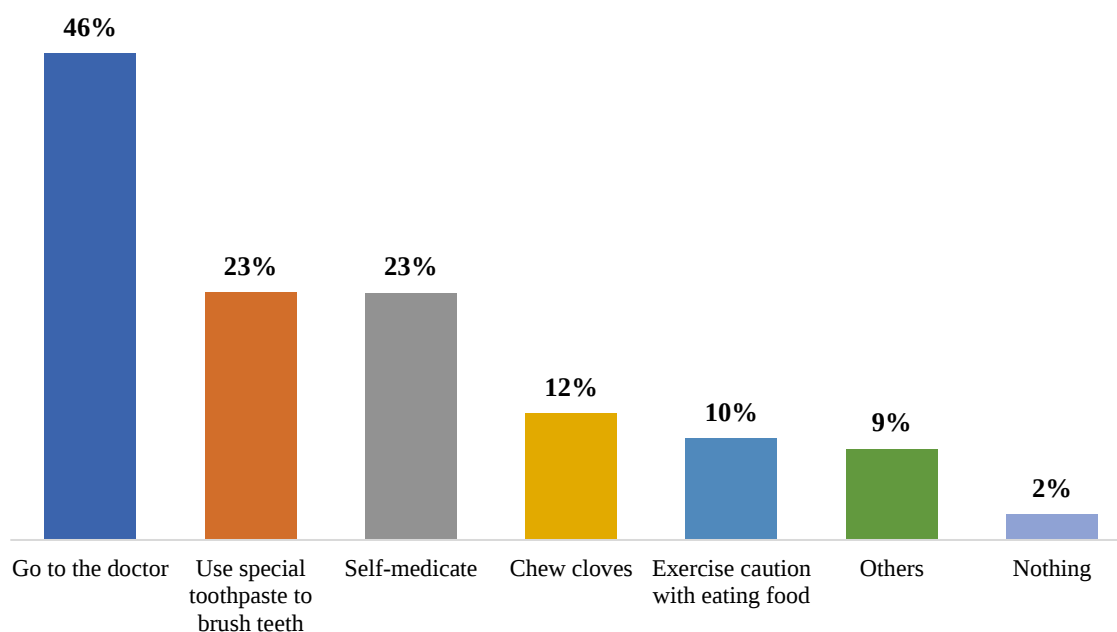
3.3.2. Trend Data



HEALTH AND DISEASE

DENTAL CARE: TOOTHACHE TREATMENT: **46% GO TO THE DOCTOR TO TREAT A TOOTHACHE**

3.3.3. Question: How do you treat toothache?



Source: Gallup Pakistan Survey, 2022

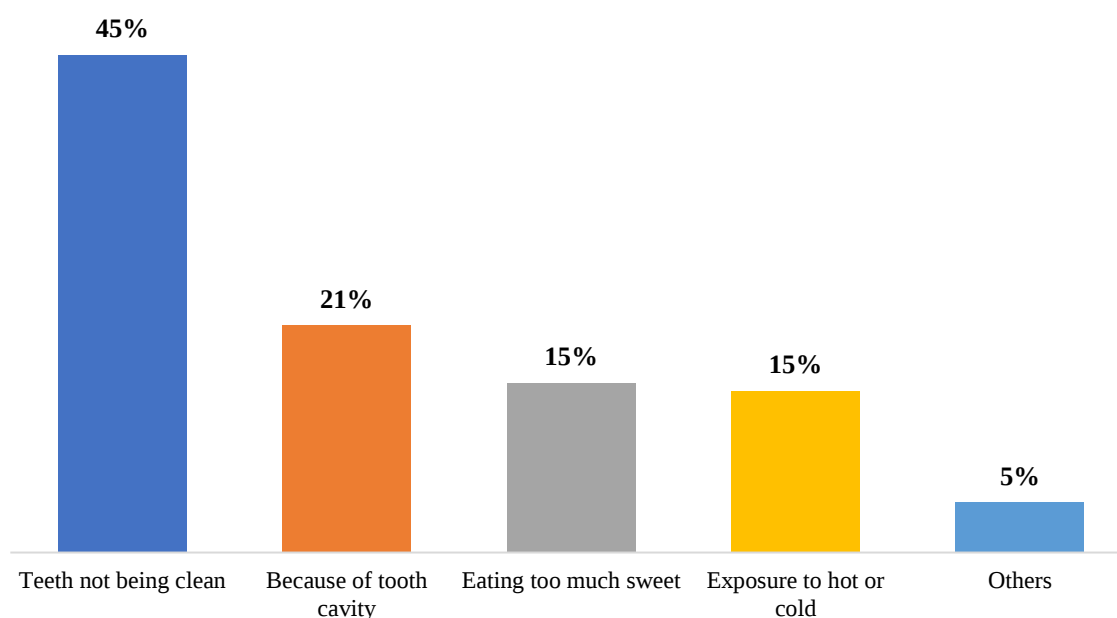
3.3.4. Trend Data

	2006	2008	2022
Chew cloves	12%	11%	12%
Use special toothpaste to brush teeth	16%	14%	23%
Exercise caution with eating food	4%	15%	10%
Go to the doctor	55%	52%	46%
Self-medicate	10%	13%	23%
Nothing	3%	1%	2%
Others	-	0%	9%
Don't Know / No Response	-	1%	-

HEALTH AND DISEASE

DENTAL CARE: TOOTHACHE, PERCEPTIONS OF ITS CAUSE: *45% REPORT THAT UNCLEAN TEETH IS THE CAUSE OF TOOTHACHES*

3.3.5. Question: In your opinion, what is the cause of toothache?



Source: Gallup Pakistan Survey, 2022

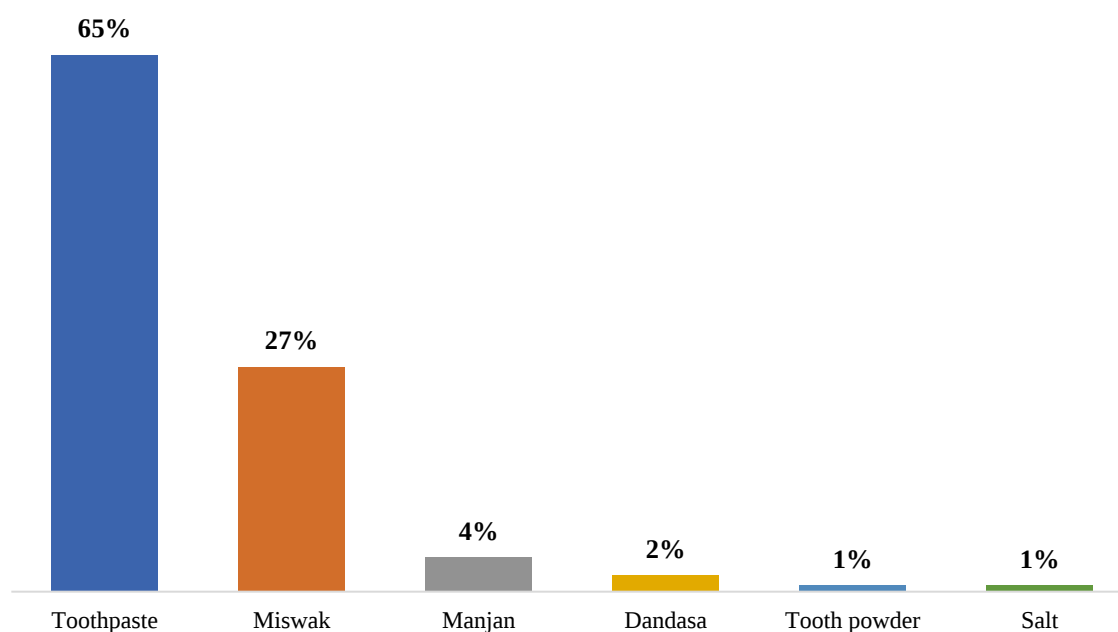
3.3.6. Trend Data

	2006	2008	2022
Teeth not being clean	46%	43%	45%
Exposure to hot or cold	16%	15%	15%
Eating too much sweet	11%	13%	15%
Because of tooth cavity	21%	28%	21%
Others	-	0%	5%
Don't Know / No Response	6%	1%	-

