

Population Bulletin

May 2023
Volume 3, Issue 1

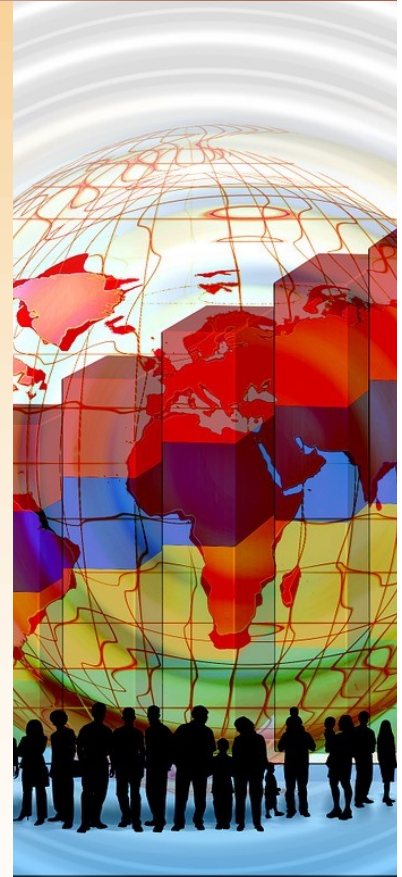
News from the Office of PRC

Interprovincial Workshop



In November 2022, Dr. Khadija Bari along with senior officials from PRC attended the Interprovincial Workshop on 'Population Research Centers' Collaboration' organized by National Institute of Population Studies. All provincial PRCs engaged in meaningful discussion to promote research collaboration.

The centers agreed to work towards developing joint strategies for resource mobilization and strengthening network with national and international institutes for high level research in the areas of population and development.



Inside this issue

- News from the Office of PRC
- PRC Conference 2023
- Child Immunization in Pakistan— Insights from the DHS Data Set

Designed & Edited By:
Neelma Faraz

Webinar

As part of our webinar series, in December 2022, Dr. Keera Allendorf, associate professor, Indiana University Bloomington, was invited for a webinar. She shared research insights from her paper titled “The rise of son less families in Asia and Africa”.

Dr. Allendorf’s research shows that a neglected consequence of declining fertility is the likely rise of families with children of one sex-only sons or only daughters. Increases in such families present important demographic shifts that may weaken patrilineal family systems. She discussed that the shift towards ‘sonlessness’ is not only reshaping family dynamics and gender relations but also has broader implications for social, economic, and political developments in Asia and Africa.

IBA SESS
School of Economics and Social Sciences

POPULATION RESEARCH CENTRE
SCHOOL OF ECONOMICS AND SOCIAL SCIENCES

SPEAKER:
Dr. Keera Allendorf

Dr. Keera Allendorf is an Associate Professor of Sociology at Indiana University. Dr. Allendorf's research focuses on family, gender, and health. She investigates how and why family behaviors vary and change over time and how family behaviors shape well-being. In current projects, she examines adaptations of sonless families and explores Indian Americans' views and experiences of family life. She is also a co-investigator on the third wave of the India Human Development Survey. Geographically, Dr. Allendorf's work focuses on India and Nepal, but also includes comparative work on Asia more broadly and the United States. Her methods include analysis of large-scale surveys, ethnographic fieldwork, and semi-structured interviews.

WEBINAR SERIES
THE RISE OF SON-LESS FAMILIES
IN ASIA & NORTH AFRICA

2nd December, 2022
05:00pm PKT
07:00am EST

Webinar ID: 883 1199 9532
Pswd: 331017

MODERATOR:
Dr. Khadija Bari
Director - Population Research Centre - IBA

www.prc.iba.edu.pk

political developments in Asia and Africa.

Joint Webinar

On December 9th, the Population Council (PC), Pakistan organized a joint webinar in collaboration with the regional Centers.

The experts shared insights into the scale of the 2022 flood damage, the impact on local communities, and the challenges faced in the aftermath. They discussed potential solutions for mitigating the impact of future floods, including improving early warning systems, strengthening infrastructure, and developing more resilient communities.

