

Q. What is ^{VI} status of women in Pakistan?
How it can be improved by available resources.

Introductory remarks

Health as fundamental human right - an essential component of social justice that demand equitable access to quality care. In Pakistan, although attempt have been made by government and enlighten group to elevate status of women in society but on average situation is not good. Pakistani women face a multitude health challenges exacerbated by limited access to quality healthcare, nutritional deficiencies and social norms that prioritise male health. The implication of the challenges are profound: they not only affect women quality life, they also hamper their ability to participate fully in the workforce and, by extension, national economic development. Our women is still seem to be living in dark ages. It is a matter of deep sorrow that being muslim we completely forgotten the status of women. Islam is the only religion that granted women rights under head 1400 years ago. In Pakistan the story of women deprivation even before their birth because birth of girl is not particularly wanted. Her life is a journey of subordination. The status of women can only be enhanced by the effort of government and by up grading the institution with latest technology.

• Current Status of women health in Pakistan.

Health is not just "absence of diseases" but an indicator of well being. SDG goal 3 to ensure healthy life. Various indicator within SDG3 is particular related to women. For example SDG 3.1 reduce maternal mortality rate,

3.2 target to end preventable death of newborn. 3.7 universal access to sexual and healthcare services. and target 3.8 is to achieve universal health coverage. women in Pakistan are often subject to abuse to physical, and psychological abuse that lead to stender of life, poor health and in some cases serious injuries or even death.

Key Parameters through which stature of women can be measured in Pakistan.

① Health care facility and infrastructure.

The provision of quality health services demanded depend upon accessibility, availability and condition of basic infrastructure of a country. Due to limited capacity and poor financial resources, especially in remote areas, ~~are~~ Basic health unit are not fully functional, as a result, many people suffering from health issue.

2) Access to healthcare.

Pakistan health system is plagued with multiple challenges where accessibility to health care infrastructure is major one. The low level priority of women health including women themselves, lack of family permission, financial constraint distance to health facility - is the main reason of worst status of women health.

Problem accessing healthcare by ever-married women (age 15-49)

Measures	getting permission	getting money	Distance to facility	Not willing to go alone	Attending one's own
Overall	21	30	42	58	67
Balochistan	63	67	74	79	90
Kp	27	47	50	66	77
Punjab	20	28	42	58	66
Sindh	10	17	26	46	54

3) Malnutrition

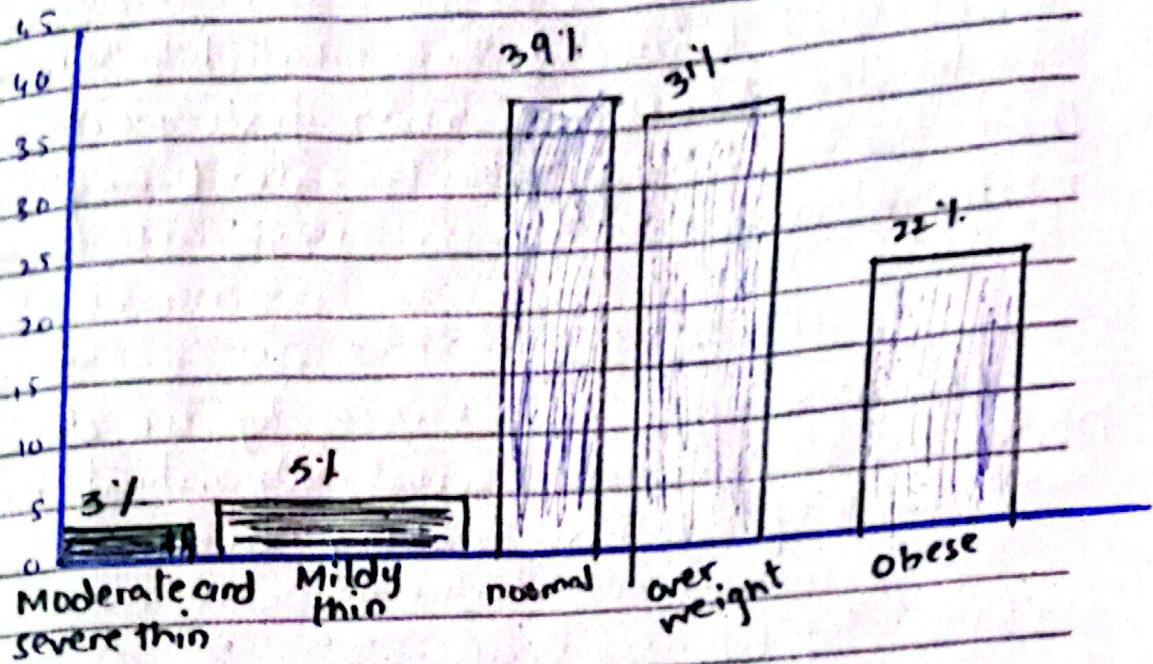
Malnutrition defined by WHO

"The deficiencies or excess in nutrients intake which imbalance essential nutrients."