HEALTH AND DISEASE

DENTAL CARE: *HOW DO YOU CLEAN YOUR TEETH? MAJORITY USE TOOTHPASTE FOR CLEANING THEIR TEETH*

3.3.7. Question: What do you use for cleaning your teeth?



Source: Gallup Pakistan Survey, 2022

3.3.8. Trend Data

	1979	2005	2007	2008	2009	2011	2014	2018	2022	Avg. 1979 - 2009	Avg. 2011 - 2022
Miswak	71%	21%	18%	16%	18%	14%	13%	30%	27%	29%	21%
Toothpaste	20%	75%	72%	63%	72%	74%	69%	71%	65%	60%	70%
Manjan	-	2%	6%	15%	9%	12%	7%	15%	4%		
Tooth powder	-	2%	4%	-	-	-	8%	-	1%		
Dandasa	-	-	-	-	-	-	3%	6%	2%		
Salt	-	-	-	-	-	-	1%	4%	1%		
Others	9%	-	-	5%	-	-	-	-	-		
Don't Know / No Response	-	-	-	1%	1%	-	-	1%	-		

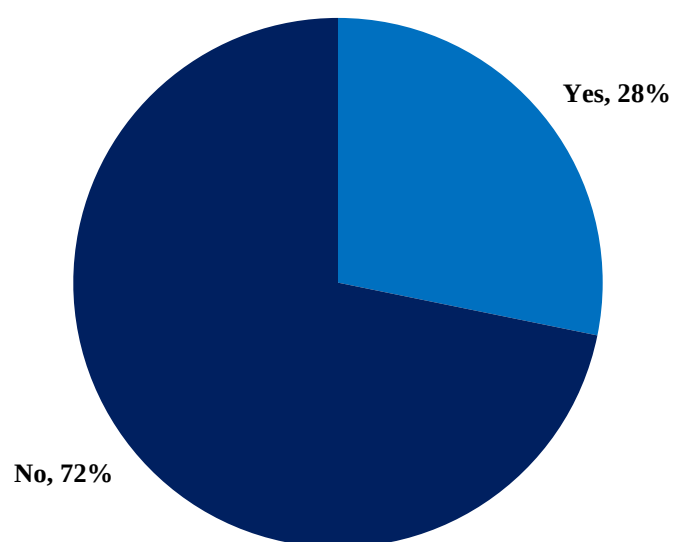
*Only Averages for Miswak and Toothpaste reported

HEALTH AND DISEASE

3.4. EYESIGHT: DO YOU WEAR GLASSES?

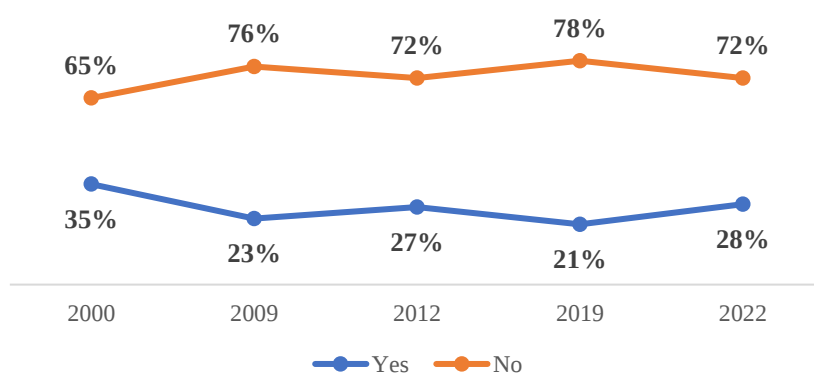
MOST PEOPLE REPORT NOT WEARING SPECTACLES

3.4.1. Question: Do you wear glasses/spectacles?



Source: Gallup Pakistan Survey, 2022

3.4.2. Trend Data

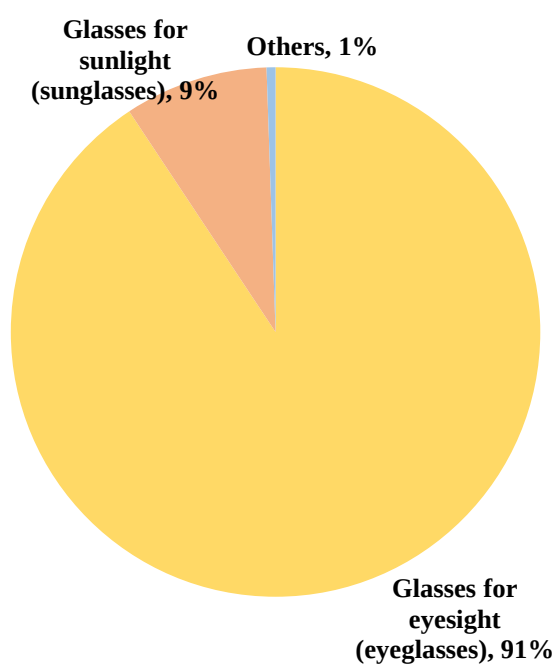


*Figures for Don't Know/No Response Excluded

HEALTH AND DISEASE

EYESIGHT: KIND OF GLASSES DO YOU WEAR? *ALMOST ALL THOSE WHO WEAR GLASSES WEAR THEM FOR EYESIGHT PROBLEMS*

3.4.3. Question: What kind of glasses do you wear?



Source: Gallup Pakistan Survey, 2022

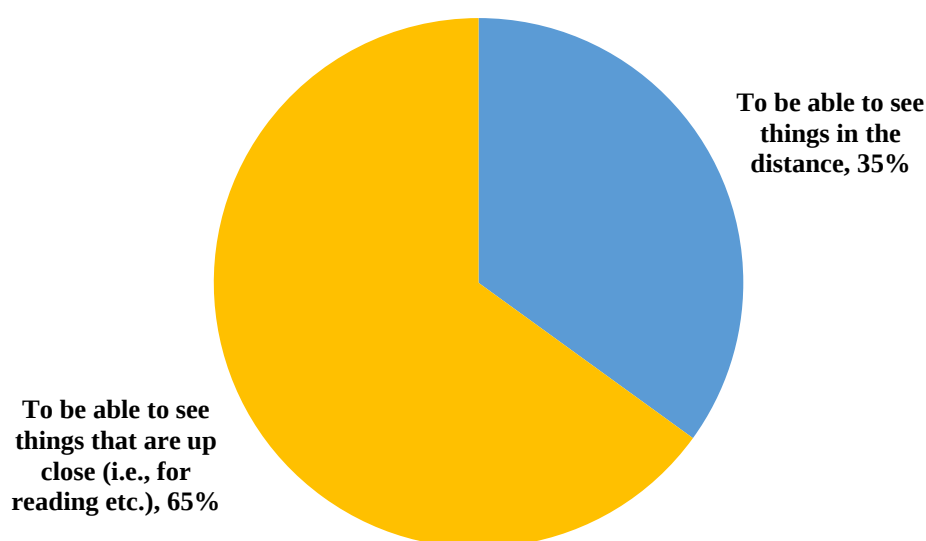
3.4.4. Trend Data

	2000	2009	2012	2019	2022
Glasses for eyesight (eyeglasses)	30%	69%	60%	57%	91%
Glasses for sunlight (sunglasses)	70%	25%	37%	43%	9%
Others	-	-	-	-	1%
Don't Know / No Response	-	6%	3%	-	-