FORMAN CHRISTIAN COLLEGE
A Chartered University

POPULATION COUNCIL
PAKISTAN

UNFPA

**JOINT WEBINAR/
PANEL DISCUSSION**
DEVASTATION BY FLOODS IN PROVINCES: RELIEF AND REHABILITATION
ACTIVITIES & IMMINENT CHALLENGES

December 9th, 2022
03:00 PM - 05:30 PM

MEETING ID: 839 3661 4469
PASSWORD: 478337

<https://us02web.zoom.us/j/83936614469?pwd=bWVScUQ3bWpWZWZQVkdMdlpVdUdldz09>

CHIEF GUESTS

Dr. Jonathan Addison
Rector, FCCU

Dr. Sikandar Haqat
Dawn Faculty of Social Sciences

Dr. Zeba Saifur
Senior Associate & Country Director, Population Council, Pakistan

GUEST SPEAKERS

Dr. G.M. Arif
President, PPP

Ms. Afia Salem
Member, National Climate Change

Mr. Faisal Fareed
Director General, POMA

Ms. Maria Hassan
Assistant Professor, IBA Karachi

Dr. Muhammad Iqbal
Professor, UOP

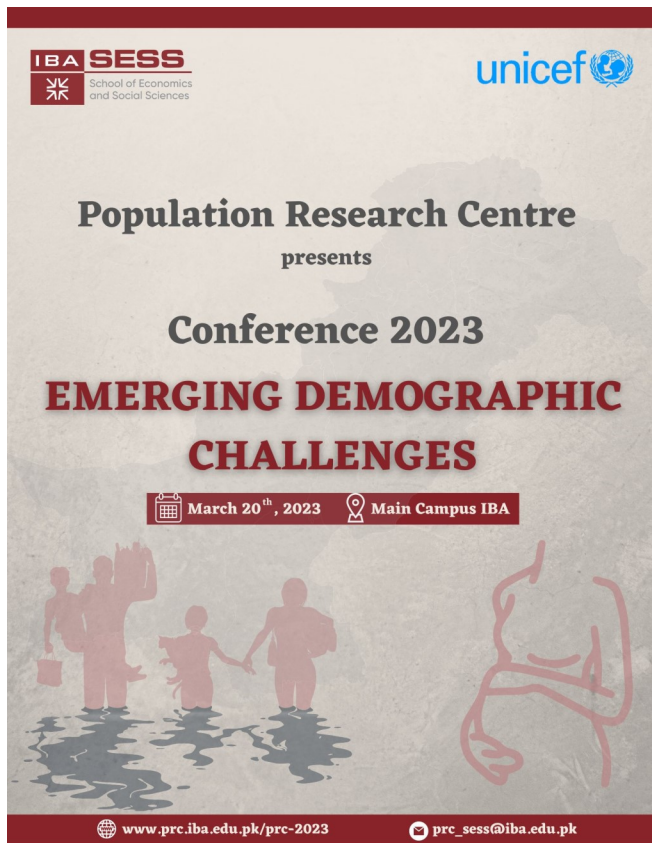
Mr. Mumtaz Ali
District Support Manager, PPHL District Peshawar

The Population Council (PC), Pakistan is conducting a joint webinar in collaboration with the Population Research Center (PRC), Forman Christian College (A Chartered University), Lahore, Population Research Center (PRC), Institute of Business Administration (IBA), Karachi, Population Research Center (PRC), University of Peshawar (UOP) and Population Research Center (PRC), Balochistan University of Information Technology, Engineering and Management Sciences (BUITEMS). This event is supported by UNFPA.

Overall, the webinar aimed to promote awareness of the flood devastation in Pakistan and encourage collaboration among stakeholders to develop effective solutions for addressing the issue.

