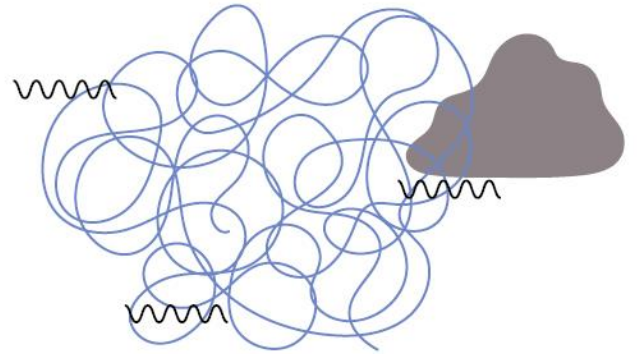


GALLUP PAKISTAN HEALTH
CYBER LETTER 9

HEALTH AND STRESS IN PAKISTAN



EDITOR'S NOTE

A New York Times op-ed in 2022 discussed the potential negative effects on the human body due to stress. Stress symptoms range from having fatigue, headaches and insomnia to anxiety and depression. Research suggests that the wear and tear on the body because of different stressors can interfere with the neurological and hormonal system that regulates sleep as well.

With multiple stimuli from today's social, cultural, and physical environments, how does one possibly de-stress? In this version of our Health CyberLetter, we explore the topic of Health and Stress in the context of Pakistan. Our most recent data indicates that a quarter of Pakistanis **(24%)** often experienced headaches, while **(42%)** reported experiencing them sometimes, **(41%)** reported having experienced backaches frequently. Pakistanis also identified symptoms of anxiety of which "Fatigue" seemed to be the most common experience, with almost half **(47%)** often or sometimes experiencing it.

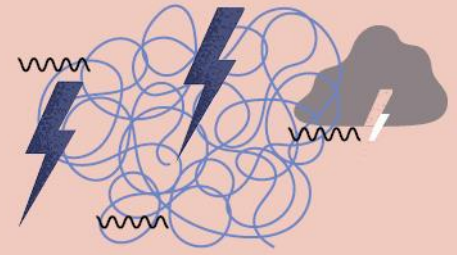
Pakistan's current economic and political landscape is also a particularly challenging one for the average Pakistani. In these uncertain times with mounting economic pressures, it's only fair to assume that stress levels could increase and in a country in which mental health challenges have been particularly difficult to address, the mental health epidemic, especially post COVID-19 could potentially have negative consequences in future.

Not only is it important that Pakistan has a strategy to enhance access to qualified mental health professionals, but it is equally imperative that we collectively create environments that can help reduce stress, now and in future.

Mishalle A. Kayani

GALLUP PAKISTAN HEALTH CYBER LETTER 9

HEALTH AND STRESS IN PAKISTAN



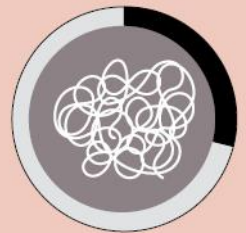
While **(22%)** Pakistanis said that they worried a lot about their lives, **(76%)** said they take life as it comes. Half **(51%)** reported being very happy with their lives. This has increased by more than **20%** since 2008.

Among the **(24%)** who suffered from headaches, **(17%)** experienced them daily, which has risen from **(6%)** in 2009. More than a quarter **(28%)** reported headaches once or twice a week.



More than half **(52%)** attributed exhaustion or too much work as the cause of their backaches, while over a quarter **(31%)** thought it was because of bodily weakness.

Nearly one third **(29%)** of Pakistanis said that they tend to forget the daily things. Among them, the primary cause of forgetting is reported to be mental stress **(38%)** or work overload **(25%)**, while **(24%)** simply consider it a habit.



Fatigue seemed to be the most common symptom of anxiety experienced, with almost half **(47%)** often or sometimes experiencing it, followed by palpitations at rest **(44%)**.

Majority of Pakistanis **(63%)** considered themselves to be somewhat or very emotional. However, only **(24%)** thought that they based their decisions on emotions.



INTRODUCTION

Mental health in Pakistan is a critical and pressing issue, with a substantial impact on the well-being of its population. According to the World Health Organization (WHO), mental disorders in Pakistan account for more than 4% of the total disease burden, with the mental health burden higher among women. It estimates that 24 million Pakistanis are in need of psychiatric assistance¹. However, with there being only 0.19 psychiatrists per 100,000 of the population, resources remain scarce and awareness low.

Mental health irregularities like stress and anxiety can also impact physical health in significant ways. Signs like insomnia, physical exhaustion, changes in eating habits, headaches and stomachaches are the body's ways of informing that something is not right². Taking them as indications of a developing or existing problem, rather than dismissing them, can help timely identify and treat more serious mental and physical health concerns.

HEADACHE

Our most recent data indicates that a quarter of Pakistanis **(24%)** often experienced headaches, while **(42%)** reported experiencing them sometimes (*Figure 1.1*). Among those who suffered from headaches, **(17%)** experienced them daily, which has risen from **(6%)** in 2009 (*Trend Data 1.4*). More than a quarter **(28%)** reported headaches once or twice a week (*Figure 1.3*).

While the medical causes of headaches may vary, more than half **(55%)** thought their headaches were caused by stress, while **(11%)** considered their headache a disease (*Figure 1.5*). Stress as a reported cause of headache has increased by **(16%)** since 2001 (*Trend Data 1.6*). Taking medicine remained the most prevalent form of treatment for headaches **(35%)**. However, the percentage of those who report not doing anything for their headache has increased from **(5%)** in 2001 to **(19%)** in 2022 (*Figure 1.7 and Trend Data 1.8*).

BACKACHE

(41%) reported having experienced backache (*Figure 1.9*). Among them a quarter experienced it daily **(26%)** in 2022, increasing from **(7%)** in 2001 (*Figure 1.11 and Trend Data 1.12*). More than half **(52%)** attributed exhaustion or too much work as the cause of their backaches, while over a quarter **(31%)** thought it was because of bodily weakness (*Figure 1.13*).

Half **(51%)** reported their backaches got better on their own (*Figure 1.15*). On the other hand, the proportion of people getting treatment for backaches has **more than halved over the years**, from **(43%)** in 2001 to **(21%)** in 2022 (*Trend Data 1.16*).

MEMORY LOSS

Nearly one third **(29%)** of Pakistanis said that they tend to forget daily things (*Figure 1.17*). Among them, the primary cause of forgetting is reported to be mental stress **(38%)** or work overload **(25%)**, while **(24%)** simply consider it a habit (*Figure 1.21*).

ANXIETY

¹ <https://www.emro.who.int/pak/pakistan-news/who-pakistan-celebrates-world-mental-health-day.html>

² <https://www.nytimes.com/2022/03/08/learning/how-does-your-body-react-to-stress.html>

Symptoms of anxiety include disturbed sleep, restlessness, breathing difficulty, palpitations among others. Sometimes it can manifest through physical symptoms too, such as fatigue without exertion, aches and pains, and excessive heartburn. Fatigue seemed to be the most common experience, with almost half **(47%)** often or sometimes experiencing it, followed by palpitations at rest **(44%)** (*Figure 1.23*).

More than a quarter **(26%)** of the respondents in 2022 reported having nightmares, decreasing from **(40%)** in 1998 (*Trend Data 1.26*).

OUTLOOK TO LIFE

While **(22%)** Pakistanis said that they worried a lot about their lives, **(76%)** said they take life as it comes (*Figure 1.31*). Half **(51%)** reported being very happy with their lives (*Figure 1.33*). This has increased by more than **(20%)** since 2008, when only **(28%)** had these sentiments (*Trend Data 1.34*).

MENTAL HEALTH

Majority of Pakistanis **(63%)** considered themselves to be somewhat or very emotional (*Figure 1.36*). However, only **(24%)** thought that they based their decisions on emotions (*Figure 1.37*).

More than half **(57%)** claimed that they got angry very or somewhat quickly. This has not changed much since 2009, where **(55%)** said so (*Trend Data 1.40*).