HEALTH AND DISEASE

EYESIGHT: MYOPIA OR HYPERMETROPIA? ***MOST REPORTED WEARING GLASSES TO BE ABLE TO SEE THINGS UP CLOSE***

3.4.5. Question: *If you wear Glasses for weak Eyesight is it for Near Vision or Distant Vision?*



Source: Gallup Pakistan Survey, 2022

3.4.6. Trend Data

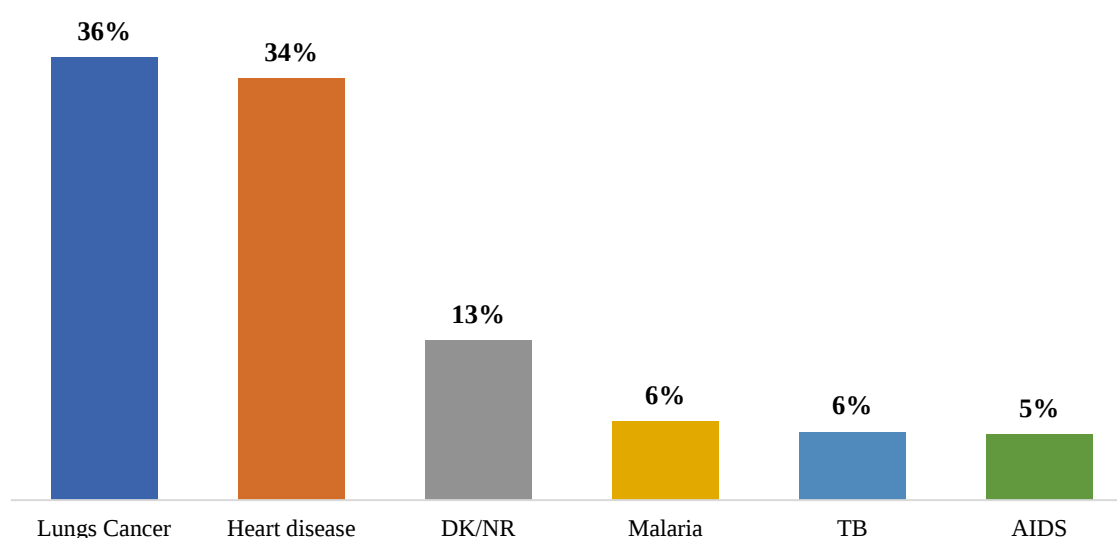
	2000	2009	2012	2019	2022
To be able to see things in the distance	26%	38%	37%	42%	35%
To be able to see things that are up close (i.e., for reading etc.)	59%	61%	44%	58%	65%
Both	12%	-	-	-	-
Don't Know / No Response	3%	1%	19%	-	-

HEALTH AND DISEASE

3.5. WHICH IS THE GREATEST PROBLEM?

TOP TWO DISEASES IDENTIFIED BY RESPONDENTS AS THOSE WHICH REQUIRE THE GREATEST FOCUS BY THE GOVERNMENT OF PAKISTAN ARE LUNG CANCER AND HEART DISEASE

3.5.1. Question: I will name a few diseases which are among the greatest killers of humanity, worldwide. Out of these diseases, please pick one disease which deserves the greatest focus of Government of Pakistan in terms of efforts for disease prevention and treatment?



Source: Gallup Pakistan Survey, 2022

3.5.2. Trend Data

	2009	2022
Heart disease	36%	34%
Lungs Cancer	30%	36%
TB	14%	6%
Malaria	8%	6%
AIDS	11%	5%
Don't Know / No Response	1%	13%

PART II: HEALTH AND DISEASE

D: PREVENTIVE MEDICINE



D. PREVENTIVE MEDICINE

Immunization

Prevention is better than cure. Pakistan has an immunization program for protection against the preventable diseases of childhood along with the vaccination against hepatitis B virus. This is commonly referred to as the Expanded Program on Immunization (EPI). The following chapter gives an insight into the perceptions of the common Pakistani about these preventive strategies.

Demand for Vaccination

Most people **(94%)** consider that it is a very important duty of the parents to get their children vaccinated to prevent onset of diseases like Childhood Tuberculosis, Poliomyelitis, Diphtheria, Pertussis, Measles and Tetanus (*Figure 4.1.1*). **(90%)** people said that they have had their children immunized against diseases (*Figure 4.1.3*). **(93%)** said they administered the polio vaccine, **(81%)** said measles vaccine, **(69%)** got the DPT and **(66%)** got the BCG injection administered to their child (*Figure 4.1.5*).

Drive against Polio

(81%) people report that they have heard or read about the polio drives and **(86%)** claim that the polio team visited their house (*Figures 4.1.8 and 4.1.9*). Similarly, **(87%)** say they had polio drops administered to their children (*Figure 4.1.11*). However, a significant **(11%)** did not do so during the campaign (*Figure 4.1.11*). When asked for a reason for not getting the vaccination, **(4%)** did not have trust in the vaccine, **(4%)** did not have trust on polio team members and **(4%)** have said it is unnecessary (*Figure 4.1.13*).

About **(55%)** of the people consider the efforts of the government to control polio as adequate, **(24%)** said it is more than necessary but **(10%)** think that they are less than needed to achieve the aim of complete eradication (*Figure 4.1.15*).

Myths and Misconceptions

As with most health drives, a significant aspect of the polio campaign is to dispel myths about the disease. A major misconception was that polio drops causes infertility, a myth that is slowly disappearing. In 2022, more than half **(65%)** of the people negated the allegation that polio drops have some drug that can cause infertility. Only **(18%)** said that they think this statement is correct while **(17%)** had no opinion about it (*Figure 4.1.17 and Trend Data 4.1.18*).

There is another serious misconception that polio drops can protect the child against all other EPI diseases as well. **(89%)** percent say they protect against poliomyelitis, **(51%)** against measles, **(50%)** against tetanus, **(44%)** believe they can protect against diphtheria, and **(46%)** believe that these drops can protect their child against pertussis, all of which are wrong (*Figure 4.1.19*).

Mother Care and Family Size

About **2 in 3 (69%)** Pakistanis think that there should be more than two children in an ideal family and **(24%)** think one or two children to be enough for an ideal family (*Figure 4.2.1*). When we asked people of their opinion about the statements 'there should be less number of children so that they can have good training' or 'the more the children the better it is,' **(64%)** support less children whereas **(27%)** of

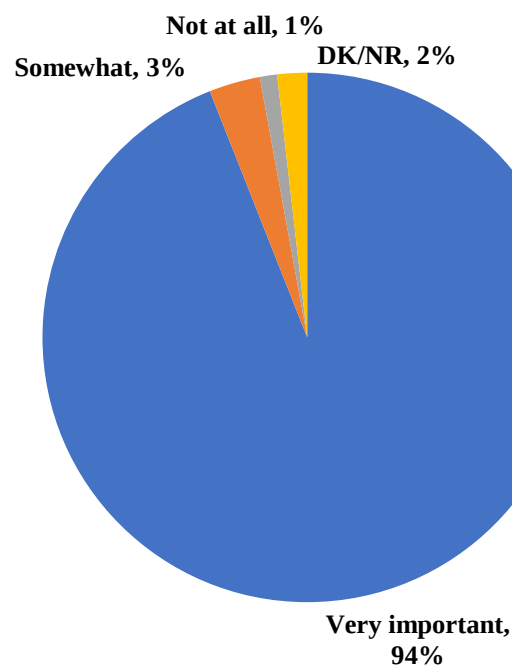
the people are in favor of more children (*Figure 4.2.3*). A large number (**76%**) agree that birth spacing between children by family planning is good for the health of mother and child but (**16%**) oppose this idea (*Figure 4.2.5*). More than half (**61%**) of Pakistanis claim that they have not seen, heard or read any advertisement about family planning in the last month (*Figure 4.3.1*).