Population Research Conference 2023

The Centre organized its first research conference **Emerging Demographic Challenges**, on March 20th, 2023. The event aimed to address the pressing population issues that Pakistan currently faces and explore innovative, sustainable solutions in the context of global and regional developments including advancements in healthcare, education, and technology, as well as shifts in migration patterns and international policies.



The conference provided an opportunity for researchers, policymakers, and practitioners from diverse disciplines to come together and engage in meaningful discussions, share their insights,

and propose viable strategies to tackle these critical concerns.

The event was an assemblage of distinguished speeches, comprehensive research paper presentations, and thought-provoking panel discussions. Furthermore, a conscious effort was made to promote inclusivity and diversity by encouraging participation from all over Pakistan.

These sessions delved into the complexities of Pakistan's demographic landscape, exploring the multifaceted dimensions of development and the implications it has on various population groups.

Population Research Conference 2023

Conference Theme

Emerging Demographic Challenges

Sub-Themes

- Fertility Behaviour / Fertility Planning,
- Maternal and Child Health,
- Food Insecurity,
- Climate Change and Population,
- Identity, Ethnicity and Social Inclusion.

Conference Objectives

The Conference brought together researchers, policymakers, and practitioners to a common platform to discuss Pakistan's population problems and consider their solutions in the light of emerging contexts.

PRC Conference 2023



PRC Conference 2023



One Day Workshop— Demographic and Health Survey Data Analysis

In April 2023, PRC organized a one day workshop on DHS Data Analysis. The workshop was conducted by Dr. Lubna Naz and facilitated by Dr. Khadija Bari and Dr. Junaid Alam as part of capacity building activities of the DHS fellowship 2023.

The Demographic and Health Surveys

(DHS), an internationally recognized source providing high-quality data for health indicators in developing countries. The session aimed to inculcate skills among graduate and undergraduate students of social sciences to use Demographic and Health Survey Data for answering research questions related to demographic transitions and reproductive and sexual health issues in Pakistan.



Faculty Achievements

◆ Demographic and Health Surveys (DHS) Fellowship

Dr. Lubna Naz, Dr. Khadija Bari, Director, Population Research Centre; and Dr. Junaid Alam Khan, secured the distinguished **Demographic and Health Surveys (DHS) Fellowship** awarded by the United States Agency for International Development (USAID). The DHS Fellowship is highly competitive and granted to those whose research proposals meet the strict criteria of novelty, clarity, and alignment with the United Nations' Sustainable Development Goals relating to maternal and child health.

The topic of their research was *“WOMEN'S AUTONOMY AND UNINTENDED PREGNANCY AMONG REPRODUCTIVE AGE WOMEN IN PAKISTAN”*.

◆ Population Association of America 2023 - Annual Meeting

PRC Official Dr. Lubna Naz's research paper titled "**Determinants of catastrophic health expenditure attributable to non-communicable diseases and impoverishment in Pakistan**" was selected to be presented at the **Population Association of America 2023 - Annual Meeting**.

The paper discusses that In Pakistan, the exorbitant out of pocket health expenses on non-communicable diseases (NCDs) is increasing financial burden and consequently impoverishing households. Using 2018/2019 Household Integrated and Economic Survey and National Health Accounts, this study found that poverty increased from 21% to 25% when considering OOP costs for NCDs, pushing an additional 11 million people into poverty. The likelihood of catastrophic health expenditure (CHE) decreases as thresholds rise. However, large-sized households, male-headed, and those with a higher proportion of children and older members are more vulnerable. The study underscores the urgency of implementing Pakistan's National Health Vision 2016-2025, which prioritizes Universal Health Coverage (UHC) and Integrated Health and Poverty Alleviation Program, to meet Sustainable Development Goal target 3.



