



Ministry of National Health Services
Regulations and Coordination
Government of Pakistan



Law & Justice Commission of Pakistan

INVESTING IN SUSTAINABLE POPULATION GROWTH



NATIONAL SYMPOSIUM ON ALARMING POPULATION GROWTH IN PAKISTAN: CALL FOR ACTION

December 5, 2018

Al-Qura'an

"Our Lord, grant us from among our wives and offspring comfort to our eyes and make us an example for the righteous" (25:74).

"Mothers shall suckle their children for two whole years" (2:233).

"And He raised the heaven and established the balance. Do not transgress the balance. You shall establish justice; do not violate the balance" (27:7,8,9)

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Message by Mr. Imran Khan

Hon'ble Prime Minister Islamic Republic of Pakistan

The high population growth rate in Pakistan demands urgent attention. Accelerating efforts to ensure population stabilization is critical to taking Pakistan forward and achieving the goals of development as enshrined in the vision of Naya Pakistan where every member of society should be productive and provided with an opportunity to excel in life and contribute in national development. It is an established fact that high population growth impedes the pace of development both at macro and micro level posing major challenges to provision of services to the masses including infrastructure, jobs, health, education, housing, transportation and food security among others.



We understand that such a high level of population growth is unsustainable and has already eaten into the modest gains made in terms of socio-economic development. Nearly, one-fourth of the country's population continues to live below the national poverty line (2015-16) with the absolute numbers of poor increasing due to population growth rates. Poverty has a close relation with low literacy, high fertility, high childhood and maternal mortality especially among the poorest households. Approximately 60% of the country's population faces food insecurity and nearly 50% of the women and children are malnourished. Many Pakistani children are faced with long term nutritional deprivation, balanced food insecurity, poor health services, illnesses linked to hygiene, and improper feeding practices.

This national symposium therefore comes at the right time where policy makers need to pool their wisdom and devise a way to meet this challenge. Such a high level national event on this subject is unprecedented and would stand out as a shining example of our firm commitment to address the alarming population growth in our country and lay the foundation of a prosperous Pakistan.

May Allah Almighty help and guide us!

Message by Mr. Justice Saqib Nisar

Hon'ble Chief Justice of Pakistan

Pakistan's population is projected to double in the next 30 years. If we could be sure that our children would have enough to eat, be healthy, and attend school; that their mothers would live and enjoy good health; that water, food, and decent livelihoods would be available to all, we might look forward to unleashing the immense potential of our human resource. But in our current situation, with our hands tied by severe economic constraints, and without the ability to make the required transformative investments in human development, can we really look upon our massive numbers as promising potential, and view population growth rate with any sentiment other than alarm? The current scenario is unsustainable. It must change, and all stakeholders, including policy makers, legislators, care providers, civil society activists and religious scholars, must play their roles in unison to support responsible parenthood behaviours in our society.