HEALTH AND DISEASE

4.1. IMMUNIZATION: IS IT IMPORTANT?

ALMOST EVERYONE THINKS ITS VERY IMPORTANT FOR PARENTS TO GET THEIR CHILDREN IMMUNIZED

4.1.1. Question: How important do you think it for the parents to get their children immunized?



Source: Gallup Pakistan Survey, 2022

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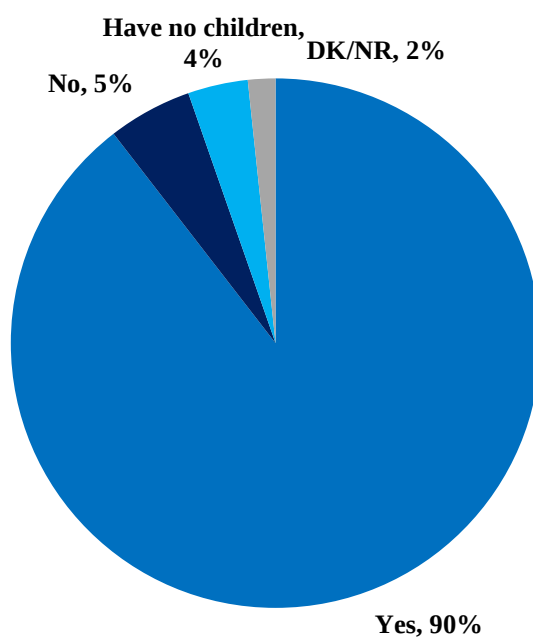
4.1.2. Trend Data

	2001	2022
Very important	82%	94%
Somewhat	16%	3%
Not at all	2%	1%
Don't Know / No Response	-	2%

HEALTH AND DISEASE

IMMUNIZATION: *IS YOUR CHILD PROTECTED? IN 2022, 90% RESPONDED THAT THEY HAD GOT THEIR CHILD IMMUNIZED*

4.1.3. Question: *Did you get your child immunized?*



Source: Gallup Pakistan Survey, 2022

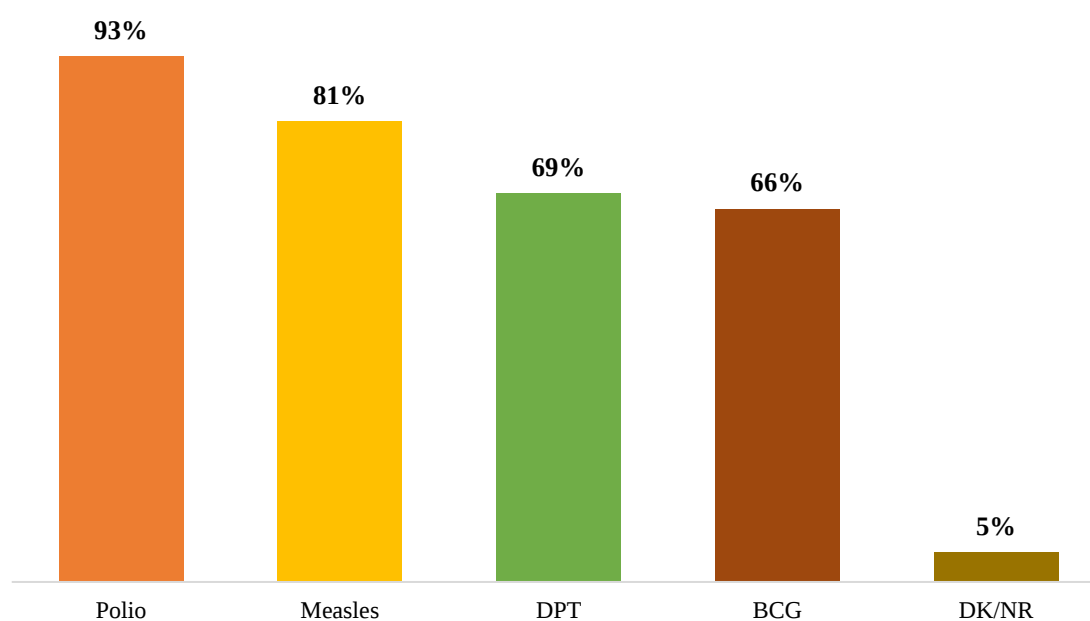
4.1.4. Trend Data

	2001	2022
Yes	88%	90%
No	7%	5%
Have not children	-	4%
Don't Know / No Response	5%	2%

HEALTH AND DISEASE

IMMUNIZATION: IS YOUR CHILD PROTECTED? ***MOST RESPONDENTS SAY THEIR CHILD HAS RECEIVED THE NECESSARY VACCINATIONS IN 2022***

4.1.5. Question: Which Vaccinations were given to your child?



Source: Gallup Pakistan Survey, 2022

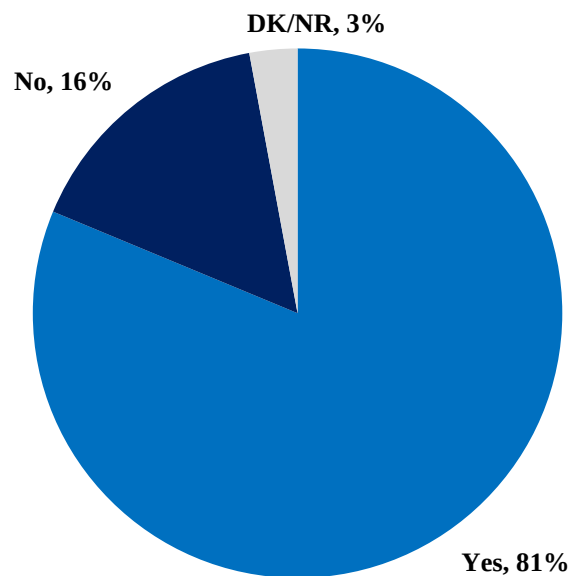
4.1.6. Trend Data

	2001	2022
BCG	71%	66%
Polio	91%	93%
DPT	74%	69%
Measles	77%	81%
Don't Know / No Response	-	5%

HEALTH AND DISEASE

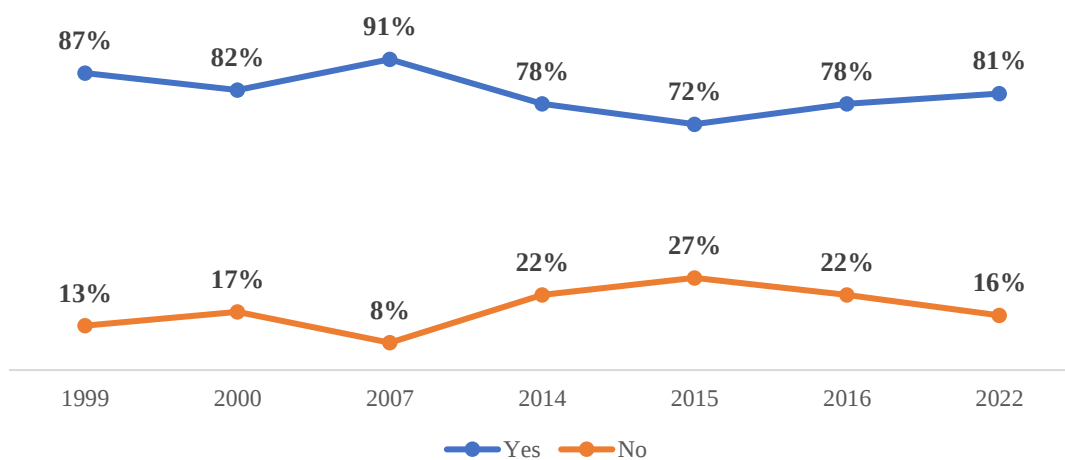
IMMUNIZATION: AWARE OF POLIO CAMPAIGN? *4 IN 5 HAVE HEARD OR READ OF THE POLIO CAMPAIGN*

