

Punjab Population Policy 2017



Population Welfare Department
Government of the Punjab



FOREWORD

Punjab, with an area of 25.8 percent of Pakistan is accommodating more than half of the country's population. Its population increased fivefold over the last sixty years and will continue to grow over next couple of decades, even though growth rate is decreasing. The high population is leading to food insecurity and adding pressure on housing, health care, education, sanitation, waste management, energy supply and labour market. This leads to increasing poverty and a lower quality of life.

The Government of Punjab is cognizant of the relationship between population and socioeconomic development. It envisions economic growth through a faster fertility decline with planned families, and, therefore is committed to address the issue of population on priority. This is in line with international and national commitments of universal access to reproductive health services and the obligations to decrease unmet need and increase contraceptive prevalence rate. In the post-devolution scenario it was the Government's prime obligation to develop Punjab Population Policy tailored to the needs of the province.

The Government of Punjab constituted a core group of experts

to formulate population policy. The group was comprised of government departments, advisors of National and International level, Dr. Mohammad Nizamuddin, Dr. Saeed Shafqat, Dr. Zeba Sathar, Dr. Yasmeen Sabeeh Qazi, Mr. Muzaffar Mahmood Qureshi and Mr. Rabbi Royan. Consultancy services of Mr. Tauseef Ahmed, Country Director, Pathfinder were obtained. A comprehensive population policy has been designed in consultation with other members. It is first ever policy, announced with the approval of provincial cabinet of Punjab. The Policy has been designed and framed with focused guidelines for reaching out to uncovered areas with quality services, addressing reproductive health issues in the light of Islamic teachings. The policy recognizes the need for comprehensive long term plan to achieve demographic dividend.

I am pleased to extend felicitation to all who contributed many positive ideas for the development of this population policy.

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INTRODUCTION

Pakistan, with an estimated 190 million population is the 6th most populous country of the world. Its annual growth rate of 2.05 percent implies that at the current annual rate of growth, the population will double in the next 34 years. The province of Punjab with a land mass of 205,344 sq.km (25.6 percent of Pakistan's area) is occupied by more than 50 percent of the country's population. The population of Punjab grew from 47 million (1981 census) to around 73 million (1998 census). This resulted in doubling of its people in just 31 years (1981-2012). The estimated population size for 2015 (PDS 2015) was around 101.3 million and is expected to touch 141 million by 2030 at the current slow course of decline. Around 3 million births occur in Punjab on annual basis. The annual growth has a direct consequence in raising density from 230 persons per sq. kilometer in 1981 to 486 persons per sq. kilometer (MICS Punjab, 2014).

By adopting a moderate course of fertility decline (i.e. attaining TFR=2.1 by 2030), one that is achievable, Punjab's population will touch 136 million by 2030, and thereby contribute by having 5 million fewer people by 2030 relative to the current slow decline scenario, and 16 million fewer people by 2050.

Government of the Punjab recognizes the long term consequences of rapid population increase and firmly believes in achieving replacement level fertility 2.1 by 2030. This is acknowledged as a critical step towards reaching population stabilization for sustainable development, with equitable distribution. It is a function of rigorous efforts towards making reproductive health services accessible to all those who need it. The contraceptive prevalence rate for Punjab that showed very slow increase from 30% to 41% (with only 21-29% modern method use) during 2002-2013 is a cause for concern and firm action. Unfortunately, the contraceptive prevalence rate remained stagnant during 2000-2007 with a high discontinuation of contraceptives use due to weak counseling and follow up care. High unmet need for contraception implies actual fertility to be higher than wanted level. As a result, women in Punjab, on average, have around one birth in excess of the desired fertility (TFR of 3.8 vs . Wanted TFR 2.8). This phenomenon is expected to contribute to population increase. It is estimated that more than 3 million women in Punjab have an unmet need for contraception, who, if provided with necessary counseling and easily accessible services and backed up with follow up, will use modern methods to space or limit birth. This is a huge task to be undertaken urgently in Punjab. The Government of Punjab is focusing on major development themes that include energy, security and self-reliance, inclusive and sustainable growth, human and social capital, value addition and competitiveness

in production sector, modernization of infrastructure and regional connectivity, Small and Medium Enterprises and private-sector led growth and security, institutional reforms and democratic governance. However, Punjab recognizes the cross-cutting effect and influence of population factor on all facets of overall development. This makes imperative to adopt a province specific focused population policy with the aim and objective of striking a balance between population and resources to be consistent with development goals.