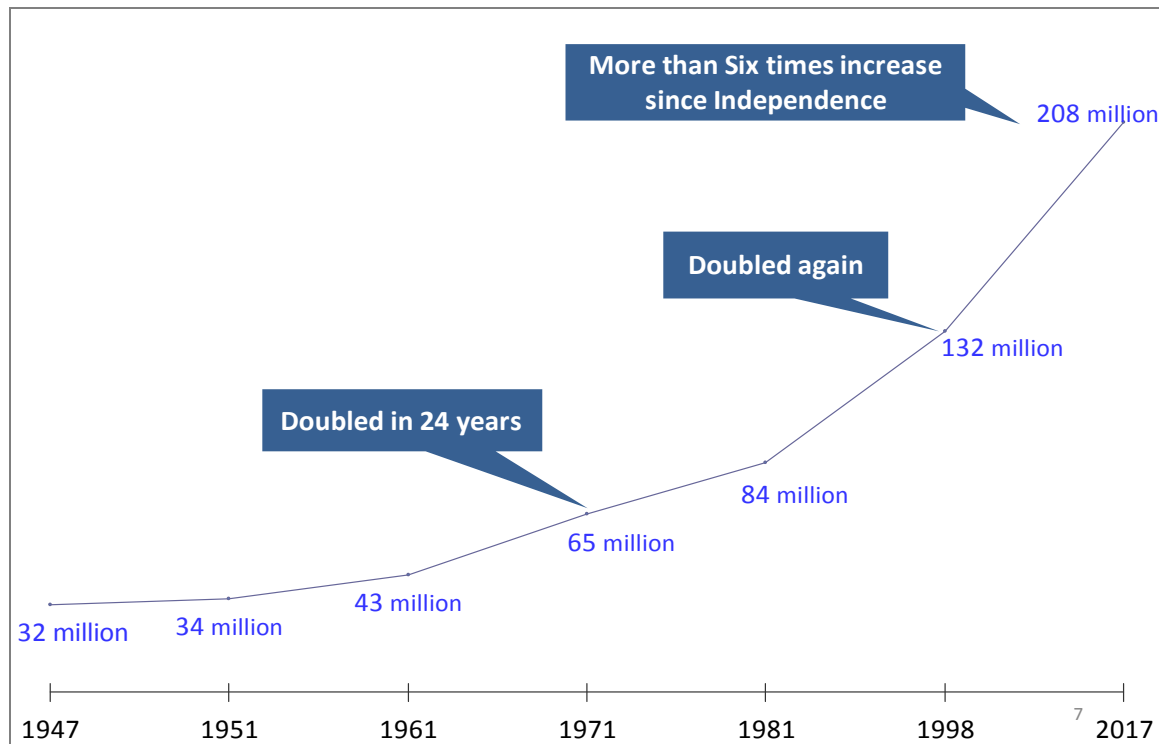
It was with these urgent concerns in view that I took suo moto notice of the alarming high population growth rate in the Country and constituted a task force to formulate a mechanism for addressing population growth. The task force has prepared a set of eight key recommendations to accelerate government efforts to reduce the population growth rate, lower the total fertility rate, and increase the contraceptive prevalence rate. Its recommendations, which are aligned with provincial population policies and recognize the Federal Government's role in fostering, coordinating, and facilitating national progress, specify clear priorities, roles and responsibilities, and timelines for action. All that remains is for stakeholders at all levels to translate these recommendations into urgent action. Once we have achieved this, we can truly focus on the task of nurturing, developing, and unleashing the incredible potential of our populace.

The National Symposium on Alarming Population Growth: Call for Action being held under the auspices of the Law and Justice Commission of Pakistan reflects the collective resolve of all stakeholders to join hands and play their part in furtherance of this national cause. I am confident that this national event would provide impetus to a nation-wide awareness and advocacy drive where decision-makers at every level would not only imbibe the concept of responsible parenthood for the health and wellbeing of their families but also become ambassadors for the cause.

Background

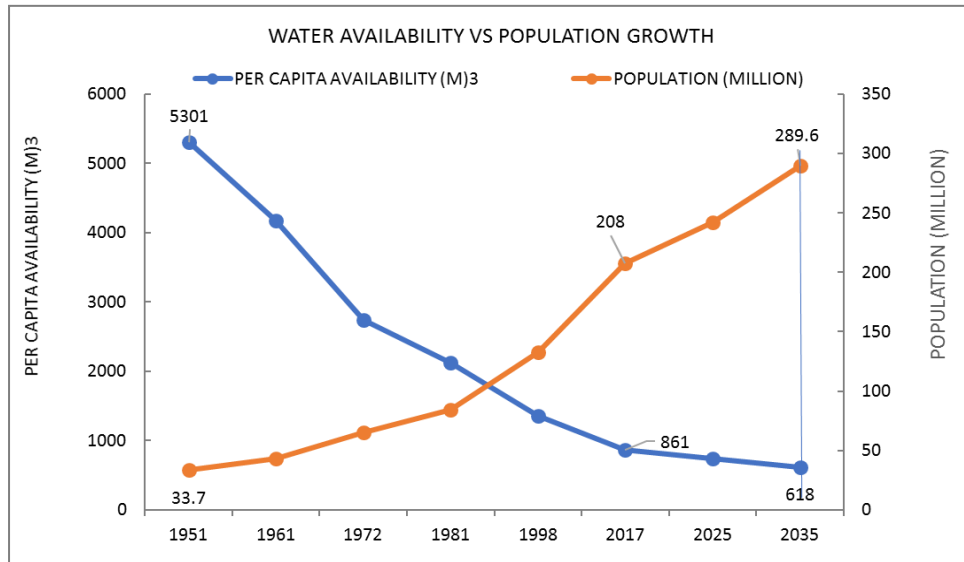
Pakistan's huge population of 207.8 million is growing faster than most regional and Muslim countries. Between the two last censuses of 1998 and 2017, our population grew at 2.4% per year. It is projected to reach 285 million by 2030, and to double in the next 30 years (average doubling time for other South Asian countries is 60 years). Fertility in Pakistan, at 3.6 average births per woman, is twice the levels of Iran and also higher than Saudi Arabia (2.7). We are about one and a half child more than other countries of our region.

