

## Question

1  
What is the health status of women in Pakistan? How it can be improved within the available economical resources?

"I don't want to power over man but over myself"

## 1 Introduction

Health mean social- and physical well being of human not merely absent of diseases. The health status of women is important for the well-being of society. A healthy women can produce health child and she is able to take care of her family. The health issues of women also effect their children. The health of women improve her family.

Consequently improvement of nation. But unfortunately women in Pakistan face many health issues. Many NGOs are working for the improvement of health facilities. But do not have successful. Sul Wikison in her book Women health facilities as an feminist perspective it is necessary to improve women health. without it improvement of nation is not possible.

## Definition of Health.

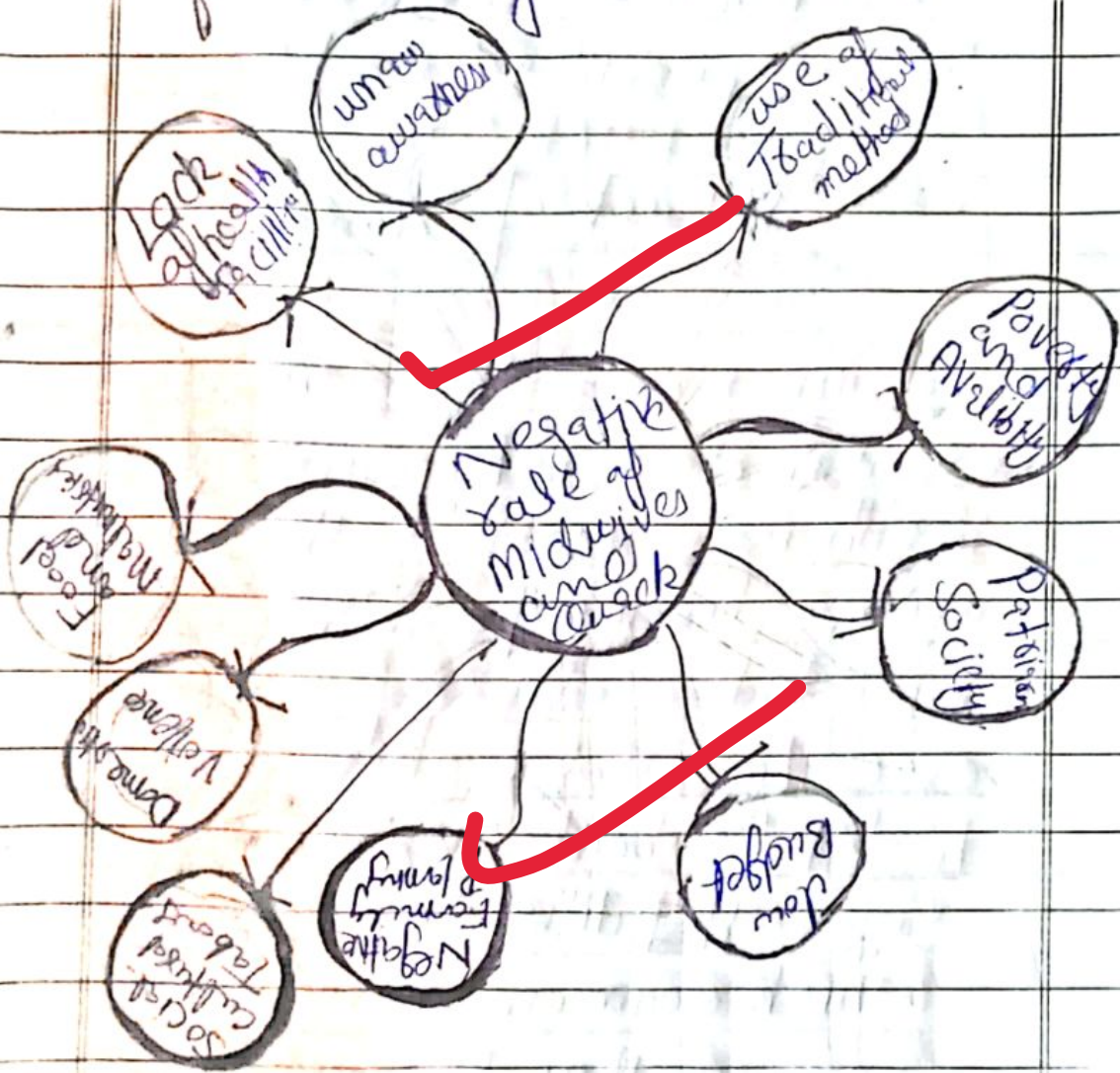
(i) Health is a physical physiological and social well-being not merely absence of Diseases (WHO)

(ii)

(ii) Health is a physical emotional and social well-being without any pain or injury (Unicef)

# 3 Health issue faces by Women in Pakistan

Women in Pakistan faces many issues.



## (1) Lack of health Facilities

Women do not have proper access to health. who

The minimum description under a heading should be 5 lines

### 3.3 Use of traditional medicine

Reliance on traditional medicine, midwife and Quacks Pakistan is in third number of maternal dead. which is worst condition. Every year 30000 women die due to home delivery. Because the medical conditions remain unknown.