Child Immunization in Pakistan

Insights from the DHS Data Set

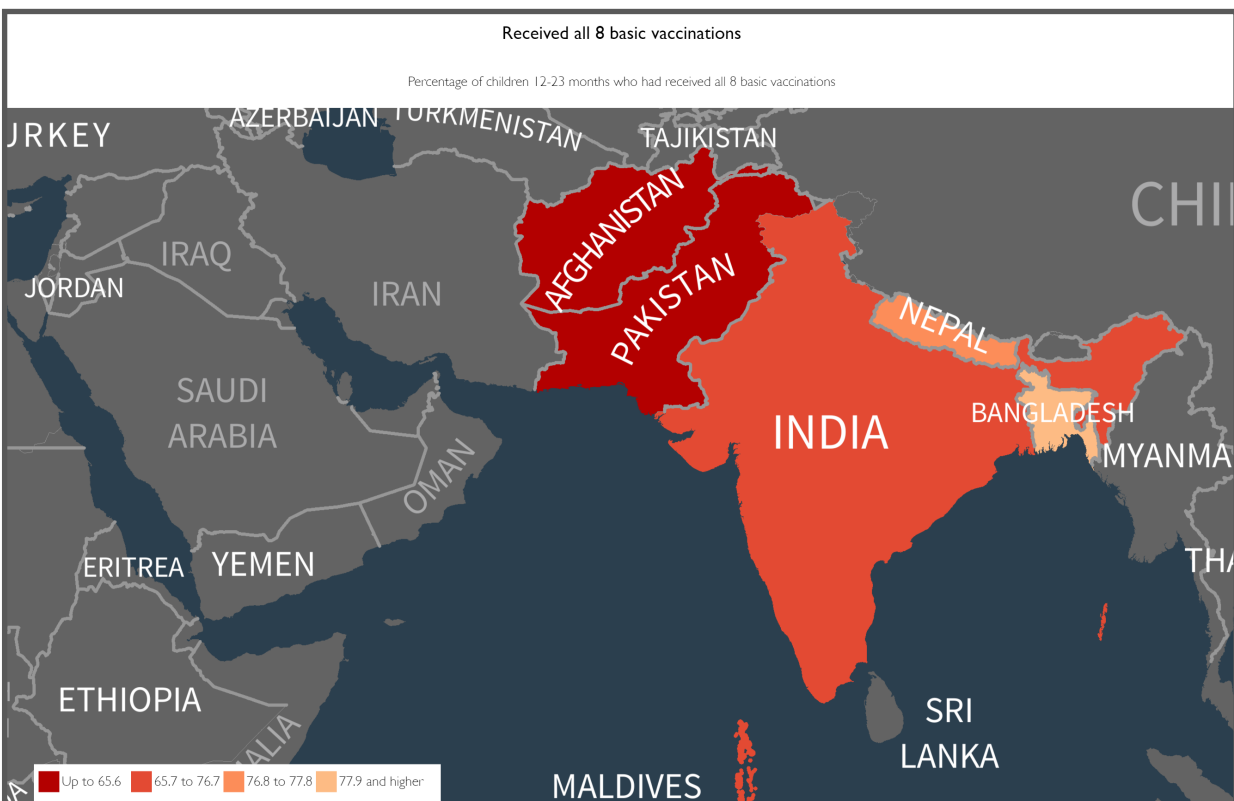
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Child Immunization in Pakistan: A Perspective on Challenges and Progress