The policy thus framed out is based on participatory approach, with consensus of all stakeholders and partners, within the government, NGOs and civil society and adhere to the basic principles of equity, efficiency, volunteerism and sustainability.

VISION

Promoting prosperous, healthy, educated
and knowledge-based society where every
family is planned, every member nurtured
and all citizens are provided with the
opportunity and choice to attain improvement
in the quality of their lives

GOALS

- Stabilize population growth as an essential requirement for promoting sustainable development with equitable distribution through vigorous implementation of inter-sectoral strategies
- Reduce fertility to contain population momentum by improving access to quality of reproductive health through integrated service delivery
- Facilitate and guide relevant sectors to achieve Sustainable Development Goals objectives related to universal access to reproductive health care services aimed at promoting general welfare of population

Long Term Objectives

- Ensure universal coverage and improve access to safe and quality family planning and reproductive health services to the most remote and far flung areas of the Province by 2025
- Raise contraceptive prevalence rate to 60 per cent by 2030
- Strive expeditiously to attain replacement level fertility of 2.1 births by 2030

Short Term Objectives

- Lower wanted family size to 2.5 by 2020 through an effective population communication and education programme focusing on small family size and its relationship with human welfare and environmental security
- Actively promote three Healthy Timing and Spacing Pregnancy (HTSP) messages to reach out all women by 2020
- Ensure necessary contraceptive security at all service delivery outlets during 2015-20
- Achieve fertility level of 3.3 births per woman by 2020

Major Areas of Attention under the Population Policy

1. SERVICE AVAILABILITY AT COMMUNITY LEVEL

The population policy attaches highest priority to enhance coverage and access to family planning information and services at community level. Attending to high unmet need will be focused to attain replacement level fertility. Efforts will be directed to evolve consensus among all stakeholders for commitment, contribution and support, through the service delivery infrastructure of the Department, health facilities, community based workers and outlets of partner NGOs.

The policy encourages all partners from public and private sectors to enhance access to family planning services through consolidation, up-gradation and placement of service outlets closer to target population in the inspiring spirit of care and trust.

2. CONTRACEPTIVE COMMODITY SECURITY

The policy places high emphasis on continuous and uninterrupted availability of complete range of contraceptives free of charge at all service delivery outlets. Increase in the use of contraceptives is anticipated in the coming years due to increase in target population and contraceptive demand. Supply chain management system will be enhanced through Contraceptive Logistics Management Information System. Provincial Logistic and Procurement Cell will be established to ensure distribution

of contraceptive supplies to district stores, all service delivery outlets of Population Welfare, Health Department, Provincial Line Departments, Private partners and NGO. Punjab Government will allocate required funds for procurement and transportation to strengthen the commodity security.

3. ADVOCACY, DEMAND GENERATION AND SOCIAL MOBILIZATION

The policy focuses on voluntary adoption of small family norms through public awareness campaign supported by community based counseling and motivational efforts. Systematic use of print and electronic media channels will be pursued to encourage birth spacing practices particularly focusing on newlyweds, first time parents and low parity women.

The grassroots organizations, NGOs, social activists and volunteers would be associated to participate in addressing the urgent gap in mobilization and dissemination of population related information. Involvement of religious scholars at all level will provide support to promote family planning among males for family health.

A long term sustained communication strategy will be designed to advance the objective of healthy timing and spacing of pregnancy. Benefits of family planning will be emphasized through quality counseling of eligible couples. A multi-pronged approach will be adopted to sensitize parliamentarians, policy makers and development planners to mainstream population factor into development planning. The policy will support capacity building of public representatives, opinion leaders, civil

society, press, and academicians etc, to emphasize the socio-economic implications of rapidly growing population.