Population Increase Since Independence - Spurt of Growth After 1980



Such a high rate of population growth is unsustainable. It is eating into our modest socio-economic development gains, making it increasingly harder to ensure basic investments in human development such as health, nutrition, education, and productive skills. Nearly, a fourth of the population lives below the national poverty line (2015-16) and absolute numbers of poor are increasing with population growth. Stress on the environment and natural resources is leading to faster degradation, rising vulnerability to climate change, threats to food security, and above all, a critical decline in per capita water availability.

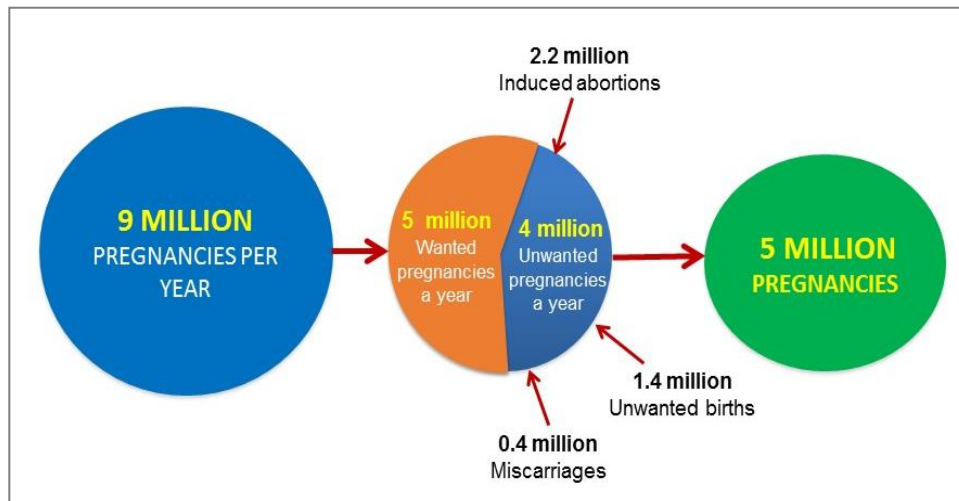
Water Scarcity – The Latest Alarm Bell!



Source: Pakistan Water and Power Development Authority, Government of Pakistan and Pakistan Bureau of Statistics

Importantly, the high fertility driving population growth in Pakistan is not completely a matter of choice. Huge numbers of Pakistani couples *want to* space or limit births but are unable to do so due to lack of information and/or services. Unmet need for family planning services is high at 17% (PDHS 2017-18). The main barriers to contraceptive use include physical distances from delivery points, costs, social barriers, poor quality of services, and associated misperceptions. Millions of desperate women resort to induced abortions every year, often in unsafe conditions that compound maternal and child health outcomes. Poor and uneducated households are most affected, and poverty in the country has a close relation with low literacy, high fertility, and high childhood and maternal mortality. Low public expenditure on health, population and education are among the root causes of poor indicators on socio-economic development.

Pregnancies that can be Avoided each Year



Taking cognizance of the situation, the Honorable Chief Justice of Pakistan took Suo Moto notice of the Alarming High Population Growth Rate in the Country in Human Rights Case No.17599 of 2018. Vide its order dated 4th September 2018, the honorable Supreme Court constituted a Task Force to formulate a mechanism to curb population growth in the country.