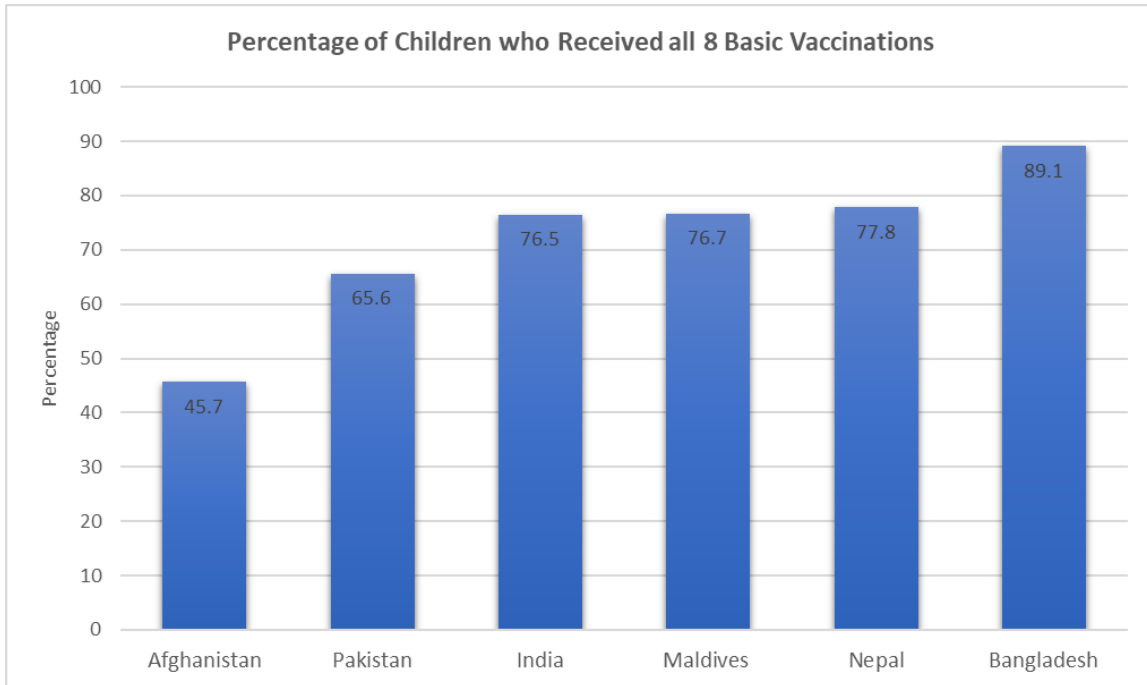
By: Neelma Faraz

Child immunization plays a critical role in reducing morbidity and mortality rates among children under five years old. In Pakistan, a country with a population of over 230 million, ensuring adequate immunization coverage is essential for protecting the health of the nation's children.

Despite concerted efforts by the government and international organizations, Pakistan still faces significant challenges in achieving optimal immunization coverage. This article will delve into the current state of child immunization in Pakistan, comparing it with neighboring countries and examining the factors that contribute to the observed disparities.



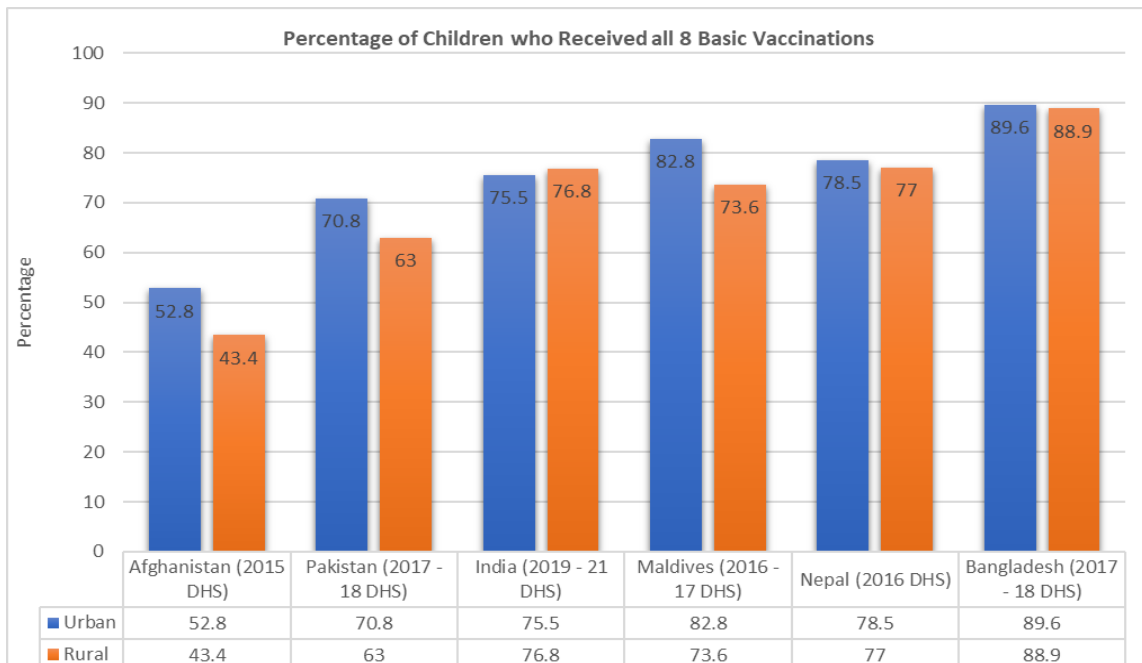
Pakistan has the third highest burden of child mortality. According to the DHS Data the national immunization coverage in Pakistan falls short of the global target of 90% coverage.



