

Q what is 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 demands equitable access to quality care. In Pakistan, although attempts have been made by government and enlightened groups to elevate status of women in society but on average situation is not good. Pakistani women face a multitude of health challenges exacerbated by limited access to quality healthcare, nutritional deficiencies and social norms that prioritise male health. The implications of these challenges are profound: they not only affect women's quality of life, they also hamper their ability to participate fully in the workforce and, by extension, national economic development. Our women is still seen 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 underhead 1400 years ago. In Pakistan the story of women's degradation 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 efforts of government and by upgrading the institution with latest technology.

Current Status of women health in Pakistan.

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

3.0.2 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.

relate your headings and arguments to the qs statement.

Key Parameters through which status 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, our 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 themself, lack of family permission, financial constraint distance to health facility - is the main reason of worst status of women health.

this part is not asked. so no need to discuss these arguments in detail.

Problem accessing healthcare by

ever-married women (age 15-49)

Measures	getting permission	getting money	Distance barriers	Not willing to go alone	Attain care
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

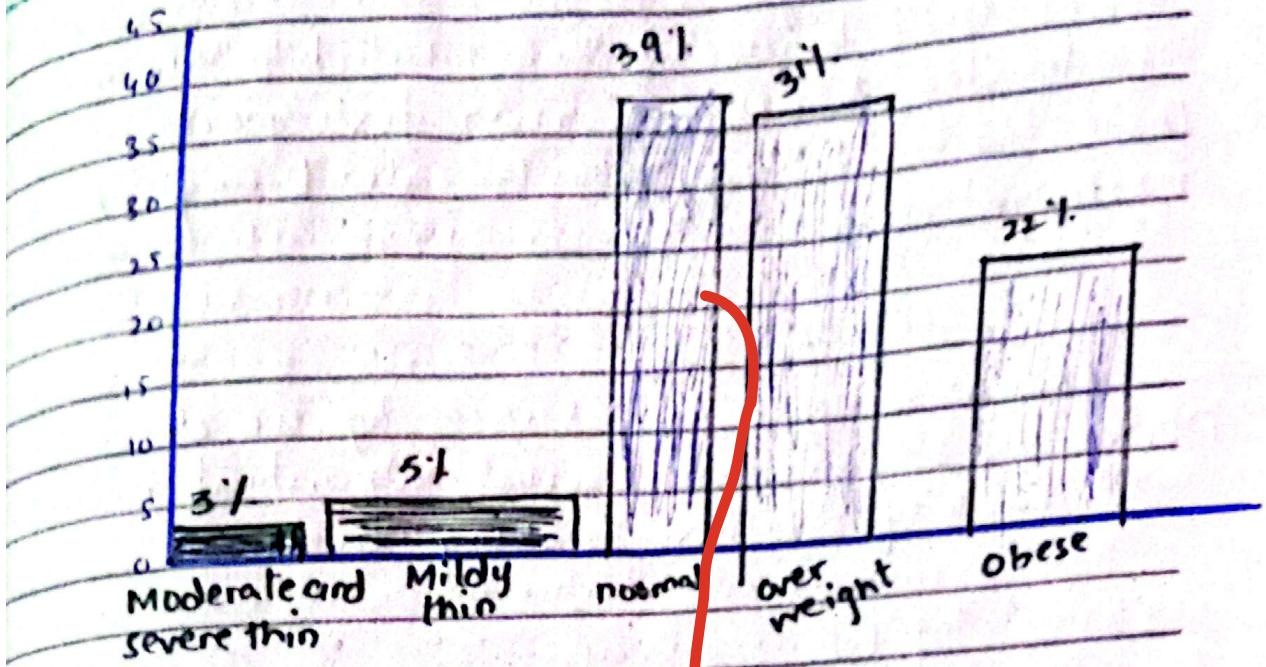
Malnutrition defined by WHO

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

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 ICPK and Punjab province."

Nutritional status among ever-married women.



Reproductive Health

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

Reducing global maternal rate less the 70 per 100000 birth.

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

Impact of child marriage in pakistan.

childmarriage 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 1 in 4 young girls marry before their 18th birthday. Pakistan also having child marriage and **ranked sixth**.

Causes of child marriage

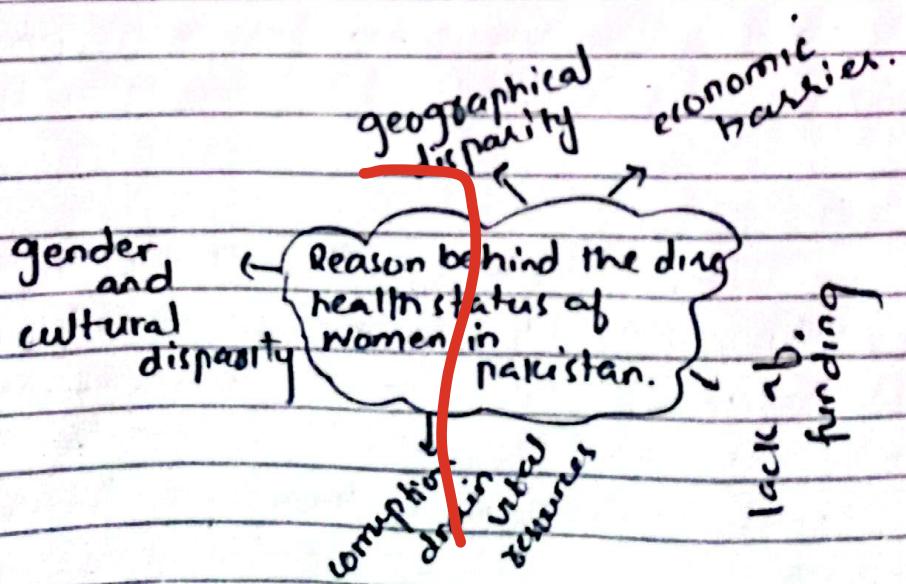
child marriages in Pakistan are driven by poverty, deprivation, social patriarchal norm and lack of decision making power.

Impacts of child marriage on women health.

child marriage overwhelmingly disproportionately impacts 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 dire Health status of women in Pakistan.

①



in Economic barriers:

Economic barriers is the reason of varied health status of women in Pakistan. poverty and unemployment limit to afford care and live healthy life.

"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 healthcare center.

"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 expand in health sector."

- Corruption drain vital resources.

Corruption is one of the most formidable barrier which directly influences in deteriorating 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 attendant 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.
discuss these in detail.

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 all can be improved by well organized policies, by regulating awareness campaign.

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

you have not understood the qs and hence most of the answer is irrelevant.