Composition of the Task Force

Public Sector		Private Sector / Civil Society	
S.	Name & Designation	S.	Name & Designation
1.	Justice Dr. Fida Muhammad Khan, Judge, Federal Shariat Court	1.	Ms. Shahnaz Wazir Ali, Provincial Coordinator, PH&FP, Sindh
2.	Capt. (Retd.) Zahid Saeed, Secretary, M/o NHR&C	2.	Dr. Attiya Inayat Ullah, Founder FPAP & Former Federal Minister
3.	Mr. Fawad Hasan Fawad, OSD, Establishment Div.	3.	Dr. Sania Nishtar, President, Heartfile, Islamabad
4.	Mr. Abdul Ghaffar Khan, DG-PPW, M/o NHR&C	4.	Dr. Zeba Sathar, Country Director, Population Council
5-8.	Secretaries of Provincial PWDs	5.	Ms. Maryam Bibi, Chief Executive, Khwendo Kor
9-12.	Secretaries of Provincial Departments of Health	6.	Dr. Ameer Bakhsh Baloch, Former Director H&FP (Balochistan)
13.	Ms. Khawar Mumtaz (<i>Co-opted Member</i>) Chairperson, NCSW, Islamabad	7.	Syed Aziz ur Rab, CEO, GSM, Karachi
14.	Dr. Talib Lashari (<i>Co-opted Member</i>) Technical Advisor on Population, Sindh	8.	Dr. Nasir Jalil, Consultant, National Action Plan, 2017
15.	Mr. Qamar Abbas (<i>Co-opted Member</i>) Chief-Population, M/o PD&R, Islamabad	9.	Dr. Hassan Mohtashami, Country Rep. UNFPA, Islamabad

The recommendations are in line with provincial population policies and recognize the Federal Government's role in fostering, coordinating, and facilitating progress and advancing the national perspective.

The recommendations specify clear priorities, roles and responsibilities, and timelines for action. By spelling out modalities for action, enabling responsible institutions to own their role, and setting a clear schedule, the recommendations seek to overcome, once and for all, the lethargy and inertia that have traditionally characterized population programming in the country.

The Honorable Supreme Court while endorsing that the recommendations directed that these be placed before the Council of Common Interest (CCI). The recommendations were accordingly placed before the CCI in its meeting dated 19 November 2018 and the CCI approved all the recommendation in principle

Recommendations of the Task Force

1. Establish National & Provincial Task Forces for steering, providing oversight and taking critical decisions to reduce population growth, lower fertility rate and increase contraceptive prevalence rate (CPR)

Recommendation	Responsibility	Time Frame
a. National TF chaired by Prime Minister to include Chief Ministers of all the Provinces, Federal & Provincial Ministers of Population, Health, Education, Finance, Planning and representatives of civil society.	Ministry of National Health Services	By 31 st December, 2018
b. Provincial TFs chaired by respective Chief Ministers to include Provincial Ministers of Population, Health, Education, Finance, Planning and representatives of civil society.	Population Welfare Departments	By 31 st December, 2018
c. Progress towards reducing population growth rate, lowering fertility and increasing contraceptive prevalence rate to be monitored through a robust data collection system and assessments of results and presented before National & Provincial Task Forces.	Ministry of National Health Services and Population Welfare Departments	Bi-annually (NTF) Quarterly (PTF)

2. Ensure Universal Access to Family Planning/ Reproductive Health Services

Recommendation	Responsibility	Time Frame
i. Mandate all public health facilities (BHUs, RHCs, THQs, DHQs, Teaching Hospitals) to deliver family planning services as part of the essential service package.	Federal / Provincial Governments	By 30 th June, 2019
ii. All general registered private sector practitioners and hospitals to provide FP counseling, information and services to male & female clients.	Federal / Provincial Governments	By 30 th June, 2019
iii. Lady Health Workers to provide FP, ante-natal and post-natal counseling, and contraception services on priority basis.	Federal / Provincial Governments	By 30 th June, 2019
iv. Current cadre of Male Mobilizers to be made active and accountable for counseling men on family planning.	Federal / Provincial Governments	By 30 th June, 2019

Recommendation	Responsibility	Time Frame
v. NGOs and Civil Society Organizations to work in close coordination with provincial DOHs & PWDs to extend FP/RH services to underserved and unserved areas.	Federal / Provincial Governments	By 31 st March, 2019
vi. Federal and Provincial Governments to link population programs with Social Safety Net programs like Benazir Income Support Program and introduce conditional cash transfer schemes or incentivized schemes for adoption of FP service and institutionalized birth delivery.	Ministry of National Health Services, Population Welfare Departments and Benazir Income Support Program	By 30 th June, 2019