4.1.7. Question: Have you heard or read of Polio campaign?



Source: Gallup Pakistan Survey, 2022

4.1.8. Trend Data

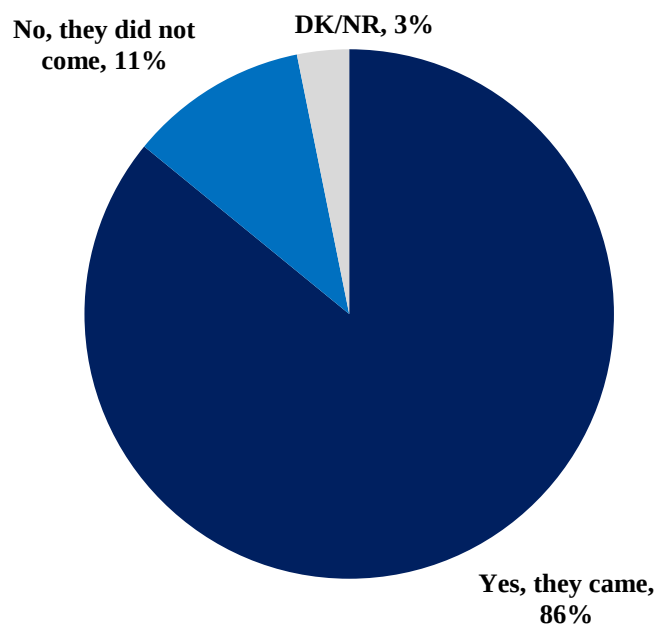


*Figures for Don't Know/No Response Excluded

HEALTH AND DISEASE

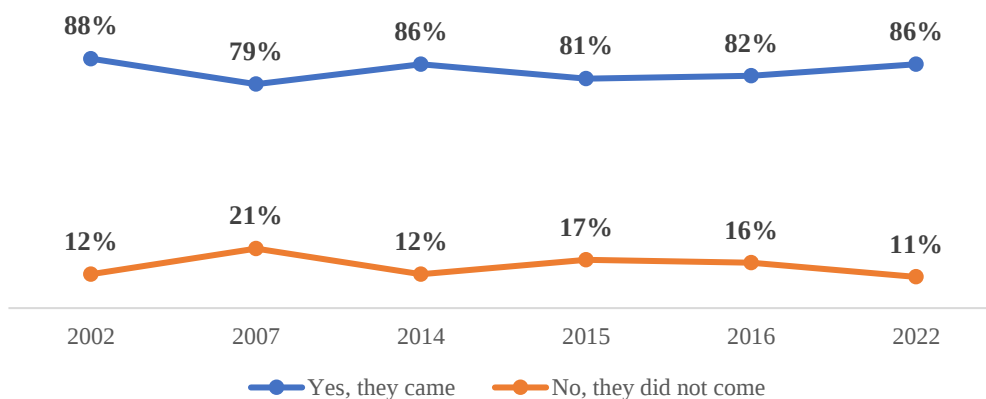
IMMUNIZATION: DID THE POLIO TEAM VISIT? *6 IN 7 SAY THAT THE POLIO TEAM CAME TO THEIR HOME DURING THE LAST POLIO CAMPAIGN*

4.1.9. Question: *Did the Polio Team come to your home during the last Polio Campaign?*



Source: Gallup Pakistan Survey, 2022

4.1.10. Trend Data

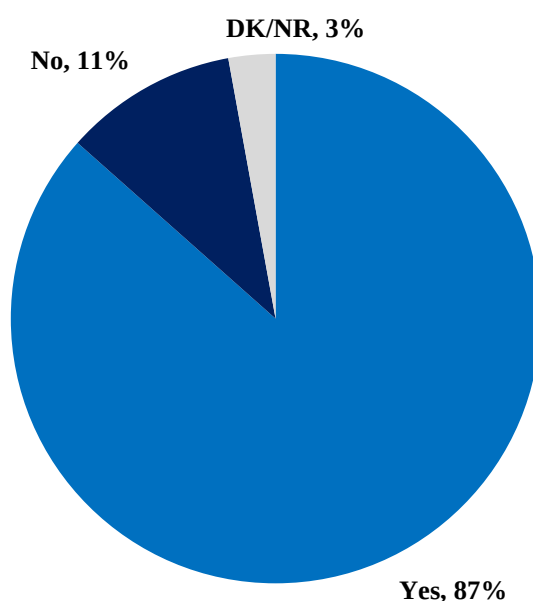


*Figures for Don't Know/No Response Excluded

HEALTH AND DISEASE

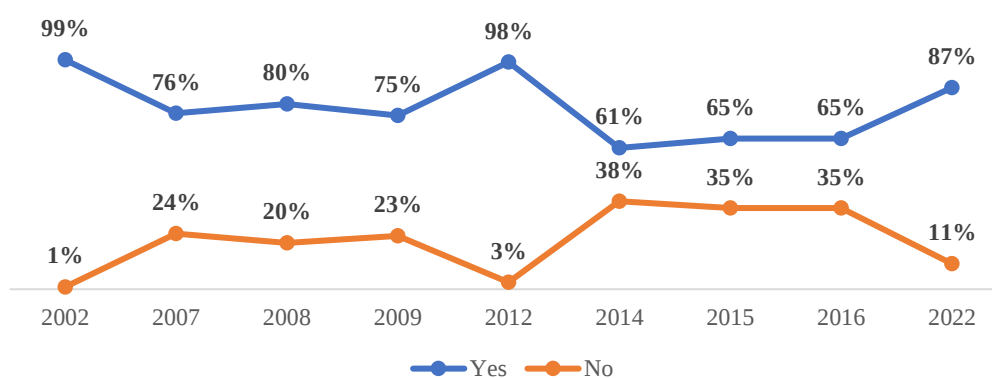
IMMUNIZATION: DID YOU GET YOUR CHILD POLIO DROPS? 87% SAY THAT THEY GOT THEIR CHILD IMMUNIZED DURING THE LAST CAMPAIGN – BETWEEN 2014 – 2016, THE IMMUNIZATION RATE DROPPED TO LOWER PERCENTAGE LEVELS