Almost three quarters **(71%)** considered their attitude towards their family to be friendly, which increased from **(49%)** in 2009. Those who thought they were dominating or fearsome to their family members decreased from **(20%)** in 2009 to **(9%)** in 2022 (*Trend Data 1.42*).

Majority of the respondents **(77%)** felt calm while at home, while **(70%)** reported being mostly happy (*Figure 1.43*).

DISCUSSION

Mental health and its indicators go hand in hand with an individual's environment. According to the World Health Organization (WHO), "Exposure to unfavorable social, economic, geopolitical and environmental circumstances – including poverty, violence, inequality and environmental deprivation – also increases people's risk of experiencing mental health conditions"³. The unstable and uncertain economic, political and social conditions that have prevailed over the years in Pakistan, along with the lack of awareness about symptoms of mental disorders, have left a large segment of the population undiagnosed. The two years of the Covid pandemic have also not done much good to the mental health of Pakistanis, especially affecting students, young professionals and those in the lower income groups.

Symptoms of existing or developing disorders can vary. Persistent physical manifestations like headaches, backaches and lethargy could be indicative of possible mental stressors which, if left unchecked, could potentially lead to development of psychological illnesses.

To combat these concerns, Pakistan's Ministry of Planning Development and Special Initiatives launched the Mental Health and Psychosocial Support (MHPSS) model in 2022, which meant to "successfully engage the community, build the capacity of mental health

³https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response/?gclid=Cj0KCQjwy4KqBhD0ARIsAEbCt6i9bLHMvpEUPplmVpCw2p8z4h4B-SQnx4Uj9Ypj_kSF9XZ25SiFFukaAorJEALw_wcB

professionals and develop inter-sectoral collaboration.”⁴ It aimed to train primary care staff and counsellors to provide treatment for more common mental disorders, referring those at higher risk to specialists. The British Asian Trust also collaborated with celebrities to raise awareness about the problem and launched programs to work with primary care services, school teachers and out-of-school children from vulnerable communities⁵.

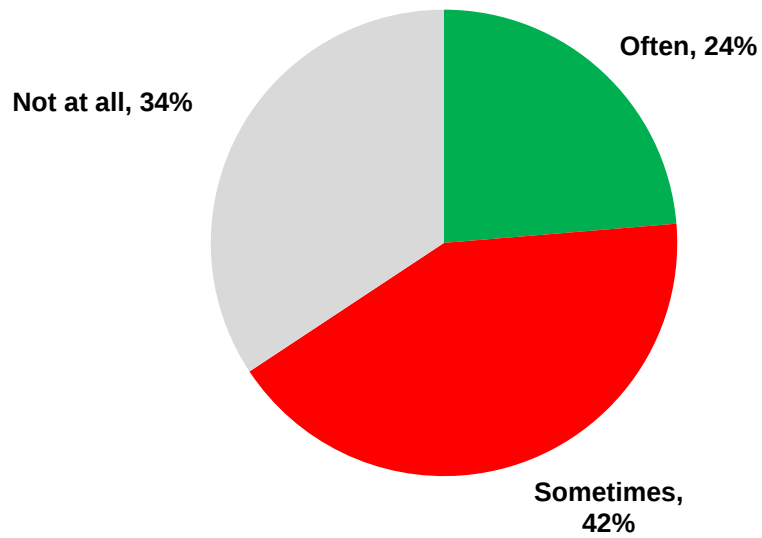
While the past decade has seen a rise in mental health awareness campaigns across social and digital media, the resources for getting treatment still remain inaccessible to many. Other than a handful of organizations providing free consultations, the costs of therapy and more serious psychiatric treatments continue to be unaffordable for the lower- and middle-income groups, owing to the limited number of professionals available and the increasing rates of inflation in the country. In order to increase detection and treatment of mental disorders in Pakistan, it is imperative to provide equitable resources and opportunities across geographical and income distinctions. Corporations, government organizations and international actors can all contribute to not only breaking the stigma associated with asking for help, but can incentivize mental health professionals to stay and practice in the country. Possible steps could be scholarships in medical institutions offered to those pursuing psychiatry or psychology, introduction of mandatory training for teachers in primary and secondary schools, and the presence of certified counsellors in higher education institutes and workplaces.

⁴ https://www.pc.gov.pk/web/press/get_press/819

⁵ <https://www.britishasiantrust.org/our-work/mental-health/mental-health-in-pakistan/>

HEADACHE

1.1. Question: Do you ever have headache?

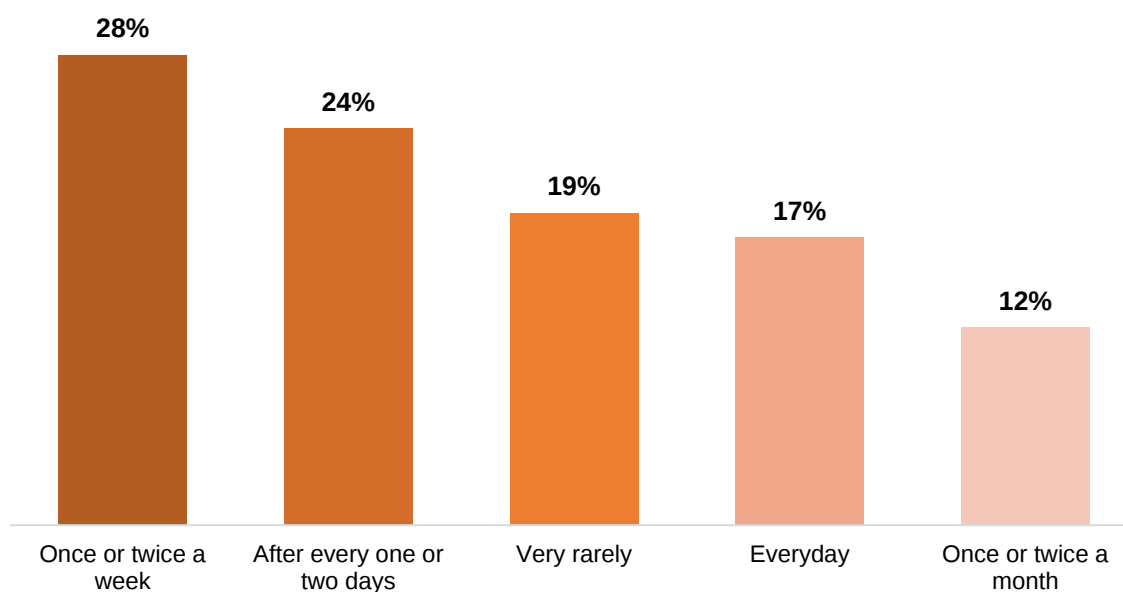


Source: Gallup Survey, 2022

1.2. Trend Data

	1998	2000	2001	2004	2009	2011	2022
Often	31%	14%	9%	17%	14%	16%	24%
Sometimes	50%	53%	59%	61%	52%	60%	42%
Not at all	31%	33%	32%	22%	34%	25%	34%
Don't Know / No Response	-	1%	-	-	-	-	-