Afghanistan (2015 DHS), Pakistan (2017 - 18 DHS), India (2019 - 21 DHS), Maldives (2016 - 17 DHS), Nepal (2016 DHS), Bangladesh (2017 - 18 DHS)

In comparison, Pakistan lags behind its neighbors (South Asian Countries) in ensuring that children receive essential vaccinations. Its neighbors India and Bangladesh have made significant progress in the same domain.

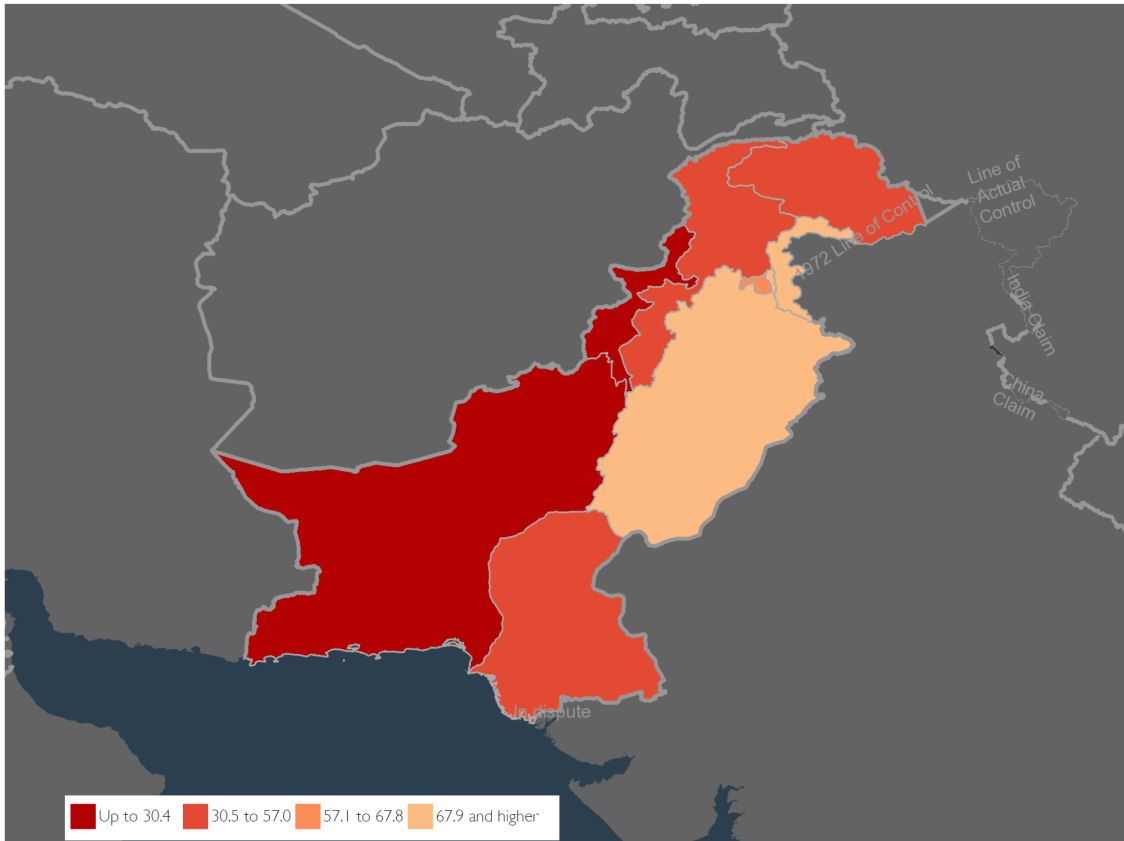
The DHS data reveals higher immunization rates in both India and Bangladesh compared to Pakistan, largely due to improved health infrastructure, strong government initiatives, and community involvement.