3. Finances

Recommendation	Responsibility	Time Frame
i. Federal Government to create a five-year non-lapsable Special Fund for reducing Population Growth Rate with annual allocation of Rs.10 bn. The Fund shall be set up exclusively from federal resources without any cut from provincial funds. The Fund will:	Ministry of Finance and Ministry of National Health Services	By 30 th June, 2019
a. Meet, for 5 years, 50% amount of additional allocations made by the provinces for procurement of contraceptive commodities over and above the budget provision of F.Y 2018-19 in the respective head.	Ministry of National Health Services in coordination with Population Welfare Departments and Finance Division & Planning, Development & Reform Division.	FY 2019-20 Thru FY 2023-24
b. Meet, for 5 years, 50% cost of increase in LHWs for 100% coverage for doorstep services in rural and peri-urban areas.	Ministry of National Health Services in coordination with Department of Health and Finance Division & Planning, Development & Reform Division.	FY 2019-20 Thru FY 2023-24
c. Support innovative approaches of Federal & Provincial Governments for reaching poor and marginalized population to reduce population growth and increase contraceptive prevalence rate (CPR).	Ministry of National Health Services in coordination with Population Welfare Departments & Department of Health	FY 2019-20 Thru FY 2023-24

Recommendation	Responsibility	Time Frame
ii. Federal & Provincial Population & Health budgets for FP/RH to be doubled over the next two years and protected from reallocation to other programs & departments while ensuring timely releases	Ministry of Finance, Ministry of National Health Services, Department of Health and Population Welfare Departments	FY 2019-20 and FY 2020-21
iii. Donor financing to NGOs and private sector organizations involved in Family Planning/ Reproductive Health to be streamlined through an effective coordination mechanism.	Ministry of Economic Affairs Division and Ministry of National Health Services in coordination with Population Welfare Departments and Department of Health	By 31 st March, 2019
iv. Corporate Sector to allocate CSR funds for Family Planning services and advocacy.	SECP / FBR	By 31 st January, 2019

4. Legislation

Recommendation	Responsibility	Time Frame
i. Family Planning & Reproductive Health (FP&RH) Rights Bill ensuring mandatory Family Planning/ Reproductive Health services by all general health care facilities in public and private sector.	Ministry of National Health Services, Ministry of Law & Justice & Provincial Governments / Population Welfare Departments	By 31 st March, 2019
ii. Early Child Marriage Restraint Act be introduced by Federal & Provincial Governments (Sindh passed this Act in 2013).	Ministry of National Health Services, Ministry of Law & Justice & Provincial Governments / Population Welfare Departments	By 31 st March, 2019
iii. Pre-marital counseling on family planning should be mandatory for Nikah registration; LHWs or appropriate service providers to provide the requisite counseling.	Ministry of National Health Services, M/o Law & Justice & Provincial Governments / Population Welfare Departments	By 31 st March, 2019
iv. “Right to promotive and primary health care for mother and child be made mandatory” as the right to education given in Article 25-A of the Constitution.	Ministry of National Health Services / Ministry Law & Justice	By 31 st March, 2019

5. Advocacy & Communication

Recommendation	Responsibility	Time Frame
i. A national narrative to be developed in consultation with provinces and other stakeholders to create a sense of urgency and necessity of reducing population growth rate and achieving socio-economic wellbeing for all.	Ministry of National Health Services, Ministry of Information, Ministry of Religious Affairs, & Population Welfare Departments	By 28 th February, 2019
ii. Mass movement leading to a call of action to be launched involving political leaders, corporate sector, academia, judiciary, executive, ulema, media, intelligentsia, civil society and youth.	Federal & Provincial Governments and all stakeholders	Immediate
iii. PEMRA to provide free airtime for Family Planning messages on radio and TV channels at prime time.	Ministry of Information and PEMRA	By 15 th March, 2019
iv. Behavioral Change Communication campaign to highlight the roles and responsibilities of men in family planning.	Federal / Provincial Governments / Media & Civil Society	Immediately