Pakistan has been facing high malnutrition among children and statistic on women is quite alarming as more than half women in Pakistan are malnourished, with a body mass index above or below the normal levels.

"Only 39% of women in Pakistan fall within the normal body range, 9% underweight, 30% overweight, and 22% are obese. The prevalence of overweight are high in KPK and Punjab province."

Nutritional status among ever-married women.



Reproductive Health

Globally, a woman dies during pregnancy or childbirth every two minutes, counting as many as 287,000 deaths in 2020. Almost 95% of all deaths occur in poor countries. **SDG 3 include**

Reducing global maternal rate less than 70 per 100,000 birth.

The maternal situation in Pakistan is so dire that **186 women died per 100,000 birth.** (WHO)

Impact of child marriage in Pakistan.

child marriage is defined as.

"the marriage or union of child before 18 years (UNICEF), which affect more girls than boys."

childhood marriage is frequent in south Asia, which carries 44% burden of their total child brides. It is estimated that four young girls marriage before their 18 birthday. Pakistan also having child marriage and ranked six.

Causes of child marriage

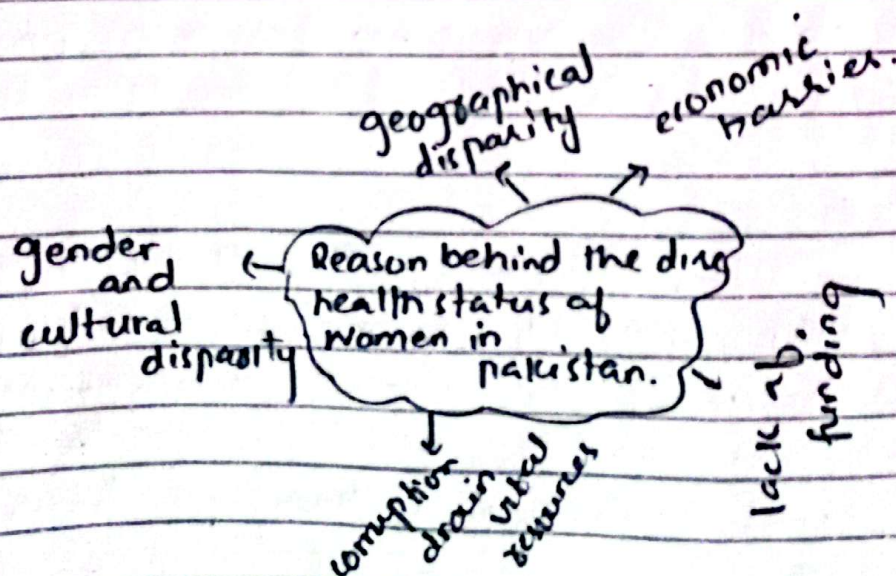
child marriages in Pakistan by are driven by poverty, deprivation, social patriarchal norm and lack of decision making power.

• Impacts of child marriage on women health.

child marriage overwhelmingly disproportionate impact on health and well being of girls. According to world health organization, The infant mortality rate is 60% higher, when mother under the age of 18.

Reasons Behind the poor Health status of women in Pakistan.

①



in Economic barriers:

Economic barriers is the reason of worst health status of women in Pakistan. Poverty and unemployment limit to afford care and live healthy lives.

"30% Pakistani women live below poverty line."

2. Gender and cultural disparity.

Women always consider as a second in society as well in home due to patriarchal norms. Only **1 in 3** women in Pakistan are able to make decision regarding their health.

3) Geographical disparity between rural and urban areas.

The dis. situation of women health is also due to lack of access of health care centers.

"20% rural women have facility within 5km radius while in urban 75% women have access."

4) Lack of funding in health sector.

Women is also victimize of worst health situation, malnutrition due to lack of funding in health sector.

"Only 0.7% of GNP is expend in health sector."

• Corruption drain vital resources.

Corruption is one of the most formidable barriers which directly influences in the worsening the women health status in Pakistan. Due to corruption, all vital resources do not reach to women access.

• Way forward to improve women status.

The women health status in Pakistan can be improved by following ways.

- 1) Building more health care center.
- 2) upgrading the existing one with modern technology.
- 3) Making health affordable in private sector.
- 4) For better maternal care, skilled birth attendants and family planning will empower females.
- 5) More awareness campaign through mainstream media can educate marginalized communities.
- 6) GDP spending should be enhance 0.7% to maximum 3%.
- 7) long term policies should be made and well implemented for better result.

Conclusion.

The health status of women, although is not good due to several challenges, lack of decision making power, poverty, social and cultural impediment. But this all can be improved by well organized policies, by regulating awareness campaign.

As india improved their maternal rate 76 per
100,000 than Pakistan why not? Effort must
be required from both side from public
and government.