According to the data, child immunization coverage in Pakistan exhibits significant disparities. While urban areas demonstrate relatively high immunization coverage, rural areas continue to struggle, indicating a stark urban-rural divide.

Received all 8 basic vaccinations

Percentage of children 12-23 months who had received all 8 basic vaccinations



Additionally, significant provincial differences are also evident, with Punjab and Sindh provinces demonstrating higher coverage rates than Balochistan and Khyber Pakhtunkhwa.

Challenges to Child Immunization in Pakistan

Accessibility and Availability—The DHS data reveals significant gaps in the availability and accessibility of immunization services, particularly in rural areas and underprivileged provinces.

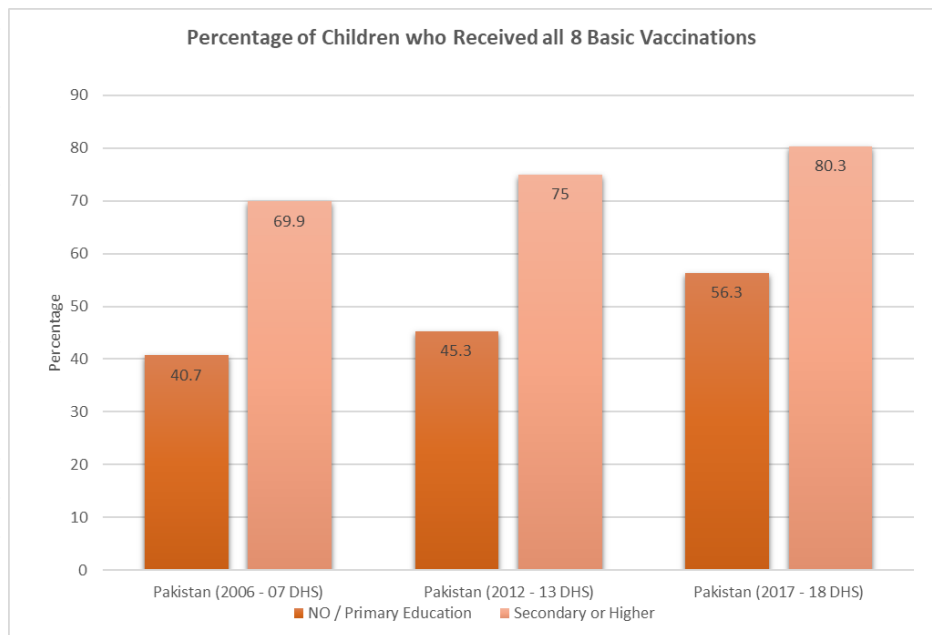
Socio-cultural Barriers—Socio-cultural factors, including negative beliefs and misinformation about vaccines, significantly hinder immunization efforts.

Health System Inefficiencies—Health system issues, such as inadequate funding, poor infrastructure, and workforce shortages, contribute to low immunization rates.

Education and wealth are also two critical factors that significantly impact child immunization in Pakistan.