6. Curriculum and Training

Recommendation	Responsibility	Time Frame
i. Health & hygiene to be included at primary school level.	Population Welfare Departments and Federal & Provincial Education Departments	By 30 th June, 2019
ii. Life Skills Based Education and Population Studies to be included in Secondary and Higher Secondary schools.	Population Welfare Departments and Federal & Provincial Education Departments	By 30 th June, 2019
iii. Population Dynamics in Pakistan to be included in College and University level education.	Higher Education Commission, Federal & Provincial Education Departments	By 31 st March, 2019
iv. Population modules to be included in training at all Civil Services and Judicial Training Institutions.	National School of Public Policy	By 31 st March, 2019

Recommendation	Responsibility	Time Frame
v. Pakistan Medical and Dental Council and Pakistan Nursing Council to include modules on Family Planning/ Reproductive Health in MBBS and Nursing Degree Programs, respectively.	Ministry of National Health Services, Pakistan Medical and Dental Council and Pakistan Nursing Council	By 31 st March, 2019
vi. Training to be provided to all public & private health care providers on all modern contraceptive methods.	Ministry of National Health Services, Department of Health and Population Welfare Departments	By 31 st December, 2019

7. Contraceptive Commodity Security

Recommendation	Responsibility	Time Frame
i. Incentivizing Local Production of Contraceptives: Federal and Provincial Governments should encourage / incentivize the pharmaceutical companies / investors to establish contraceptive production units in Pakistan on WHO/FDA standards.	Ministry of National Health Services in coordination with relevant Federal & Provincial authorities	By 30 th June, 2019
ii. Pooled Procurement model to be adopted by the Federal & Provincial Governments (subject to their consent) to garner the benefits of economy of scale.	Ministry of National Health Services, Population Welfare Departments and Department of Health	FY 2019-20 onwards
iii. Supply Chain Management System to be strengthened to ensure availability of all contraceptives at Service Delivery Points.	Ministry of National Health Services, Population Welfare Departments and Department of Health	By 30 th June, 2019
iv. FP Commodities should be included in the essential drug list of primary, secondary and tertiary drug list.	Population Welfare Departments and Department of Health	By 31 st March, 2019

8. Support of Ulema

Recommendation	Responsibility	Time Frame
i. Joint Declaration of Ulema made at Population Summit-2015, Islamabad to be widely advocated.	Ministry of National Health Services, Ministry of Religious Affairs, Ministry of Information, Population Welfare Departments and Department of Health	On Continuous basis
ii. Training courses on family planning to be arranged at Provincial Judicial Academies and relevant training institutes for Ulemas and Khateebbs.	Department of Health/ Population Welfare Departments and Provincial Judicial Academies	By 30 th June, 2019

Agenda: Morning Session

Venue: Federal Judicial Academy, Service Road South, Sector H-8/4, Islamabad

Time	Agenda
09:00 A.M. - 09:30 A.M.	Registration of Participants
09:30 A.M. - 09:35 A.M.	Recitation from the Holy Quran
09:35 A.M. - 09:50 A.M.	Opening Remarks by the Chair Capt. (Retd.) Zahid Saeed, Secretary, M/o NHR&C
09:50 A.M. - 10:25 A.M.	Keynote Address - Population dynamics in Pakistan: Challenges & Opportunities Dr. Zeba Sathar, Country Director, Population Council, Islamabad
10:25 A.M. - 10:35 A.M.	Documentary on Population
10:35 A.M. - 10:50 A.M.	Skit by Students of Regional Training Institute, Islamabad
11:55 A.M. - 11:10 A.M.	Working towards a common goal: provincial response to the alarming population growth
11:10 A.M. - 11:20 A.M.	FP2020: Global Progress & Prospects for Pakistan – Video Message Ms. Beth Schlachter, Executive Director, FP2020
11:20 A.M. - 11:40 A.M.	The Islamic Perspective on Birth Spacing <i>Allama Muhammad Shahzad Mujaddidi, PhD in Islamic Thought & Civilization</i>
11:40 A.M. - 11:55 A.M.	Role of International Community in Supporting Pakistan's Population Program Ms. Lina Mousa, Country Representative, UNFPA