1.3. Question: How often do you experience headache?

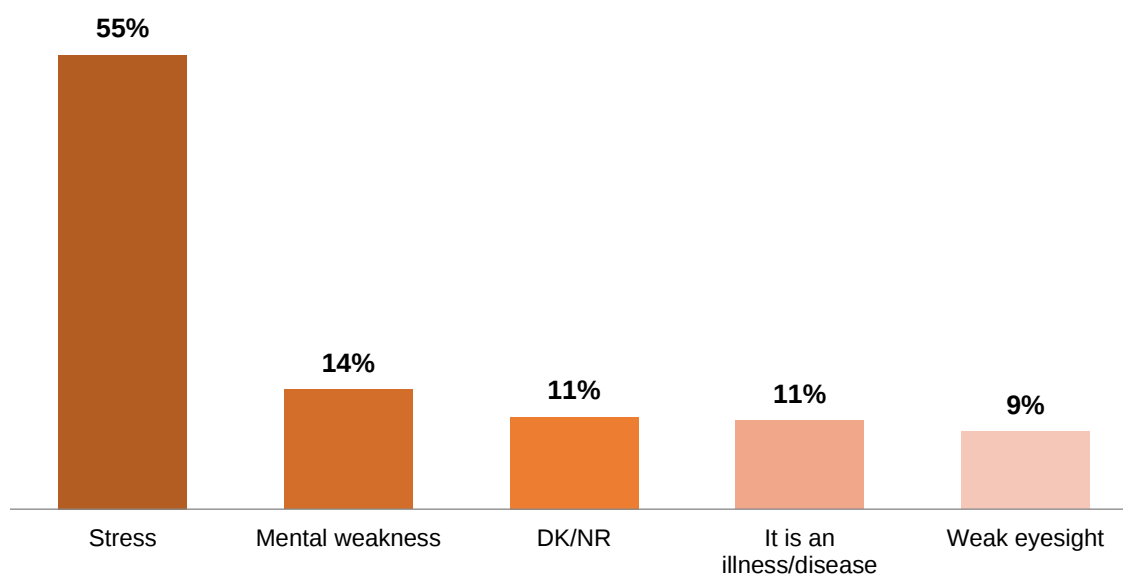


Source: Gallup Survey, 2022

1.4. Trend Data

	2001	2004	2009	2011	2022
Everyday	5%	13%	6%	5%	17%
After every one or two days			18%	15%	24%
Once or twice a week	24%	29%	27%	36%	28%
Once or twice a month	32%	36%	28%	28%	12%
Very rarely	38%	22%	21%	16%	19%
Don't Know / No Response	1%	-	1%	-	-

1.5. Question: What do you think is the cause of headache?

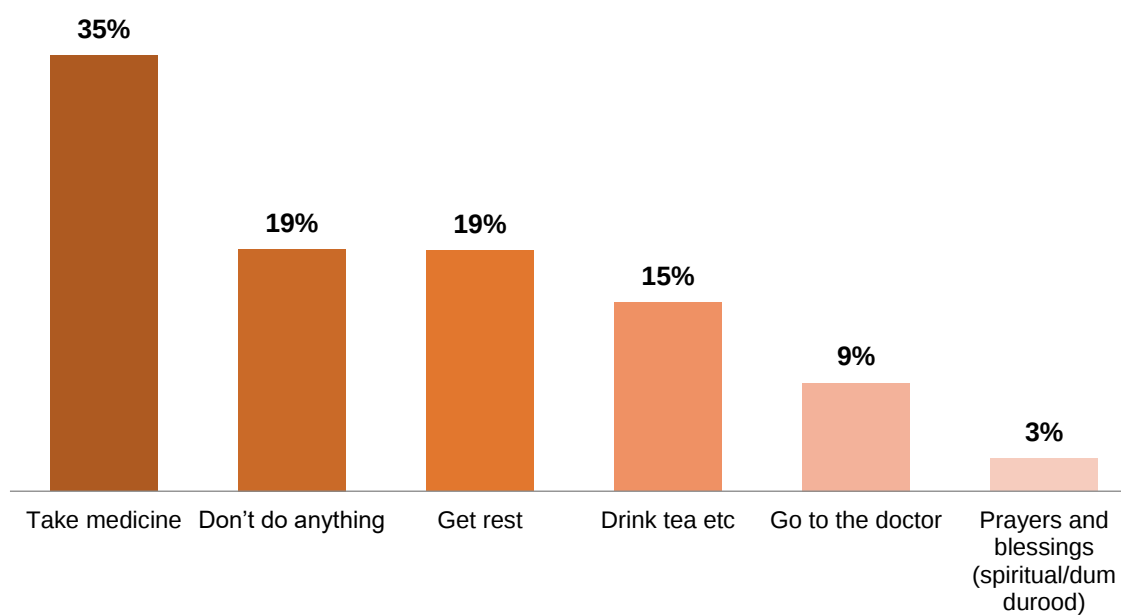


Source: Gallup Survey, 2022

1.6. Trend Data

	2001	2004	2009	2011	2022
Weak eyesight	11%	14%	16%	17%	9%
Stress	39%	38%	41%	47%	55%
Mental weakness	31%	28%	33%	32%	14%
It is an illness/disease	12%	15%	16%	13%	11%
Others	4%	7%	-	-	-
Don't Know / No Response	9%	11%	1%	1%	-

1.7. Question: How do you treat your headache?



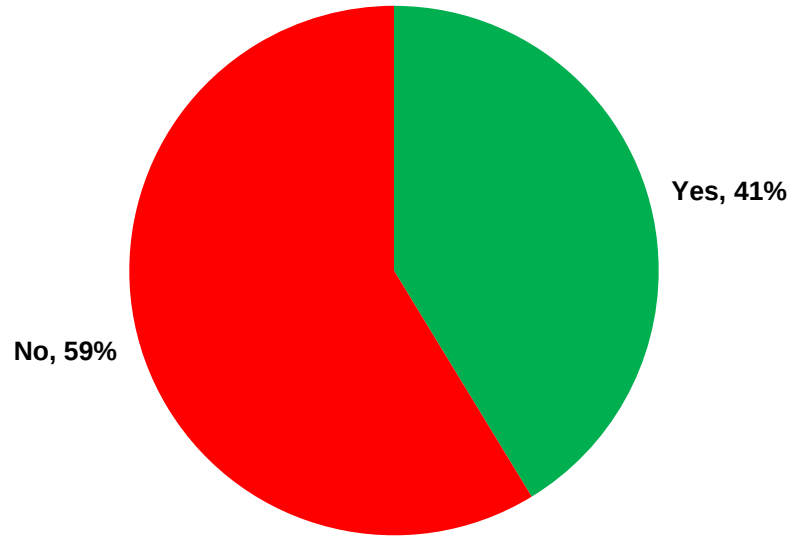
Source: Gallup Survey, 2022

1.8. Trend Data

	2001	2004	2009	2011	2022
Take medicine	37%	37%	30%	27%	35%
Get rest	20%	28%	25%	18%	19%
Go to the doctor	13%	12%	12%	24%	9%
Drink tea etc	18%	21%	21%	28%	15%
Prayers and blessings (spiritual/dum durood)	6%	5%	5%	3%	3%
Don't do anything	5%	12%	11%	5%	19%
Don't Know / No Response	1%	1%	1%	-	-