4.1.11. Question: *If the Polio Team visited your house during the last campaign, did you get your child immunized?*



Source: Gallup Pakistan Survey, 2022

4.1.12. Trend Data

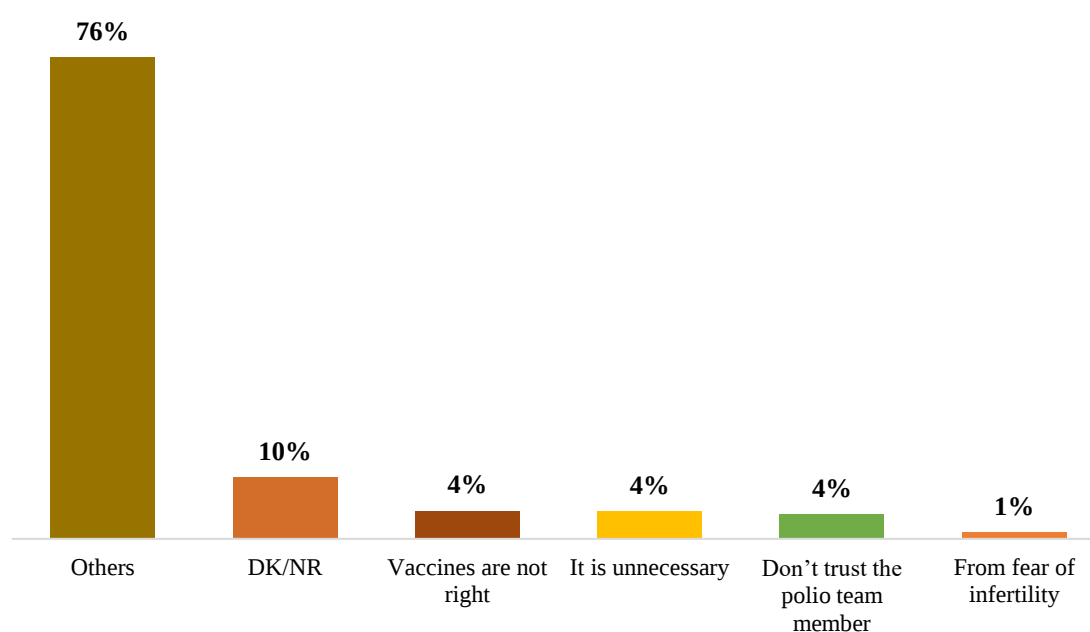


*Figures for Don't Know/No Response Excluded

HEALTH AND DISEASE

IMMUNIZATION: WHY DID YOU REFUSE POLIO TEAM? *MANY REPORTED OTHER REASONS AS TO WHY THEY REFUSED THE POLIO DROPS WHEN THE TEAM VISITED*

4.1.13. Question: *If the Polio team visited your house but you did not get Polio drops administered, what was the Reason?*



Source: Gallup Pakistan Survey, 2022

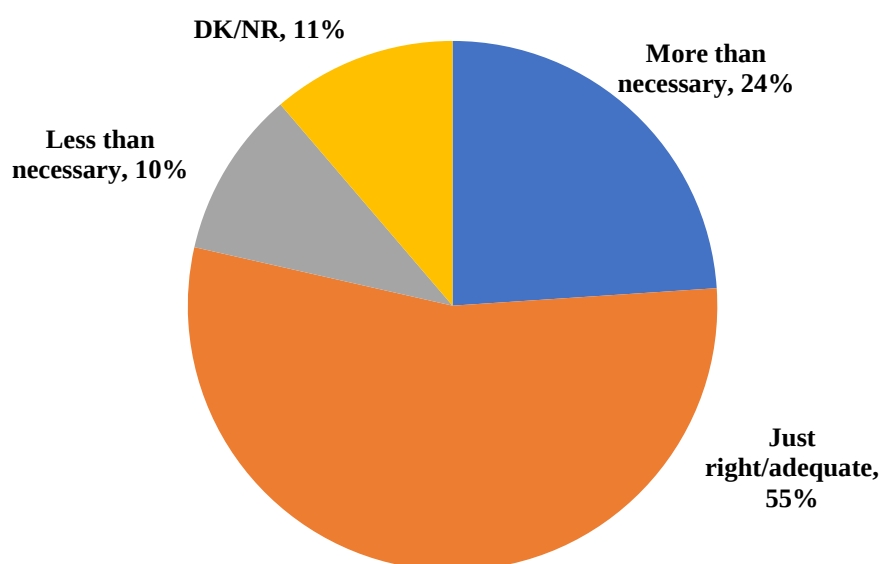
4.1.14. Trend Data

	2002	2008	2009	2012	2014	2015	2016	2022
Child was unavailable	43%	40%	42%	65%	60%	58%	58%	-
Child was unwell	25%	6%	4%	7%	1%	7%	8%	-
From fear of infertility	-	-	-	-	-	-	-	1%
It is unnecessary	-	-	-	-	-	-	-	4%
Don't trust the polio team member	-	1%	1%	3%	1%	6%	2%	4%
Vaccines are not right	2%	3%	4%	2%	3%	10%	6%	4%
Fed up from giving children polio drops	-	3%	1%	2%	3%	-	-	-
No Child	-	-	-	-	15%	14%	19%	-
Others	15%	-	-	-	3%	-	-	76%
Don't Know / No Response	-	-	-	-	-	-	-	10%

HEALTH AND DISEASE

IMMUNIZATION: PERCEPTIONS ABOUT GOVERNMENT'S EFFORTS? *JUST OVER 50% FEEL THAT EFFORTS OF THE GOVERNMENT TO ERADICATE POLIO ARE ADEQUATE*

4.1.15. Question: Do you think that the efforts of the Government to eradicate Polio are according to the required need?



Source: Gallup Pakistan Survey, 2022

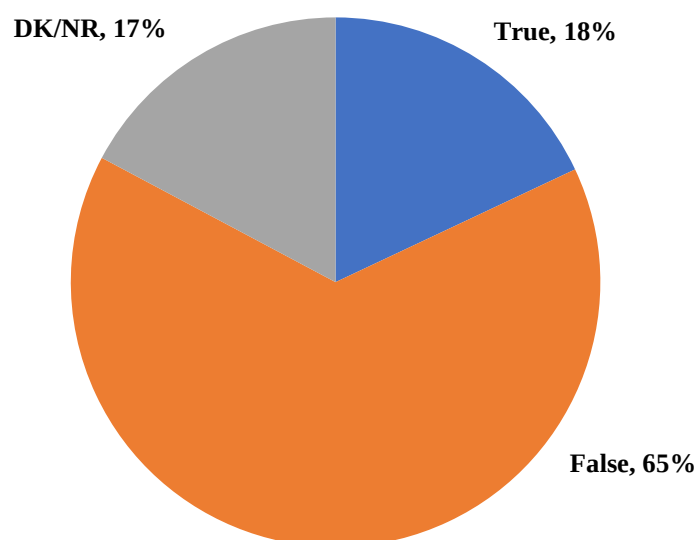
4.1.16. Trend Data

	2003	2022
More than necessary	3%	24%
Just right/adequate	77%	55%
Less than necessary	20%	10%
Don't Know / No Response	-	11%

