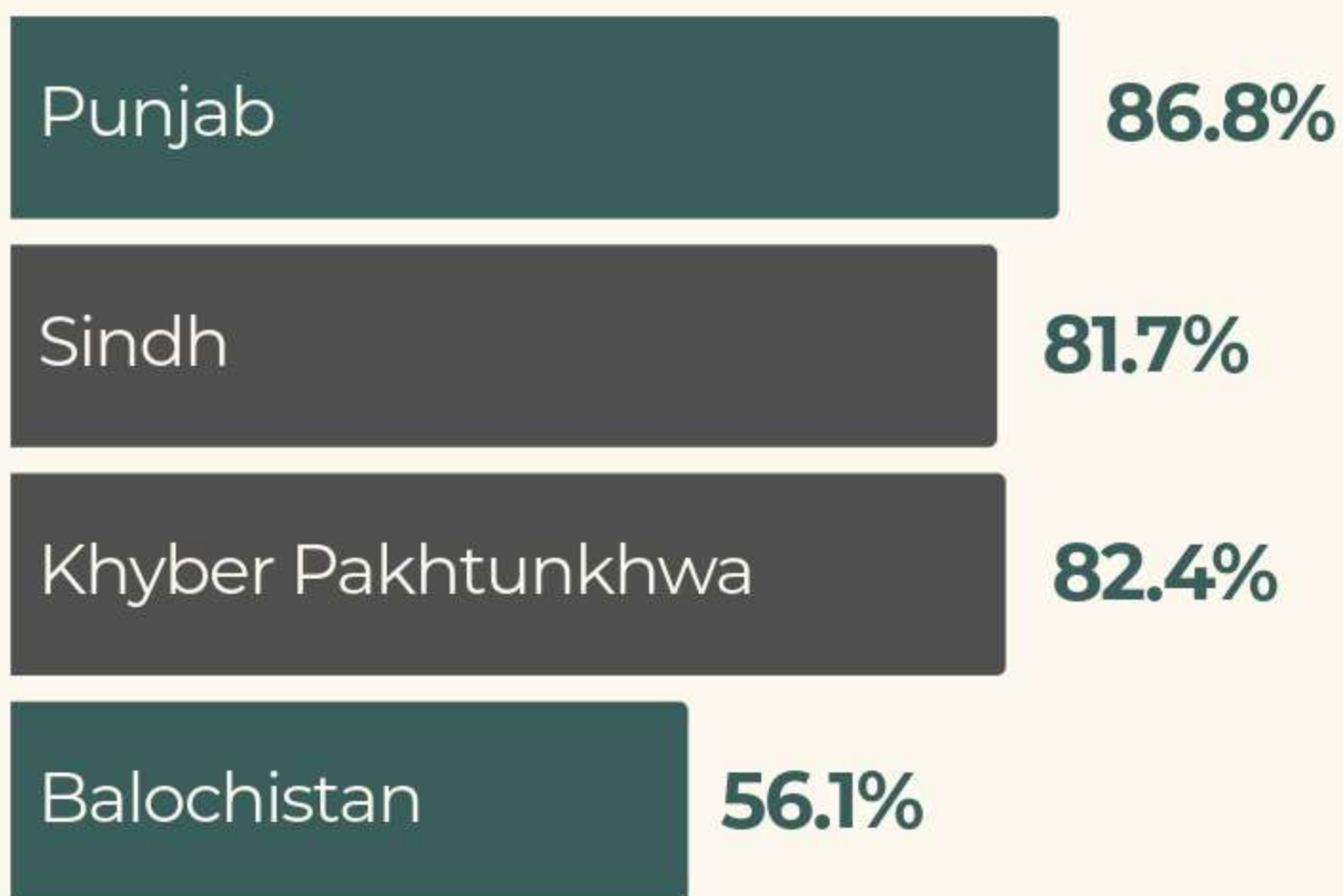


Health & Maternal and Child Health

Pakistan's Quiet Health Revolution: Facility Births Rise from Less Than 1 in 10 to More Than 8 in 10 Across Much of the Country

Rise in facility births across Pakistan's provinces in 2025:



Source:
Gallup
www.gallup.com





(Also emailed*/faxed separately)



PRESS RELEASE

Big Data Analysis Health & Maternal and Child Health

Pakistan's Quiet Health Revolution: Facility Births Rise from Less Than 1 in 10 to More Than 8 in 10 Across Much of the Country

(Islamabad), 3rd July 2026

From Home Births to Facility Births: A Quiet Health Revolution

Pakistan's maternal health story is one of the country's least discussed development successes. In 1990–91, home births were the norm. Fewer than 1 in 10 births took place in a health facility in Punjab, Khyber Pakhtunkhwa and Balochistan. Even nationally, facility delivery was still the exception rather than the rule.

Sindh Was the Clear Leader in 1990 — But Has Since Lost Its Lead

In 1990–91, Sindh stood far ahead of the other provinces, with 27.8% of births taking place in a facility. This was nearly three times Punjab's level (10.5%), more than four times Khyber Pakhtunkhwa's (6.6%), and over eleven times Balochistan's (2.5%). At that time, Sindh was clearly Pakistan's facility-birth leader by a wide margin.