BACKACHE

1.9. Question: Have you ever experienced backache?

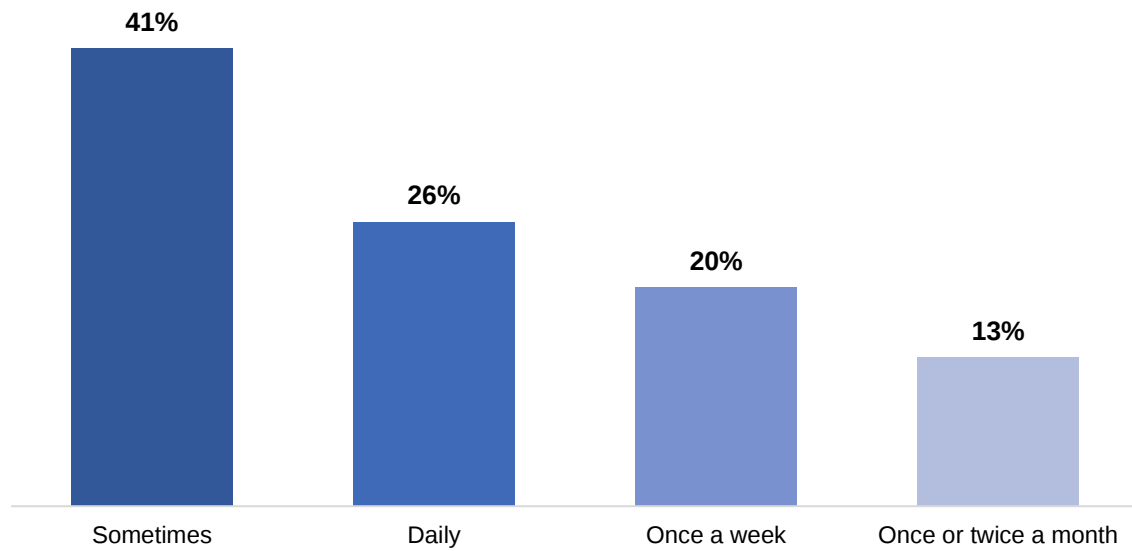


Source: Gallup Survey, 2022

1.10. Trend Data

	2001	2022
Yes	40%	41%
No	60%	59%

1.11. Question: How often do you experience Backache?

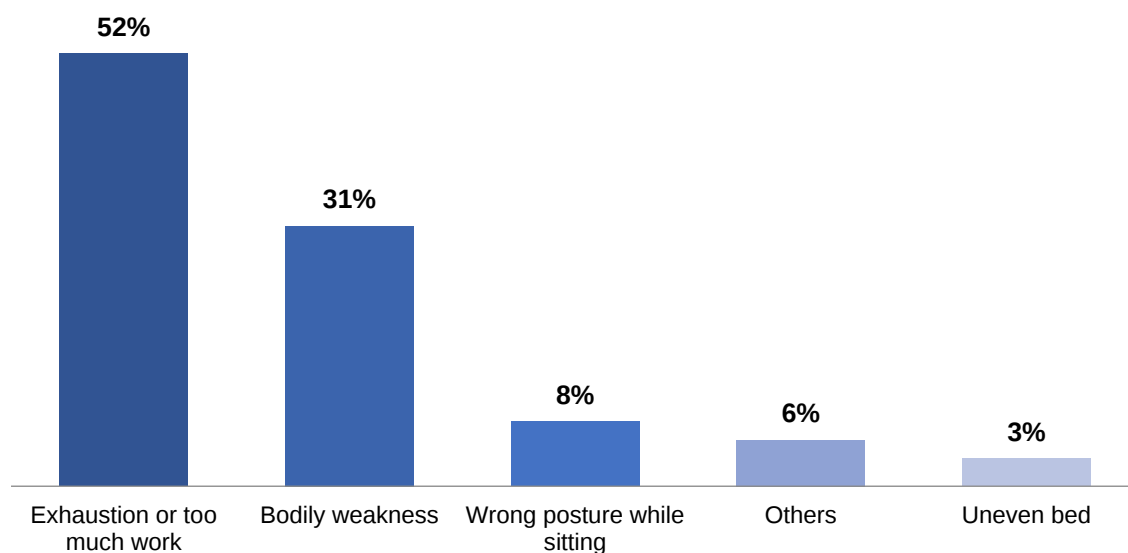


Source: Gallup Survey, 2022

1.12. Trend Data

	2001	2022
Daily	7%	26%
Once a week	9%	20%
Once or twice a month	23%	13%
Sometimes	61%	41%

1.13. Question: What do you think are the causes of Backache?

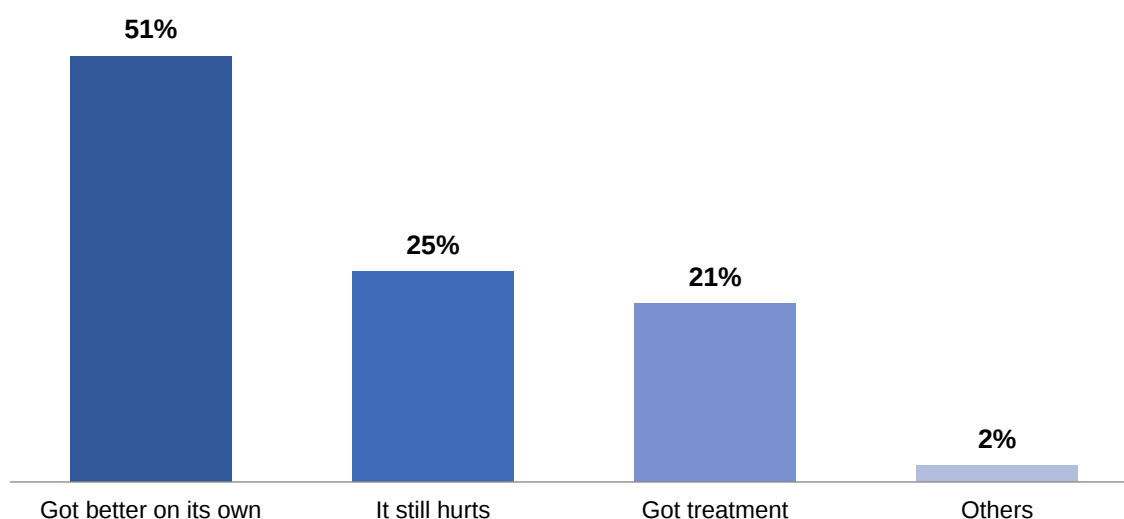


Source: Gallup Survey, 2022

1.14. Trend Data

	2001	2022
Wrong posture while sitting	9%	8%
Uneven bed	10%	3%
Body weakness	28%	31%
Exhaustion or too much work	39%	52%
Others	14%	6%

1.15. Question: If ever you experienced backache, what was your response towards it?



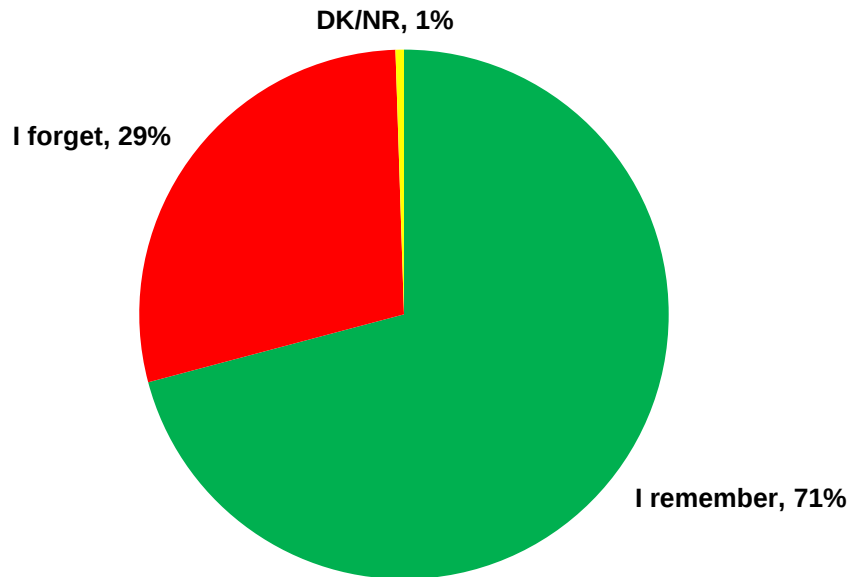
Source: Gallup Survey, 2022

1.16. Trend Data

	2001	2022
Got treatment	43%	21%
Got better on its own	50%	51%
It still hurts	7%	25%
Others	-	2%