Use marker for references. And add proper sources against your data

### 3.4. Low Budget allocation

The Pakistan use its 0.5 to 0.8 to women health while the WHO Benchmark is 6%. Total Budget allocated for women 36.2% in Pakistan instead of WHO allocated for poor countries 86% which cause poor health condition like lack of doctors, para-medical

Staff medicine  
Example.

Recently Birth of child on roads are showing the poor health facilities in Pakistan.  
(3.5) Patrilach Society

Use elaborate and self explanatory headings

Pakistan is a patrilineal society where man considered a superior while women are inferior. Therefore they face the issues like frequent pregnancy due to external wish of male boy abortion and injury during abortion makes condition of women more worst. According to survey in Pakistan about 37% women living with HIV.  
(3.6) Poverty and Budgetary allocation

Most of the female do not get proper medical condition due to financial problem. about

75% women living in a poor condition do not have proper health facilities.

(3.7) Lack of family planning

Family planning is considered a taboo in Pakistan. Use of contraceptive and birth control pills are considered like a murder of child, and it's against religion, which cause frequent pregnancy. The fertility rate of Baluchistan is 6.7 or KPK is 5.4, which are poor sexually transmitted diseases in women.

(3.8) Social-Cultural taboo

It is a social-cultural taboo to talk about contraceptive with family, and considers it taboo <sup>eer Namozoo</sup>, which cause pregnancy rate increase, abortion, injuries during abortion, HIV, Hepatitition

Communicable diseases and sexually transmitted disease like urinary tract.

3.9) Negative use of Midwife and Quacks

Due to expensive medicine Quacks are preferred. They give cheap medicine which are harmful. On the other hand midwives are used for home delivery. Therefore most of the health conditions remain unknown. After that the patients remained worried about her life. Abnormal children are born due to use unethical procedure and medicine during pregnancy.

(3.10) Food and Malnutrition

It is also a biggest problem. The prevalence of

Baluchistan 63% women are facing insecurity of food. Due this reason 36% women are under weight. while Every year thousand of children die in Sindh areas. This is due to malnutrition (deficiency of Food). According to WHO 5 in 1 women in Pakistan are anemic.

### (3.11) Domestic Violence

Domestic violence also put impact on physiological health of women. Like a pregnancy, forceful abortion effect women mentally.

Dr of Agha Khan University asked that in Pakistan

5 in 1 women faces Domestic violence. Because they depend on man financially and empowered.



#### (4) Current Situation of women Health in Pakistan.

women faces many issues in Pakistan. They do not have access to medical facilities mostly in rural areas. There are lack of hospital or primary health care facilities ie Anne G Thinker's improving health facilities of women's. There is lack of female staff in medical field which also made conflict between male and female written by WHO in his paper, Gender, Women and Health facilities which shows the worst condition of women health in Pakistan.

#### (5) Strategies to prevent Health facilities to

women

Women  
Health  
Facilities

Free provision  
of health

Awareness of  
Health

Allocation of  
Budget

Remove the  
role of midwives

Family Planning  
Knowledge

Campaign

Medical apparatus

### 5.1 Free provision of Health Facilities

It is necessary to build primary health set-up in rural areas. Give medicine free or at low price to reduce the maternity death rate of women and child. For instance, Yasmeen Rashid build a maternity research center which is helpful for midwife

Training

32

Awareness to Health  
care facilities

Give awareness to women  
of a complication in pregnancy  
menstruation, abortion and  
other difficulties through campaign  
lectures which are helpful for  
women and might be possible  
to reduce maternity rate -

(5.3) Allocation of Budget

At least 6% of Total GDP  
yearly fix for women Health,  
which is helpful to build  
Hospital and Hire Doctor  
arrange medicine it is  
use to form primary  
health care setup in  
rural areas.

5.4. Midwife and  
Nurses Training

Firstly role of midwife are removed if women are under societal pressure and are not agree to go hospital. So train midwife with modern training of medical. That reduced the risk factor. Reduce the risk of abnormal baby born.

### (5.5) Provide family planning

Family planning is considered a vague issue of society. Give information about this fact through religious scholars that use of contraceptive is not against islam. send health work in societies. which are helpful for women. They gave them knowledge about family planning. Banam made in his publication women health improvement which give knowledge

## 56 online medical facilities

Give women online provision of health which is helpful of those living in rural. They do not have <sup>due</sup> provision of access to house. Transports issue. and those who are not allowed to go outside easily get facilities through these apps.

(5.61) Doctor app is very informative for women.

### (6) Conclusion

women do not have equal facilities of health. If follow these strategies it overcome easily. According to <sup>Dr. Ar. Zujfferi</sup> provision of health reduced the death of mother and

Improve the references and the paper presentation part

Day: M T W T F S S

Date: \_\_\_/\_\_\_/\_\_\_

child - and many communicable  
disease are common. Pakistan  
takes many steps to over  
come these difficulties -

This is a lengthy answer and will affect your time management. So shorten it a bit