

Date: 08/06/2025

Day: Sunday.

①

'Health Issues in Pakistan and their solutions' outline

1 Introduction

Overview of Pakistan's healthcare landscape

Importance of public health

Emerging and ongoing health challenges

Thesis Statement

Pakistan faces severe health issues due to inadequate infrastructure, lack of awareness, and poor policy implementation, but these can be resolved through comprehensive reforms, education, and investment in healthcare.

2 Major Health issues

2.1 High infant and maternal mortality rate.

2.2 Malnutrition and stunted growth in children

2.3 Widespread infectious diseases (Hepatitis, TB, Dengue)

2.4 Non-communicable diseases (Diabetes, Heart diseases, Cancer)

2.5 Mental health neglect and social stigma.

②

Date: _____

Day: _____

2.6 unsafe drinking water and poor sanitation

2.7 shortage of healthcare facilities and professionals.

3. Causes behind Health Issues

3.1 underfunded public health system

3.2 lack of preventive care and public health education

3.3 urban - Rural disparity in medical access

3.4 overpopulation and environmental degradation

3.5 Corruption and mismanage^{me}nt in health department.

3.6 Nepotism and request of employee hinder fair treatment

4. Solutions to Healthcare issues

4.1 Increase government spending on health sector

4.2 Strengthen primary healthcare system

4.3 Launch nationwide awareness campaigns

4.4 promote public private partnerships in health

4.5 Enhance training and retention of healthcare workers

4.6 Implement strict sanitation and clean water programs

4.7 Encourage telemedicine and mobile

Date: _____

Day: _____

(3)

clinics for remote areas.

5. Conclusion:

Health issues in Pakistan require urgent attention through better funding, awareness, and access to care. With united efforts and effective reforms, a healthier and stronger nation is achievable.

④

Date: _____

Day: _____

Essay

"Good health is not just the absence of illness. it's the foundation for a life of purpose and possibility"

Health is a fundamental pillar of human development, and in Pakistan, it has become an area of growing concern due to numerous systemic challenges. In a country where over 240 million people depend on a fragile healthcare infrastructure, the importance of public health cannot be overstated. Pakistan faces a range of healthcare issues including malnutrition, infectious diseases, and poor access to medical facilities, but these problems are solvable through coordinated reforms, public awareness, and increased investment. The lack of clean water, poor sanitation and a shortage of healthcare professionals continue to aggravate the situation. Furthermore, urban rural disparities in healthcare access deepen inequality and hinder national progress. According to WHO, Pakistan spends less than 3%.

of its GDP on health, far below the recommended level, contributing to poor health outcomes across the population.

High infant and maternal mortality rates poses a significant challenge to Pakistan's healthcare system, reflecting systemic gaps in medical access and quality.

Such issues are deeply interconnected with other health challenges, such as malnutrition and infectious diseases, which exacerbate vulnerabilities in vulnerable populations.

Inadequate prenatal and postnatal care, coupled with limited access to skilled birth attendants, contributes to elevated risks during child-birth. Rural areas, where healthcare facilities are scarce, face particularly high mortality rates due to delays in emergency care. World health organization reported, Pakistan maternal mortality ratio was approximately 140 per 100,000 live births in 2020, highlighting the severity of the issues.

Addressing these challenges requires improving healthcare infrastructure and training, which can also help

6

Date: _____

Day: _____

help mitigate related issues like malnutrition in children.

malnutrition and stunted growth in children undermine Pakistan's future generations, perpetuating cycles of poverty and poor health. Such issues closely links closely with high infant mortality, as malnurt (malnourished) mothers are more likely to give birth to underweight infants. Insufficient access to nutritious food, coupled with poor feeding practices, results in widespread stunting and wasting among children under five. Economic constraints and widespread stunting awareness further aggravate the problem, particularly in Pakistan suffer from stunting, one of the highest rates globally. Implementing nutrition programs and education campaigns can address this crisis while also reducing the burden of infectious diseases, which thrive in malnourishment population.

widespread infectious diseases like Hepatitis, TB, and Dengue continue to strain Pakistan

Date: _____

Day: _____

healthcare system, driven by environmental and systematic factors. These diseases are closely tied to malnutrition, as weakened immune systems increase susceptibility to infections. overcrowded living conditions and limited access to ~~va~~ccinations contribute to the spread of diseases like TB, while stagnant water ~~sources~~ fuel Dengue outbreaks.

Non-communicable diseases (NCDs) are becoming increasingly common and deadly in Pakistan. Unlike infectious diseases, NCDs like diabetes, heart diseases and cancer often go undetected until they reach advanced stages. poor dietary habits and a lack of physical activity contribute heavily to the rise in these conditions. Furthermore, inadequate screening and insufficient public health policies worsen the impact of impact of (NCDs). A report by WHO states that (NCDs) account for over 50% of deaths in Pakistan annually. without urgent attention, these lifestyle-related diseases

⑧

Date: _____

Day: _____

will continue to rise and strain the health-care infrastructure.