The role of Lady Health Worker, in particular, will be revitalized in collaboration with Health Department to actively support social mobilization for family planning. The communication strategy will also address the reproductive health issues of adolescents and youth. They will be provided information, education and counseling on population issues. Innovative measures will be taken to introduce and promote pre-marriage counseling sessions as a normal approach.

4. HUMAN RESOURCE DEVELOPMENT

Human resource development is imperative for planned and organized execution of population welfare activities. The policy stresses on training for quality of service standards and client centered approach. Pre-service and basic training of workers will be conducted for effective and efficient management of family planning services. Particular attention be given to counseling skills, explaining the benefits of family planning, choice of appropriate method with post acceptance assurance and support to enhance retention rate/ reduce drop outs.

Regional Training Institutes and Family Health Clinics will focus on building capacity of outreach workers. Community based workers will receive due attention to maintain quality work force in the community. Contraceptive choice will be broadened to provide training to service providers in latest technologies. Population Welfare Training Institute will be strengthened with

appropriate faculty comprehensive training plans. The policy focuses on building rapport with specialized training institutes to have best effect on programme management.

Training Plan of Master Trainers for step down training of outreach workers and quality assurance supervision mechanism will be introduced and sustained. Specialized orientation programs will be organized for staff of Education, Agriculture, Irrigation and other departments, to be associated in supporting population welfare activities. The district offices will serve as focal points to identify training needs and to coordinate in the execution.

5. ENLISTING SUPPORT OF DEVELOPMENT PARTNERS AND PRIVATE ENTITIES

The policy recognizes that involvement of voluntary and non-government sector with the government is essential to resolve unmet need and extend coverage. The department looks forward for support by professionals and innovative interventions by private partners to support and complement for demand generation, community mobilization and service delivery. The private sector will be encouraged to extend coverage, enhance access and to take steps for local production of quality contraceptives to reduce dependency on imports. Under the policy, partnership will be strengthened in communities among professional bodies, civil society and community based organizations.

The department will establish a mechanism for regular

interaction with private partners to review progress, monitor contribution, exchange experiences about technical and administrative supervision to assure quality services. All stakeholders will ensure availability of quality family planning services and commodities at their facilities.

6. MONITORING AND EVALUATION

The policy employs an effective monitoring and evaluation mechanism to achieve the desired objectives. A combination of service data from contraceptive logistics management information system of PWD and Health Department will be utilized to monitor and improve district family planning service uptake. Quality assurance through direct interviews, community voices, feedback, technical supervision and competency checks will be integral part of the monitoring.

Citizen Report Card and community scorecards performance monitoring through innovative technologies and E-governance models will be tested to assess the benefits towards social accountability for improving efficiency. Result Based Monitoring will be employed to observe achievement of programmatic objectives. Impact assessment and evaluation of the program will be under taken to measure the outcomes through credible independent third party at regular interval.

7. RESEARCH AND METRICS

The policy promotes establishment of a forum for regular annual deliberation, discussions by academicians, researchers, departmental functionaries and independent firms for their

perspective in understanding population policy goals and objectives, progress made and way forward. The forum will also identify research agenda, facilitate primary and secondary data analysis and review findings regarding Reproductive Health and Family Planning. Population Welfare Department will produce policy briefs for understanding and interpreting research findings to link with implementation process. Training in research methodology and data analysis, and interaction among researchers will be facilitated and encouraged. Research finding relevant to population growth, family planning and impact on environment / development will be disseminated.

8. DEPARTMENTAL RESTRUCTURING

The Punjab Population Policy, 2017 will be the first comprehensive endeavor which is to be pursued and promoted proactively by the Province. It requires ensured resources and full management support.

The Department will establish three dedicated Directorates staffed with professionals to carry out the strategies outlined in the policy. These will include Directorates of Information, Education and Communication (IEC), Procurement and Logistics, and Research and Training.

Planning, Programme Development, and monitoring will be closely linked with Information and Communication Technologies (ICT). Management tier at district and tehsil level will be rationalized to enhance local management and real-time monitoring. Nine Divisional Directorates will be established with clear supportive scope of work.

9. INTER-DEPARTMENTAL CO-ORDINATION FOR CONSOLIDATION OF SERVICES

The policy emphasis on effective coordination among the stakeholders for implementation. Coordination committees that already exist at provincial and district levels will be made effective to have optimal outcomes of integrated efforts.