By 2025, however, Sindh no longer holds that lead. Its facility birth rate has risen substantially to 81.7%, which is a major achievement, but Punjab has moved ahead at 86.8%, while Khyber Pakhtunkhwa is also slightly higher at 82.4%. Sindh has therefore moved from being the clear number one province in 1990–91 to effectively second or third place by 2025, depending on rounding and comparison.

Punjab and KP Have Caught Up Dramatically

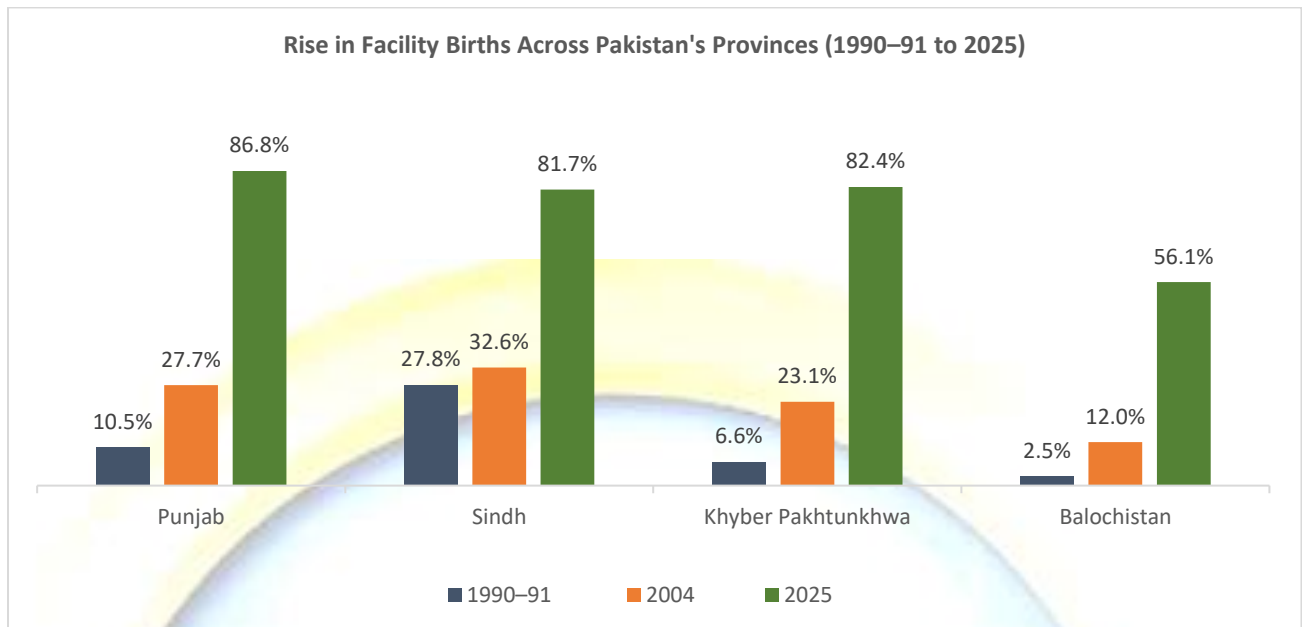
Punjab's increase from 10.5% to 86.8% is one of the strongest shifts in the data. Khyber Pakhtunkhwa shows a similarly dramatic rise, moving from 6.6% to 82.4%. These gains show that the facility-birth transformation was not limited to historically better-performing provinces; it spread across much of the country.

Balochistan Has Improved, But the Gap Remains

Balochistan's rise from 2.5% in 1990–91 to 56.1% in 2025 is a major long-term improvement. However, it remains well below the other three provinces, showing that the final stretch of progress remains uneven.

The Big Picture: Facility Delivery Is Now the Norm

Pakistan has moved from a country where most children were born at home to one where facility births are now the dominant norm in Punjab, Sindh and KP. This has major implications for maternal and newborn survival, emergency obstetric care, and access to trained health personnel.



Source: Gallup & Gilani Pakistan
(www.gallup-international.com; www.gallup.com.pk; www.gilanifoundation.com)

This analysis was conducted and released by Gallup Pakistan Digital Analytics using its Social and Health History Dashboards. It draws on facility birth data from PDHS 1990, PSLM 2004, and PSLM 2025, showing long-term changes in the share of births taking place in health facilities across Pakistan's provinces.



Opinion Poll from Gallup Pakistan
The Pakistani Affiliate of Gallup
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Gilani Research Foundation is a not-for-profit public service project to provide social science research to students, academia, policymakers, and concerned citizens in Pakistan and across the globe.

Gilani Research Foundation is headed by Dr. Ijaz Shafi Gilani who pioneered the field of opinion polling in Pakistan and established Gallup Pakistan in 1980. Currently, Dr. Gilani, who holds a Ph.D. from the Massachusetts Institute of Technology (MIT) and has taught at leading universities in Pakistan and abroad, is Chairman of Gallup Pakistan.

If you have any further questions regarding this poll, please feel free to contact us.

*Best Regards,
Gallup Pakistan*

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