

Q Elucidate the current health status of women in Pakistan. What measures could be taken to improve the women situation as a whole? Support your argument with suitable examples.

## Introduction

The women of Pakistan face many challenges regarding their health concerns. The health of women in Pakistani societies compromise due to cultural as well as financial constraints. Women of Pakistan face multiple challenges such as malnutrition, depression, reproductive health issues, frequent child births, Sanitation problems, high child mortality rate etc. However certain measure can improve the women situation in Pakistan.



# Health Status of Women in Pakistan

## ① High Child Mortality Rate

According to the report of United Nations Women, Pakistan has highest mortality rate during child birth due to malnutrition during pregnancy, 61 women out of 1000 embrace death during child birth.

## ② Malnutrition in Women

Due to less access to health care, 43 percent of women have iron deficiency resulted in weak child birth with stunted growth.

## ③ Depression of Women

The report of Pakistan Demographic and Popu-



lation survey suggests that 28 percent of women endure depression due to domestic violence, frequent pregnancy and less decision making participation of women.

#### ④ Reproductive Health Issue

The report of WHO says, 25 percent of women in the age of reproduction (16-49) face infertility issue due to child marriages, weak body, deficiency of essential nutrients etc

#### ⑤ Frequent Child Birth

Frequent child birth of women results in fragile bones, reduced average life expectancy, depression, and stunted children.

According to the report of Population Council, only 55 percent of women have autonomy on their



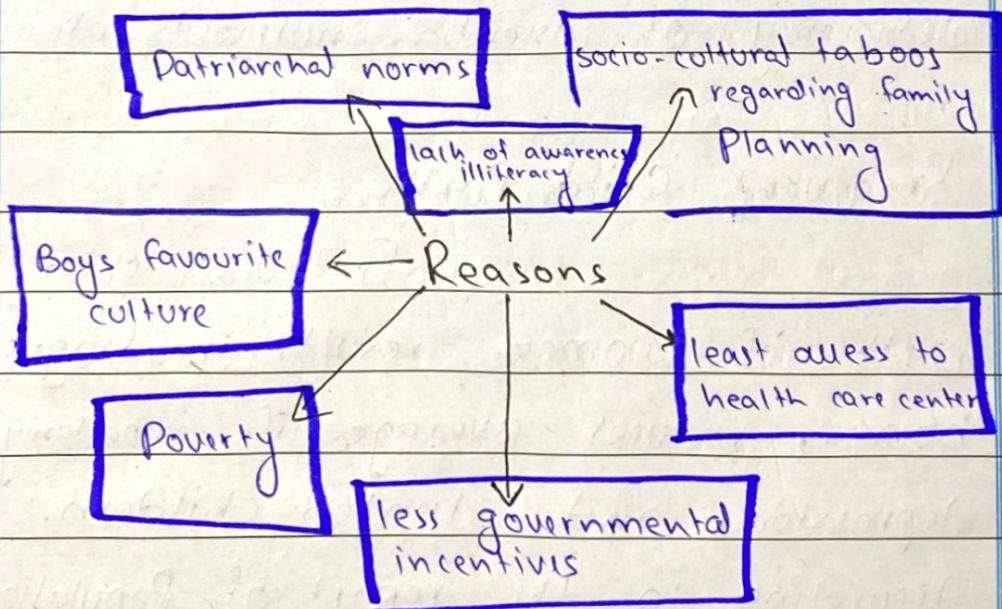
reproductive Parts.

(VII)

Breast Cancer

The report of United Nations Women says, 33 percent of women in Pakistan endure death during breast cancer because they do not access quality treatment.

## Reason of Worst Health Conditions of Women





## How to Improve Women Situation at whole

(i) Social Media Campaign  
 Engagement of civil society in social media campaign regarding awareness of women can change social taboos like family planning etc.

(ii) Women Health Center in Rural Areas  
 Women could not get access to quality health services because of less women health care center in rural areas. The engagement with international donors such as World Bank, United Nations Women would help to setup these centers in rural areas.

(iii) Governmental Engagement to Enhance Women Condition



Governmental institutions such as poverty alleviation fund would be helpful to utilize fund on mal-nutrition program at districts levels. They can provide free nutrition supplements to women of marginalized communities to curtail the menace of mal-nutrition among women.

#### (iv) Enhancement of Women Education

One of the most important factor in low status of women health is low literacy rate of women, only 53 percent of women are literate in Pakistan. Changing people perception through administrative engagements regarding education of women would help to mitigate women's plight in a country.

#### Conclusion

Due to socio-cultural norms and social structure deteriorated women



conditions in the country. Poverty and illiteracy further aggravated the situation of women's health. However, taking some measures like awareness campaign, education enhancement policies etc would help to mitigate women's plight in the country.