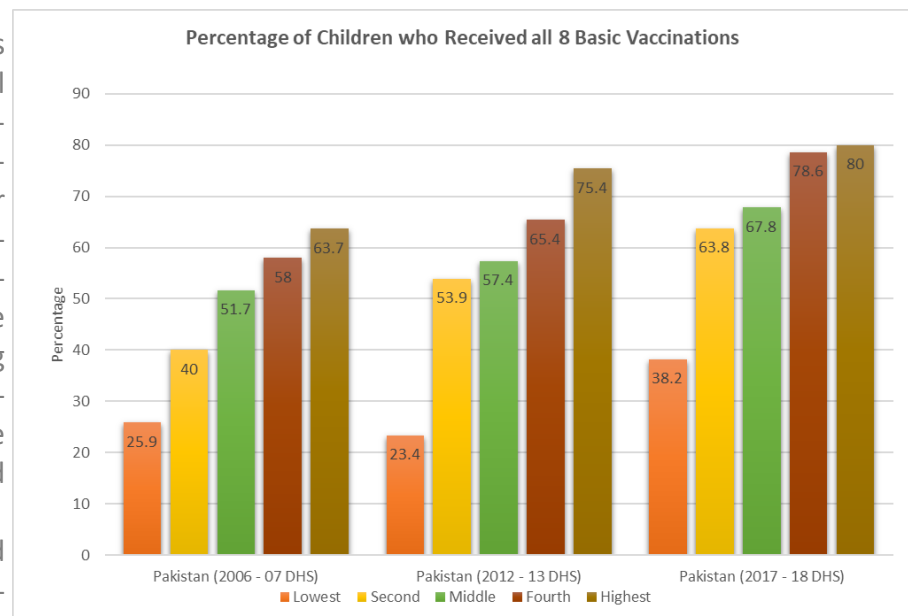
Education: Education plays a vital role in shaping parents' knowledge, attitudes, and behaviors towards child immunization. Several studies have shown a positive association between maternal education and increased immunization rates. Educated mothers are more likely to have access to accurate

health information, understand the importance of immunization, and have better decision-making abilities regarding their children's health. They are also more likely to seek and utilize healthcare services effectively.



Economic status is another influential factor in child immunization. Families with higher wealth levels generally have better access to healthcare services, including immunization facilities. They are more likely to afford transportation costs, vaccines, and other related expenses. In contrast,

households facing economic challenges may struggle to access healthcare facilities and afford the cost of vaccines or miss out on work opportunities due to seeking immunization, leading to lower immunization rates.



A review of the data clearly indicates that the Expanded Programme on Immunization (EPI) in the country is falling short of achieving its objectives. The rate of incomplete immunization in children in Pakistan is alarmingly high. Those living in socioeconomically deprived areas, children born to mothers with no formal education, and those in the lower wealth quantiles have a heightened likelihood of not receiving full immunization.

There are several potential strategies that could enhance immunization coverage among Pakistani children. One critical approach is to increase the literacy rate among mothers. Education has been shown to have a significant impact on healthcare decisions, including the choice to vaccinate children.

Additionally, making high-quality healthcare facilities readily accessible to residents of socially and economically disadvantaged provinces is crucial. This would entail not only improving physical infrastructure but also ensuring these facilities are staffed with trained medical personnel and stocked with necessary supplies.

Expanding public awareness about the importance and benefits of immunization is another important strategy. This could involve community-based education programs or public health campaigns.

Promotion of family planning services could also play a role in improving vaccination rates. Smaller families might be better able to manage the logistics of ensuring all children are fully vaccinated.

Lastly, the power of electronic media should be leveraged to educate the public about the benefits of immunization. Television and radio campaigns, as well as digital platforms like social media, could be used to reach a wide audience and reinforce messages about the importance of complete immunization for children's health.

Challenges to child immunization in Pakistan include significant disparities in coverage between urban and rural areas, as well as provincial differences.

Accessibility and availability of immunization services, socio-cultural barriers, and health system inefficiencies contribute to incomplete / low immunization rates.

Education and wealth are critical factors that impact immunization, with educated mothers and higher-income families generally exhibiting higher immunization rates.

Strategies to enhance coverage include increasing maternal literacy, improving healthcare facilities in disadvantaged areas, promoting public awareness, emphasizing family planning, and leveraging