Agenda: Evening Session

Venue: Supreme Court Auditorium under the auspices of Law & Justice Division

Time	Agenda
01:30 P.M. - 02:00 P.M.	Registration of Participants
02:15 P.M.	Guests to be seated
02:30 P.M.	Arrival of the Chief Guest
02:32 P.M.	National Anthem
02:35 P.M.	Recitation from the Holy Quran
02:45 P.M. - 02:55 P.M.	Opening Remarks <i>Mr. Aamer Mehmood Kiani, Minister for National Health Services, Regulations & Coordination</i>
03:00 P.M. - 03:15 P.M.	New Demographic Realities of Pakistan <i>Dr. John Bongaarts, Vice President and distinguished Scholar, Population Council, New York, USA (PhD, University of Illinois)</i>
03:20 P.M. - 03:25 P.M.	Population Dynamics in Pakistan: A Documentary
03:30 P.M. - 03:40 P.M.	Public Policy Options for Population Planning in Pakistan <i>Dr. Sania Nishtar, Chairperson, Benazir Income Support Program, Islamabad</i>
03:45 P.M. - 03:55 P.M.	Family Planning in the Context of Mother & Child's Health : An Islamic perspective <i>Maulana Tariq Jameel, Religious Scholar</i>
04:00 P.M. - 04:10 P.M.	Cutting Edge Corporate Leadership: Quality of Population & Productivity <i>Syed Babir Ali, Founder of Packages Limited, Nestle Pakistan Limited and Lahore University of Management Sciences</i>
04:15 P.M. - 04:25 P.M.	National Narrative: Advocacy Campaign for Population Planning in Pakistan <i>Mr. Javed Jabbar, Former, Federal Information Minister, Former Senator</i>
04:30 P.M. - 04:35 P.M.	Theme Song <i>Mr. Shahzad Roy</i>
04:40 P.M. - 04:55 P.M.	Call for Action <i>Mr. Justice Mian Saqib Nisar, Hon'ble Chief Justice of Pakistan</i>
05:00 P.M. - 05:20 P.M.	National Resolve to address alarming Population Growth in Pakistan <i>Mr. Imran Khan, Hon'ble Prime Minister, Islamic Republic of Pakistan</i>

Message by Dr. Natalia Kanem

Undersecretary General and UNFPA Executive Director

Address to the National Symposium on Population in Pakistan

The United Nations Population Fund (UNFPA) welcomes the historic decision by the Supreme Court of Pakistan and the Council of Common Interests (CCI) to form task forces at federal and provincial levels to oversee issues of population growth, taken at a meeting presided over by His Excellency Imran Khan, Prime Minister of Pakistan, on 19 November 2018.

The decision reinforces the international and national commitments Pakistan has made to the Sustainable Development Goals, Family Planning 2020 and the 2015 National Population Summit – to increase investments in education, reproductive health and creating decent employment opportunities. These investments aim to address unmet need for family planning and harness the demographic dividend by ensuring all young people fulfill their potential.

The high level of political commitment is timely and responds to the needs of the millions of couples who want to decide on the number and spacing of their children, yet currently have limited access to family planning information and services.

Access to safe, voluntary family planning information and services is a human right. Family planning is central to women's empowerment, and it is a key factor in reducing maternal and child mortality and poverty. Successful programmes on population and development benefit from strong family planning initiatives that ensure a steady, reliable supply of quality contraceptives; strong and cohesive national health systems; and sound policies.

We commend His Excellency the Prime Minister for his leadership in making family planning and addressing population dynamics key priorities. UNFPA appreciates the initiative by the Hon. Chief Justice of Pakistan for taking the lead in forming the initial task force that drafted the recommendations to address national challenges related to population dynamics and family planning. We also acknowledge the leadership role of the Ministry of National Health Services Regulation and Coordination.

UNFPA provides global leadership in increasing access to family planning, by convening partners – including governments – to develop evidence and policies, and by offering technical and financial assistance. UNFPA, under the current Country Programme (2018-2022), commits its support to Pakistan, through increasing capacities at all levels to expand access to high-quality family planning information and services, with the aim of improving the quality of life of the people of Pakistan, especially women and girls.

We call upon all strategic partners – including the private sector, non-governmental organizations, and the donor community – to take concrete actions in support of this national initiative.

Acknowledgments

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