MEMORY LOSS

1.17. Question: Do you usually remember daily things/matters or do you forget them?

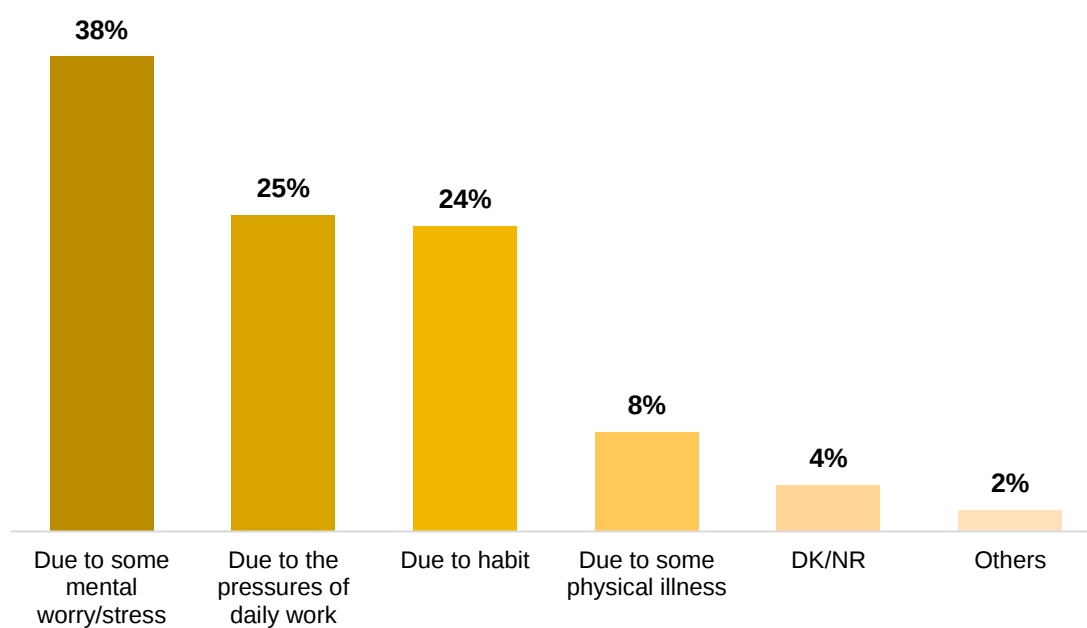


Source: Gallup Survey, 2022

1.18. Trend Data

	2003	2022
I remember	66%	71%
I forget	33%	29%
Don't Know / No Response	1%	1%

1.19. Question: If you tend to forget daily life matters, what do you think are the reasons?

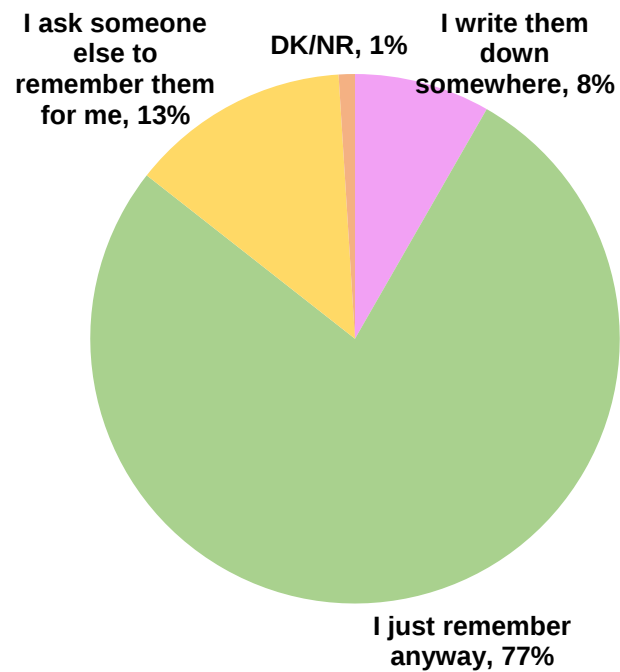


Source: Gallup Survey, 2022

1.20. Trend Data

	2003	2022
Due to some mental worry/stress	22%	38%
Due to the pressures of daily work	37%	25%
Due to some physical illness	17%	8%
Due to habit	19%	24%
Others	2%	2%
Don't Know / No Response	3%	4%

1.21. Question: How do you remember daily life affairs?



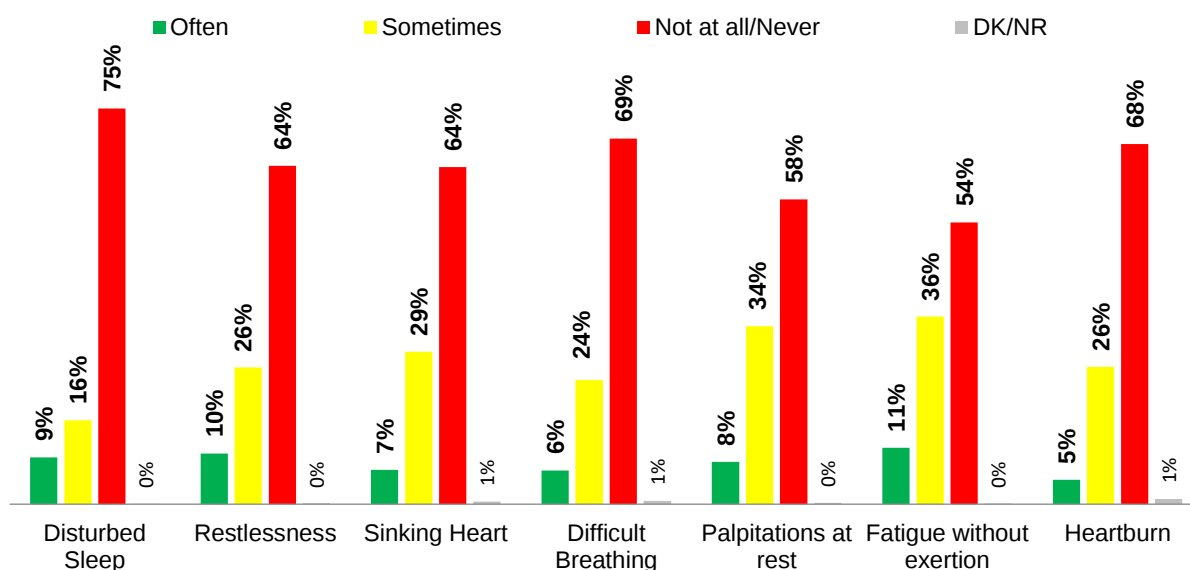
Source: Gallup Survey, 2022

1.22. Trend Data

	2003	2022
I write them down somewhere	15%	8%
I just remember anyway	62%	77%
I ask someone else to remember them for me	11%	13%
Don't Know / No Response	11%	1%

ANXIETY

1.23. Question: Do you sometimes/never/often experience following states:

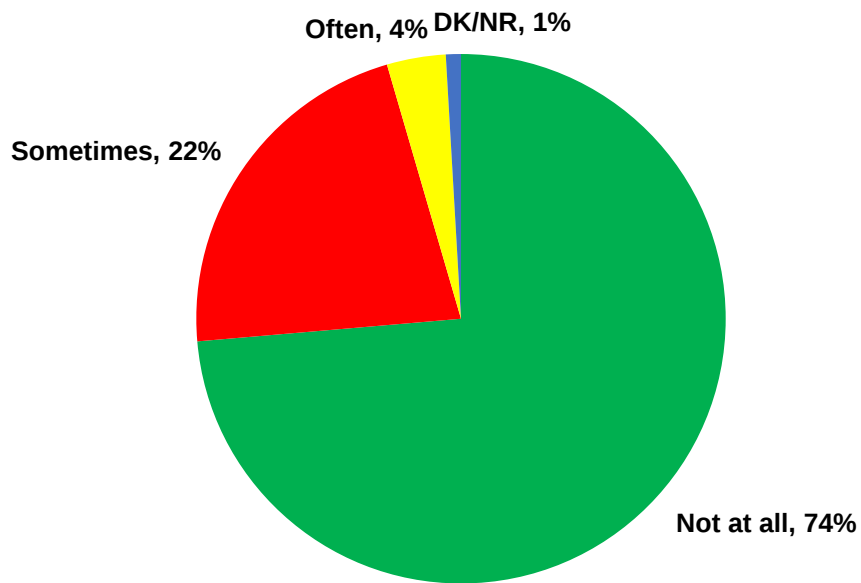


Source: Gallup Survey, 2022

1.24. Trend Data

	2007				2022			
	Often	Sometimes	Not at all/ Never	DK/NR	Often	Sometimes	Not at all/ Never	DK/NR
Disturbed Sleep	7%	33%	60%	-	9%	16%	75%	0%
Restlessness	9%	43%	48%	-	10%	26%	64%	0%
Sinking Heart	5%	28%	66%	1%	7%	29%	64%	0%
Difficult Breathing	6%	21%	73%	-	6%	24%	69%	1%
Palpitations at rest	7%	35%	58%	-	8%	34%	58%	0%
Fatigue without exertion	11%	45%	43%	1%	11%	36%	54%	0%
Heartburn	11%	44%	44%	1%	5%	26%	68%	1%