Mental health remains one of the most ignored aspect of healthcare in Pakistan. There is little public discussion, anxiety, or other mental disorders often avoid seeking help. In addition, Pakistan has a severe shortage of mental health professionals and very few functioning psychiatric facilities. According to the World Health Organization, there are less than 500 trained psychiatrists in the entire country. Until mental health is treated as seriously as physical health, millions will continue to suffer in silence.

unsafe drinking^{kin} (drinking) water and poor sanitation contribute significantly to Pakistan's diseases burden. These issues are directly linked to the spread of waterborne diseases such as cholera, typhoid and diarrhea. In many areas, people rely on contaminated source for drinking and daily use

Due to a lack of infrastructure, moreover, open defecation and improper waste disposal worsen environmental health conditions. UNICEF reports that around 70% of households in Pakistan drink unsafe water. Improving sanitation and water quality is essential for preventing disease and ensuring a healthier population.

Pakistan's public health system remains severely underfunded, which is a major barrier to achieving better health outcomes. The low allocation of budget to health directly affects the availability and quality of medical services. Many public hospitals lack basic equipment and essential medicines, and rural health centers are often non-functional. According to the World Bank, Pakistan spends less than 3% of its GDP on healthcare - well below international standards. Without increased investment, the healthcare system cannot meet the growing needs of the population.

(10)

Date: _____

Day: _____

Preventive care and health education are often overlooked in Pakistan's healthcare strategy. Such negligence has allowed preventable diseases to spread widely across the country. Many people lack knowledge about hygiene, nutrition and early symptoms of diseases. As a result, treatable illness like hepatitis and malaria continue to cause major health burdens. Studies show that awareness campaigns significantly reduce disease spread in developing countries. Educating the public is essential to creating a healthier and more informed society.

A clear divide exists between urban and rural areas in terms of medical access in Pakistan. Rural regions suffer from a shortage of doctors, nurses, and functioning health units. In contrast, urban areas have better equipped hospitals and more medical staff. This unequal distribution forces rural residents to travel long distance ~~for~~ even

Date: _____

Day: _____

basic care. A 2023 health survey found that over 60% of rural Pakistanis lack access to proper health services.

Bridging this gap is critical for achieving nationwide health equity.

Pakistan's rising population and environmental decline are deeply linked to its health issues. overcrowded cities put immense pressure on hospitals, sanitation systems, and clean water supplies. At the same time, pollution and waste mismanagement lead to respiratory and waterborne diseases. A recent report by the UN Environmental Programme highlighted Pakistan as one of the most climate vulnerable nations.

Controlling population growth and protecting the environment are vital steps toward improving public health.

Corruption and poor governance have severely weakened the effectiveness of health departments in Pakistan. Funds allocated for health often do not reach their intended targets due to embezzlement

(12)

Date: _____

Day: _____

and lack of transparency. mismanagement results in poor planning, outdated policies, and inefficient services. Investigators have revealed ghost hospitals and fake medical staff drawing salaries from government funds. Ensuring accountability and transparency is essential to restore public trust and improve healthcare delivery.

One of the most pressing solutions to Pakistan's health crisis is increasing government spending on the health sector. Improving funding is the foundation upon which all other health reforms can be built. It can lead to the construction of more hospitals and purchase of modern equipment.

It also allows for better salaries and incentives for doctors and nurses. Pakistan spends less than 3% of its GDP on health, far below the global average. Therefore, allocating more resources is essential to strengthen the country's health infrastructure.

Date: _____

Day: _____

Strengthening the primary healthcare system is another vital step in resolving health issues in Pakistan. Primary Healthcare is the first line of defense for most communities, especially in rural areas. Enhancing basic health units and rural clinics can reduce the burden on major hospitals. It also ensures early diagnosis and treatment of common diseases. Studies show that countries with strong primary care have better overall health outcomes. Hence, a solid primary healthcare system will lead to a healthier and more resilient population.

to meet ~~above~~ challenges. Rising awareness and encouraging public private partnerships can improve health outcomes significantly. People must be educated about hygiene, disease prevention and nutrition through campaigns. At the same time, involving the private sector can bring innovation and investment to healthcare. Private

(14)

Date: _____

Day: _____

sector can bring innovation and investment to healthcare. Private hospitals, NGOs, and pharmaceutical companies can work with the government to expand services. For instance, polio eradication efforts in Pakistan succeeded partly due to public-private collaboration. Thus, awareness and partnership efforts must go hand in hand to tackle health challenges.

Improving healthcare requires investment in the people who provide it. **Training** and retaining skilled healthcare workers is crucial. Many doctors and nurses leave Pakistan for better opportunities abroad, creating a shortage. Regular training programs and better working conditions can help retain professionals. According to the Pakistan Medical Association, thousands of doctors emigrate every year due to low pay and job insecurity. Therefore, valuing and supporting healthcare workers is necessary.

Date: _____

Day: _____

15

for long term success.

Health issues in Pakistan are deeply rooted in poor infrastructure, lack of awareness, and limited access to care. Addressing these challenges requires increased investments, stronger policies, and community **involvement**. Solutions like better primary care, awareness campaigns, and clean water programs are essential. A united national effort can lead to a healthier and more prosperous Pakistan.

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Time Taken 3 hours

5:00 Am - 8:00 Am

08/06/2025 (Sunday)