HEALTH AND DISEASE

IMMUNIZATION: MYTHS AND MISCONCEPTIONS: **18% BELIEVE THAT POLIO VACCINATION CAN CAUSE INFERTILITY**

4.1.17. Question: *Do you think that Polio vaccine has some drug that can cause infertility?*



Source: Gallup Pakistan Survey, 2022

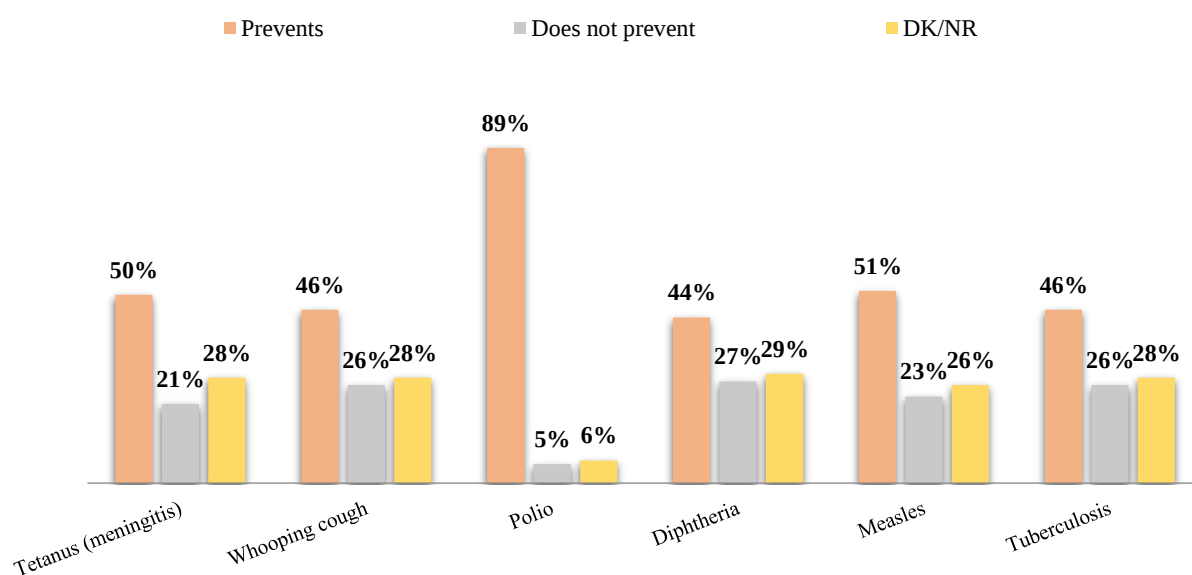
4.1.18. Trend Data

	2007	2022
True	14%	18%
False	58%	65%
Don't Know / No Response	28%	17%

HEALTH AND DISEASE

IMMUNIZATION: MYTHS AND MISCONCEPTIONS: *AT LEAST 50% BELIEVE THAT THE POLIO VACCINE CAN PROTECT CHILDREN AGAINST MEASLES, TETANUS, WHOOPING COUGH AND TUBERCULOSIS*

4.1.19. Question: In your opinion Polio vaccine can protect your child against which of the following diseases?



Source: Gallup Pakistan Survey, 2022

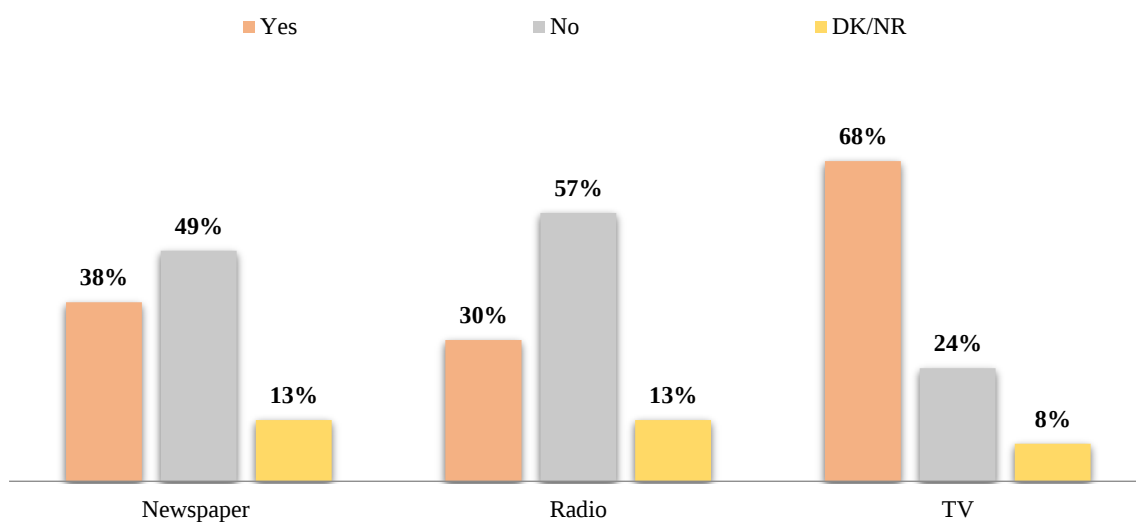
4.1.20. Trend Data

	2008			2009			2012			2022		
	Prevents	Does not prevent	DK/NR	Prevents	Does not prevent	DK/NR	Prevents	Does not prevent	DK/NR	Prevents	Does not prevent	DK/NR
Tetanus (meningitis)	38%	58%	4%	56%	41%	3%	55%	39%	6%	50%	21%	28%
Whooping cough	40%	55%	5%	48%	47%	5%	52%	37%	11%	46%	26%	28%
Polio	97%	2%	1%	89%	8%	3%	93%	4%	4%	89%	5%	6%
Diphtheria	44%	51%	5%	48%	47%	5%	50%	38%	12%	44%	27%	29%
Measles	38%	58%	4%	48%	48%	4%	53%	35%	12%	51%	23%	26%
Tuberculosis	36%	60%	4%	45%	51%	4%	50%	38%	13%	46%	26%	28%

HEALTH AND DISEASE

IMMUNIZATION: MEDIA COVERAGE? ***MOST HAVE WATCHED THE TWO DROPS OF POLIO ADVERTISEMENT ON TV***

4.1.21. Question: Have you heard /seen / read about “Two Drops of Polio for every child every time”, on radio / TV / Newspaper?



Source: Gallup Pakistan Survey, 2022

4.1.22. Trend Data

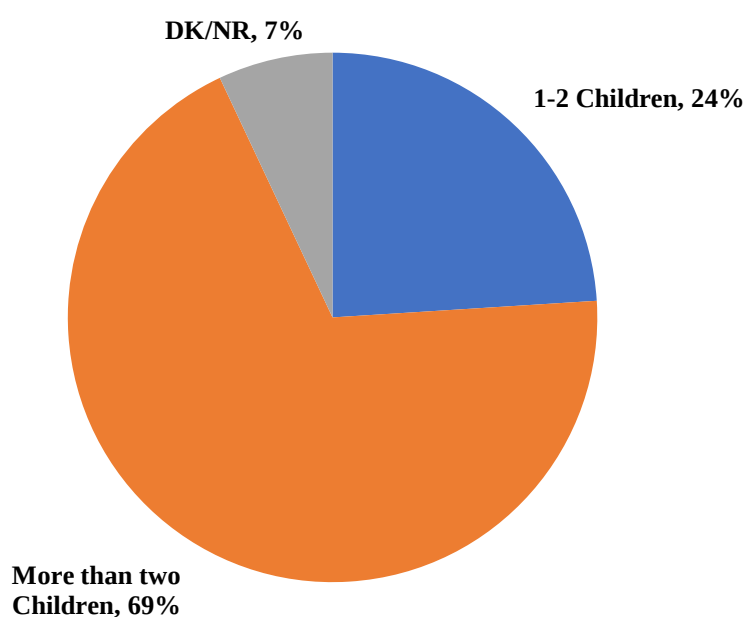
	2008			2009			2012			2022		
	Yes	No	DK/NR	Yes	No	DK/NR	Yes	No	DK/NR	Yes	No	DK/NR
Newspaper	59%	39%	2%	55%	40%	5%	55%	43%	2%	38%	49%	13%
Radio	38%	59%	2%	35%	60%	5%	47%	52%	2%	30%	57%	13%
TV	80%	19%	1%	85%	14%	2%	76%	23%	1%	68%	24%	8%

HEALTH AND DISEASE

4.2. MOTHER'S HEALTH: IDEAL FAMILY SIZE?

MAJORITY BELIEVE THAT THERE SHOULD BE MORE THAN 2 CHILDREN IN AN IDEAL FAMILY

4.2.1. Question: *In your opinion, what should be the number of children in an ideal family?*



Source: Gallup Pakistan Survey, 2022

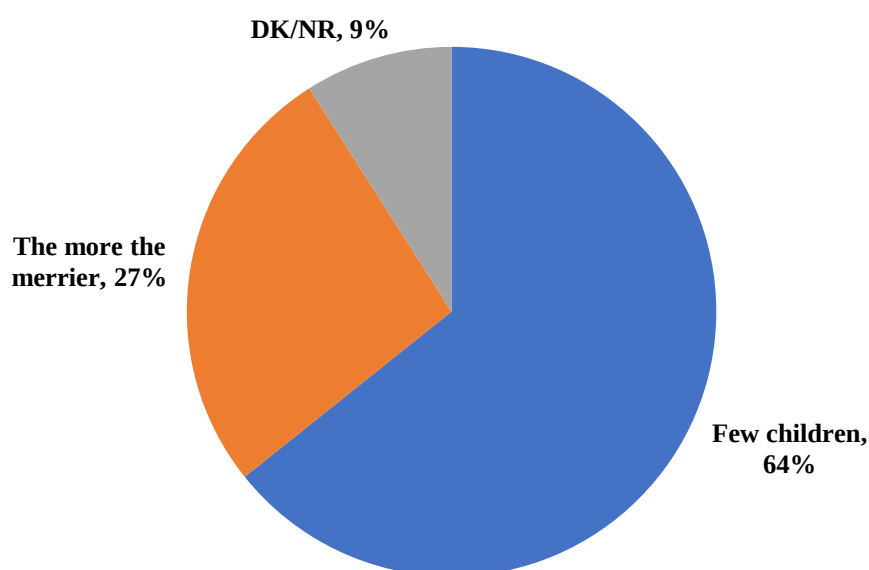
4.2.2. Trend Data

	2001	2022
1-2 Children	25%	24%
More than two Children	66%	69%
Don't Know / No Response	9%	7%