1.25. Question: Do you often have nightmares?

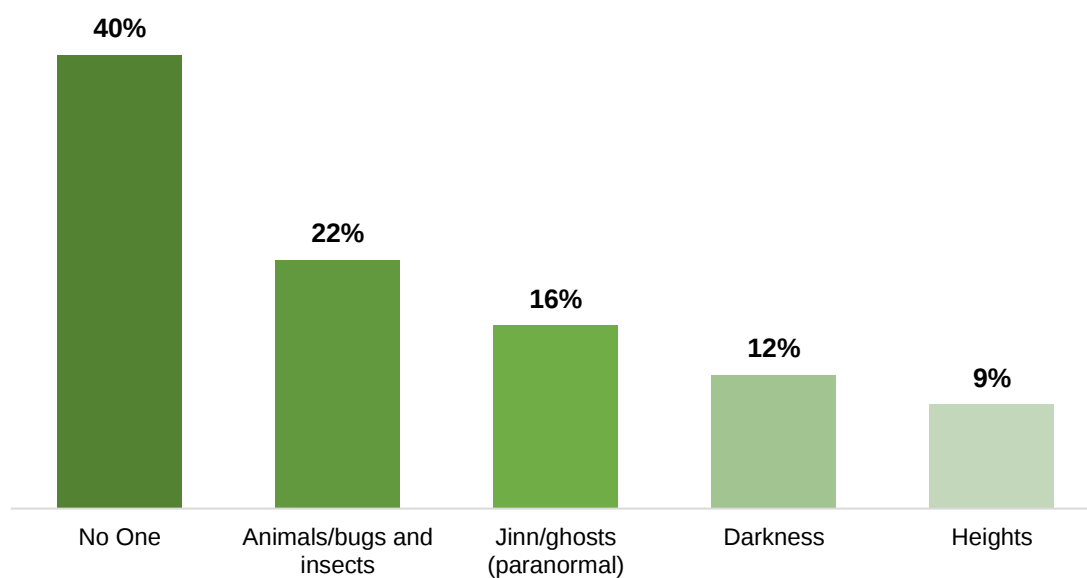


Source: Gallup Survey, 2022

1.26. Trend Data

	1998	2000	2009	2012	2022
Not at all	60%	60%	42%	42%	74%
Sometimes	30%	34%	33%	48%	22%
Often	10%	5%	24%	9%	4%
Don't Know / No Response	-	1%	1%	2%	1%

1.27. Question: Out of the following things, which scares you the most?

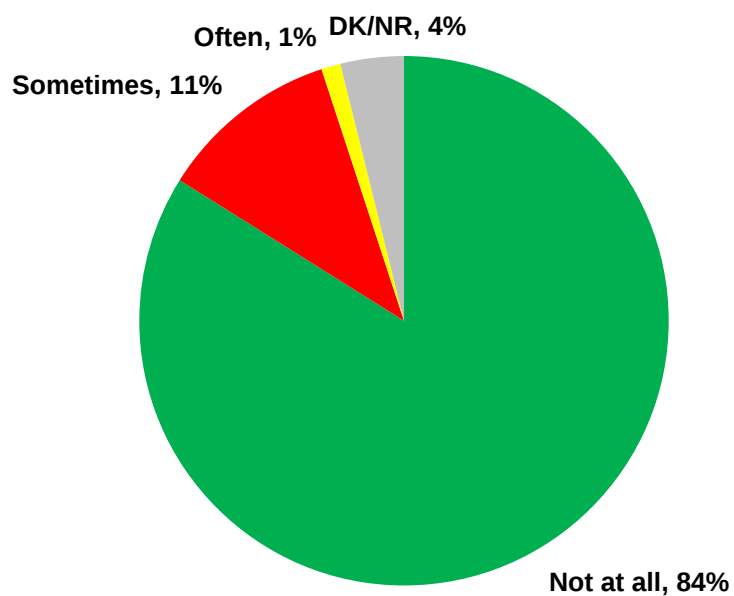


Source: Gallup Survey, 2022

1.28. Trend Data

	2001	2009	2017	2022
No One	-	-	-	40%
Animals/bugs and insects	28%	34%	36%	22%
Darkness	16%	18%	24%	12%
Heights	17%	12%	19%	9%
Jinn/ghosts (paranormal)	37%	32%	21%	16%
Don't know/ No Response	2%	4%	-	-

1.29. Question: Do you sometimes feel that you are under effect of some spell/magic?



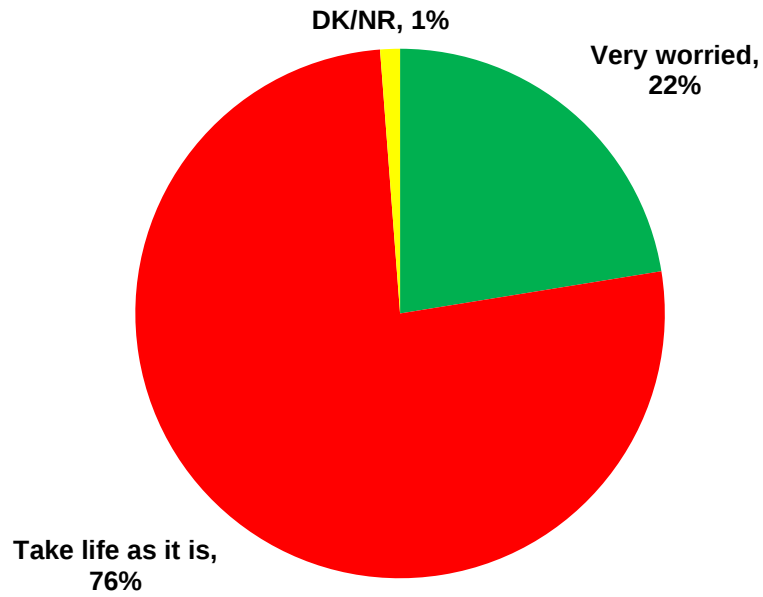
Source: Gallup Survey, 2022

1.30. Trend Data

	1998	2000	2009	2011	2022
Not at all	77%	85%	62%	70%	84%
Sometimes	16%	11%	18%	23%	11%
Often	7%	4%	15%	6%	1%
Don't Know / No Response	-	-	5%	-	4%

OUTLOOK TO LIFE

1.31. Question: Would you say that you worry a lot or do you take life as it comes?

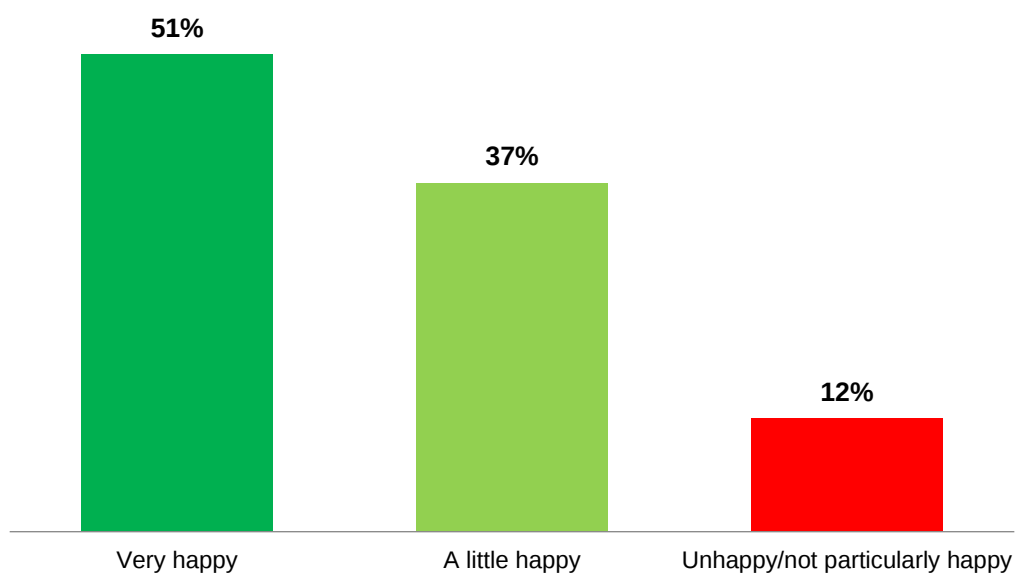


Source: Gallup Survey, 2022

1.32. Trend Data

	2006	2010	2011	2012	2013	2015	2022
Very worried	25%	28%	26%	29%	21%	30%	22%
Take life as it is	69%	67%	68%	61%	74%	55%	76%
Don't Know / No Response	9%	5%	5%	9%	6%	15%	1%