The population task force, constituted under the chairpersonship of Minister for Population Welfare Punjab, will analyze the population situation and recommend measures to control rapidly increasing population growth rate in Punjab on regular basis. Demographic Cell will be established in Directorate General of PWD to collect, analyze and share achievements and initiatives with all stakeholders on provincial and national level.

The policy is aligned with Pakistan's commitment of Family Planning 2020 London Summit, and beyond, initially to achieve universal access to reproductive health services and raise contraceptive prevalence rate to 50% by the year 2020.

Country Engagement Working Group (CEWG) of Ministry of National Health Services, Regulation & Coordination has moved the agenda of FP2020 to involve public and private stakes in all provinces. The Punjab FP2020 Working Group has been formulated in this regard to bring stakeholders together and share goals/ objectives and review policies and strategies for evolving an integrated approach to enhance synergy.

10. FUNDING POPULATION WELFARE DEPARTMENT

The policy places emphasis on resource availability for operational cost, in order to improve coverage through infrastructure and outreach services to the community at grassroots level. Critical gaps in manpower, particularly in underserved areas, will be resolved and referral linkages improved. Funds will be specifically required and dedicated for promotional activities, contraceptive procurement, expansion of FWCs and revival of community based workers across Punjab. Approximately Rupees 40 billion will be needed over the next five years for programs, projects and schemes to achieve the fertility replacement level perceived in Punjab Population Policy, 2017.

11. GOVERNANCE OF POPULATION AND DEVELOPMENT

Department of Population Welfare is designated as coordinating organization on population matters. It will be responsible for policy formulation and implementation. The population activities in the Province will be undertaken under the general framework defined by this policy. The effective execution of the policy is dependent on open leadership support and availability of resources. It also affirms the multi sectoral support to achieve programme objectives as conceived in the policy document. Expanded role of Departments of Health, Schools and Higher Education, Auqaf, Women Development, Labour and Human Resource, Industries and Investment, Youth Affairs, Information and Culture will be integrated for support and synergy to advance towards the stated vision, goals and objectives.

Mainstreaming Population in Development

Female education is the most important and universally acknowledged contributor achieving fertility transition. Weak linkages and attention between population and female education in the past was unable to give the needed push to and benefit the pace of fertility transition. Population Welfare Department will actively engage the Department of Education and Higher Education to pursue and encourage fulfillment of its female education targets and goals and for the programmatic cause through training and by incorporating population dynamics in course/curricula. Building strong linkages between social sector targets, tailoring curriculum to rising population concerns, and involving teaching staff in promoting slowing population growth agenda are important areas in need of urgent attention.

Limited female employment opportunities also constrained the benefit of its positive association with fertility transition. Availability of interest free loans through community organizations and Pakistan Poverty Alleviation Fund (PPAF) needs to be geared and facilitated. Investing in youth for marketable skills deserves greater attention, gearing their productive involvement in the society. Employment generation is critical to benefit from Youth Population bulge to be productively engaged in the development process. Women Development Department will be engaged to support activities related to women empowerment.

Rapid urbanization has been a serious concern and has created unprecedented pressure on development planners for meeting the need of growing services and amenities. The Projected urbanization growth over the next two decades encompasses

massive internal migration pattern and seeks innovative population redistribution policies (building new towns and industrial zones) for livelihood and wellbeing. Urban development policies will be evolved to address the growth of urban slums for the same purpose and contribute to the goal of population by highlighting the implications and action to advance its cause.

At present professional education imparted at graduate and post graduate level is being aligned and commensurate with the requirements of public and private sector. The need for high level technical personnel is currently not adequately met as an insignificant number of universities are providing degree and training in demography and population studies.

Teaching demography needs more attention and all universities in the Punjab will be actively encouraged to take it seriously to produce more young professionals. This serious gap will be addressed on urgent basis. Furthermore, attention will be given to accelerate the integration of family planning with existing medical colleges, nursing education and para-medics curriculum and other social sciences. Higher Education Commission will be asked to pursue universities to maintain Demography and Population Studies as active courses and degrees.