HEALTH AND DISEASE

MOTHER'S HEALTH: SMALL FAMILY VS LARGE FAMILY: *MOST PEOPLE BELIEVE THAT THERE SHOULD BE LESS NUMBER OF CHILDREN IN THE FAMILY TO HAVE BETTER TRAINING*

4.2.3. Question: Some people say that “there should be less number of children so that they can have good training”; others say “the more the children the better it is”. What is your opinion?



Source: Gallup Pakistan Survey, 2022

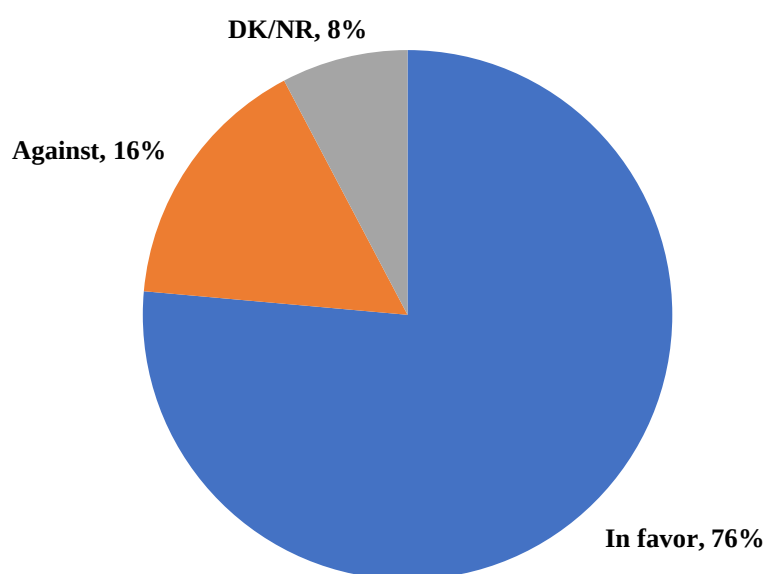
4.2.4. Trend Data

	2000	2009	2012	2017	2022
Few children	72%	72%	73%	69%	64%
The more the merrier	25%	28%	24%	31%	27%
Don't Know / No Response	3%	0%	3%	-	9%

HEALTH AND DISEASE

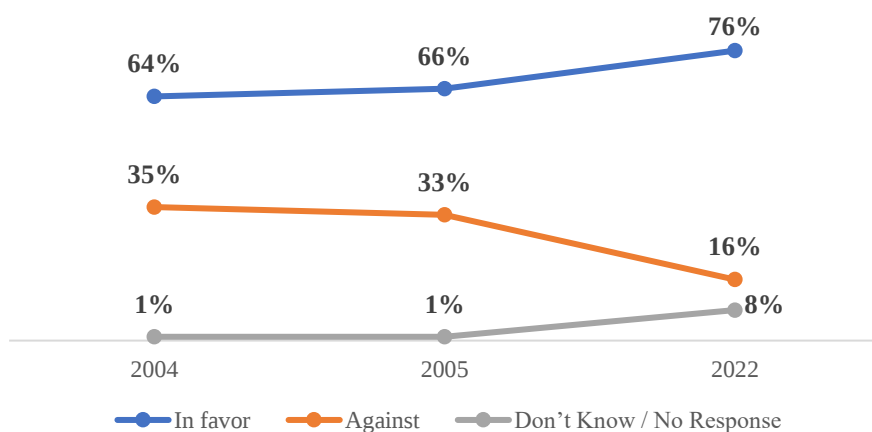
MOTHER'S HEALTH: IS FAMILY PLANNING BENEFICIAL? *MOST PEOPLE AGREE THAT SPACING BETWEEN CHILDREN IS GOOD FOR THE HEALTH OF THE MOTHER AND CHILD*

4.2.5. Question: *Some people say that “spacing between children by Family planning is good for health of mother and child”, others oppose it. Do you favor or oppose the above statement?*



Source: Gallup Pakistan Survey, 2022

4.2.6. Trend Data

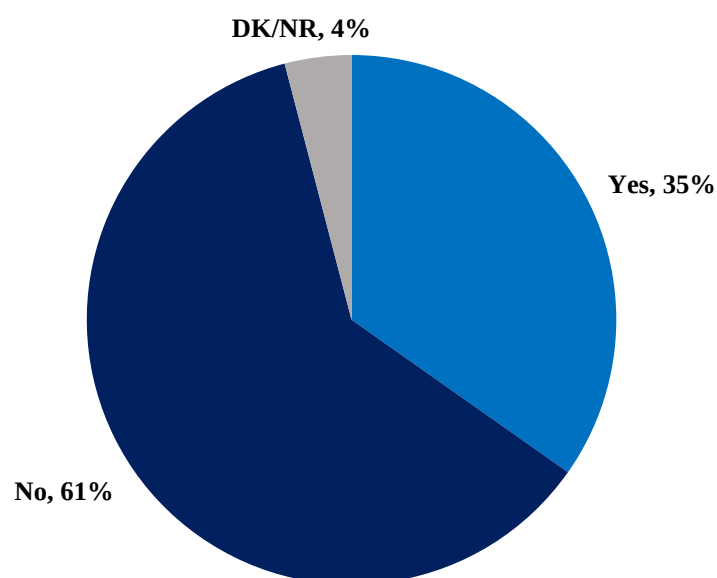


HEALTH AND DISEASE

4.3. FAMILY PLANNING: MEDIA COVERAGE?

MAJORITY HAVE NOT HEARD ANY AD ABOUT FAMILY PLANNING IN THE LAST MONTH

4.3.1. Question: *Have you read/heard any Ad about family planning in the last month?*



Source: Gallup Pakistan Survey, 2022

4.3.2. Trend Data

	2000	2005	2022
Yes	63%	67%	35%
No	36%	33%	61%
Don't Know / No Response	1%	-	4%

METHODOLOGY

The results presented in this Book are from multiple *nationwide household surveys* carried out by Gallup Pakistan over the last four decades.

- **SAMPLE PROFILE**

The respondents in these surveys range from 1000-2500 men and women aged 18 and above, spread across the rural and urban areas of the four provinces of the country. They represent different age groups, education statuses and socio-economic profiles.

- **INTERVIEWING MODE**

Face to face or Telephonic interviews.

- **SAMPLING METHODOLOGY**

Multi-stage random area probability sampling.

- **SAMPLING ERROR**

The error margin is estimated to be $\pm 2-3\%$ at 95% Confidence level.

- **WEIGHTING**

The data have been weighted to correspond with the census distribution of the population for the rural and urban areas of all four provinces.

- **SURVEY DATES**

The respective year in which these surveys were carried out has been mentioned at the bottom of all charts and tables.

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