1.33. Question: How much happy are you with your life these days?



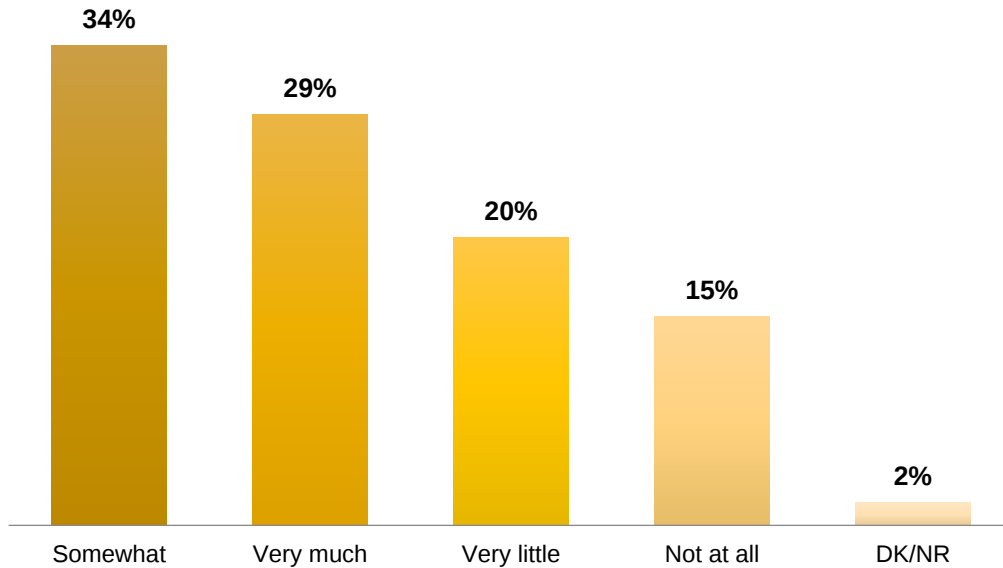
Source: Gallup Survey, 2022

1.34. Trend Data

	2008	2009	2010	2011	2013	2022
Very happy	28%	35%	35%	41%	37%	51%
A little happy	40%	42%	42%	46%	45%	37%
Unhappy/not particularly happy	26%	20%	20%	11%	16%	12%
Don't Know / No Response	6%	3%	3%	2%	2%	-

MENTAL HEALTH

1.35. Question: What would you say that how emotional are you?

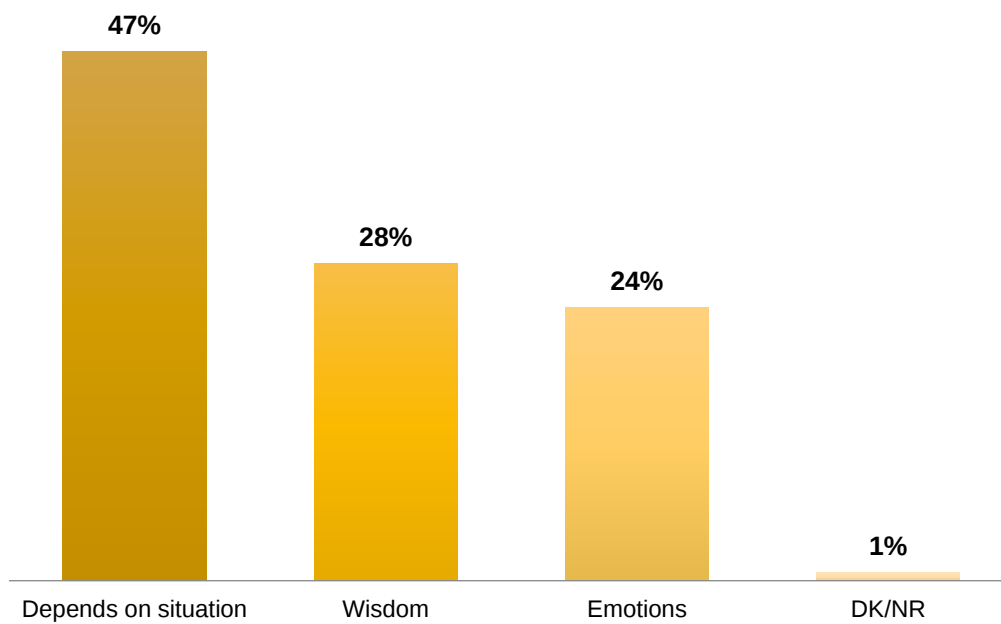


Source: Gallup Survey, 2022

1.36. Trend Data

	2009	2022
Very emotional	13%	29%
Somewhat emotional	41%	34%
Very little emotional	28%	20%
Not at all emotional	17%	15%
Don't Know / No Response	1%	2%

1.37. Question: Do you usually take decisions based on wisdom or emotions?

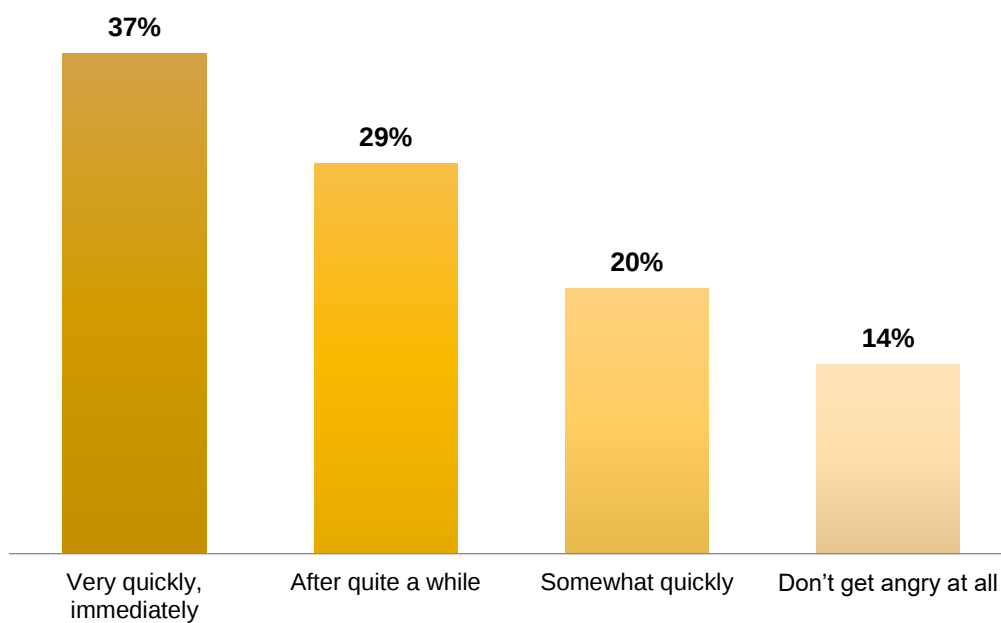


Source: Gallup Survey, 2022

1.38. Trend Data

	2009	2022
Wisdom	16%	28%
Emotions	19%	24%
Depends on situation	43%	47%
Don't Know / No Response	1%	1%

1.39. Question: Some people get angry quickly whereas others are more patient. In your opinion do you get angry easily?

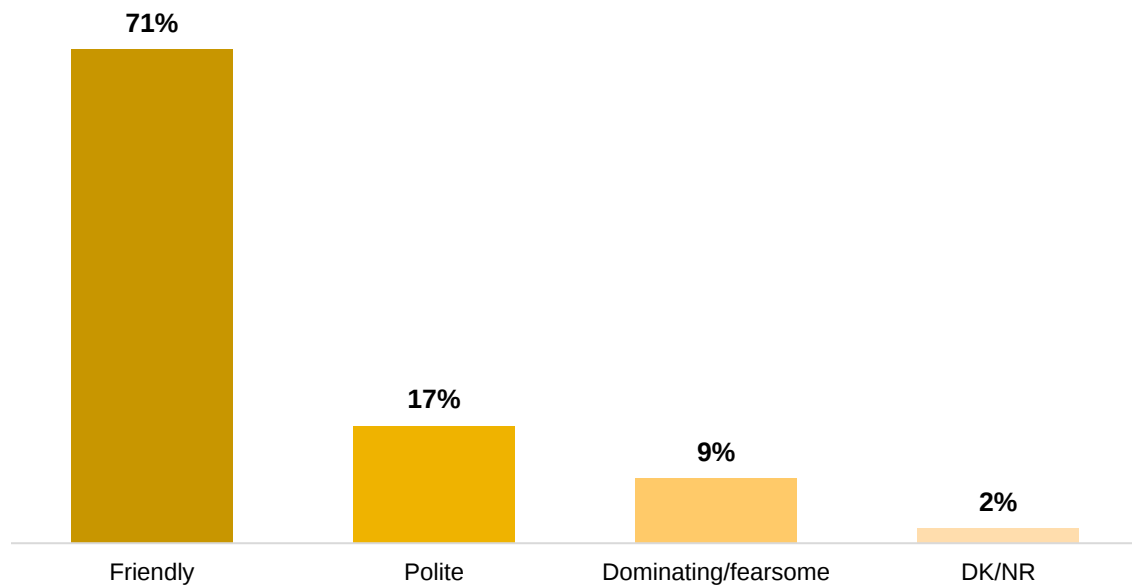


Source: Gallup Survey, 2022

1.40. Trend Data

	2009	2017	2022
Very quickly, immediately	17%	21%	37%
Somewhat quickly	38%	29%	20%
After quite a while	29%	29%	29%
Don't get angry at all	16%	11%	14%

1.41. Question: How is your attitude towards your family members?

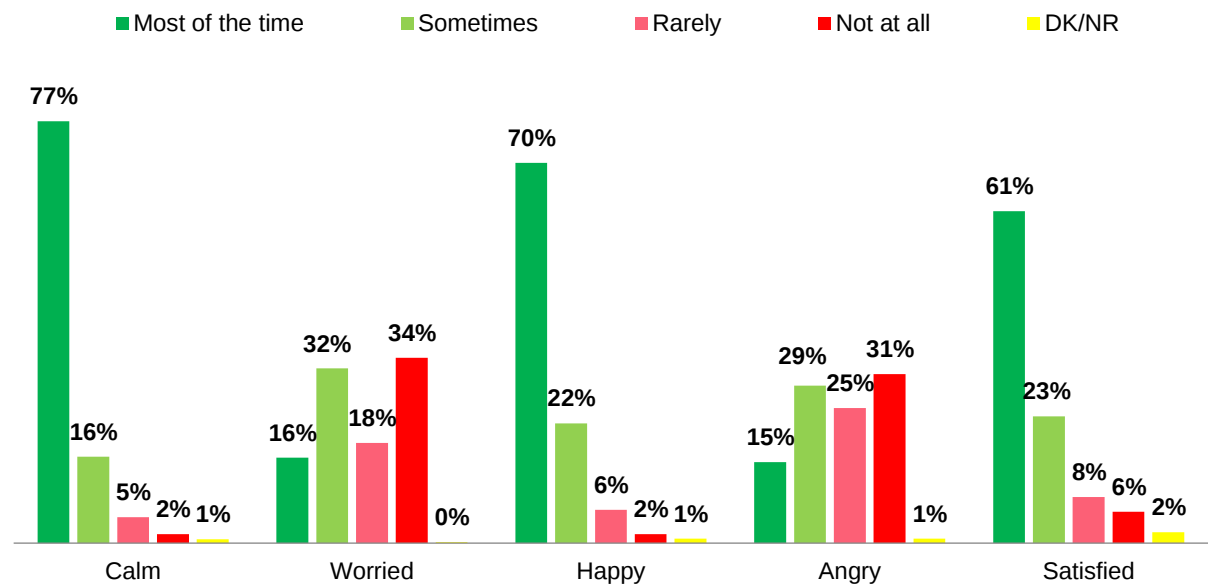


Source: Gallup Survey, 2022

1.42. Trend Data

	2009	2017	2022
Dominating/fearsome	20%	21%	9%
Friendly	49%	56%	71%
Polite	30%	23%	17%
Don't get angry at all	1%	-	2%

1.43. Question: Please tell us how do you feel while being at home?



Source: Gallup Survey, 2022

1.44. Trend Data

	2001					2009					2011					2022				
	Most of the time	Sometimes	Rarely	Not at all	DK/NR	Most of the time	Sometimes	Rarely	Not at all	DK/NR	Most of the time	Sometimes	Rarely	Not at all	DK/NR	Most of the time	Sometimes	Rarely	Not at all	DK/NR
Calm	67%	22%	8%	2%	1%	55%	29%	12%	3%	1%	47%	37%	14%	2%	0%	77%	16%	5%	2%	0%
Worried	13%	42%	29%	13%	3%	21%	42%	30%	5%	2%	17%	42%	35%	5%	1%	16%	32%	18%	34%	0%
Happy	53%	33%	10%	2%	2%	42%	38%	16%	2%	2%	37%	42%	18%	2%	1%	70%	22%	6%	2%	0%
Angry	11%	38%	35%	13%	3%	12%	43%	36%	8%	1%	9%	47%	37%	6%	1%	15%	29%	25%	31%	0%
Satisfied	39%	31%	17%	10%	3%	28%	40%	22%	9%	1%	24%	51%	19%	5%	1%	61%	23%	8%	6%	2%

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 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
3. Gallup Pakistan and Digital Vaccine Register Project
4. Gallup Big Data Analysis of Pakistan Statistical Yearbook – Healthcare in Pakistan (2010 – 2020)
5. Gallup Big Data Analysis of Pakistan Statistical Yearbook – Live Births (2018 – 2020) – Pakistan Demographic Survey 2020
6. 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/7TqIL3cM17A>
- *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. Umemma 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>
- *Episode 10: Dispelling Development Myths: The Power of Community Engagement by Dr. Ayesha Khan.* <https://www.youtube.com/watch?v=WtFXmrnazzc>
- ***Episode 11: Nutrition and Health in Pakistan: A Conversation with Mishalle A. Kayani and Zainab Khan from Gallup Pakistan.*** <https://www.youtube.com/watch?v=4LuHd77IK-M>

In our 11th episode of our “Let's Talk Public Health” series, we discussed findings from Gallup Pakistan's 7th Health Cyberletter, which focused on health and nutrition in the country. The discussion included unpacking the cultural and regional influences on the perceptions of diet

and health for an average Pakistani. In addition to this, we discussed changes in nutritional preferences and how these have been shaped by socio-economic influences over the years. For the last section of our talk, we explored the possible social policy actions that could encourage adopting healthier nutritional habits to improve the overall health status of Pakistan.

In addition to our talk series, we've worked on several **research projects with the Centers for Disease Control (CDC).**⁶

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.

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.

⁶ 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.

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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