

# THE PROBLEM

Pakistan is ranked the 6th most populous country of the world with a population of 177 million. Findings from the National Survey indicate that on an average every woman has four children. The implication of the ever-growing population of the country on the health and wellbeing of families, the country's health system, facilities, infrastructure and the overall economy of the country is well-recognized.



## FACTS & FIGURES

- Seven million Pakistani married women want to adopt family planning methods but have limited access to family planning information and services.
  - One consequence of not adopting family planning is a high number of unsafe abortions.
  - Unsafe abortions can lead to women suffering from ill-health, living with morbidities and/or dying. Six percent of all mothers dying is attributed to postabortion complications, such as sepsis or haemorrhage.
  - Women's maternal health-related complications can:
    - o Cause long-term health problems
    - o Reduce their productivity
    - o Increase the financial burden on their families
    - o Leave their children motherless
    - o Increase the burden on Pakistan's struggling health system
- Women, their families and Pakistan can be saved from these consequences by simply promoting and making available family planning and most importantly postabortion family planning services to couples.

## THE SOLUTION

Turn the government's pledge into practice:

1. Scale up best practices for maternal, newborn and child health and family planning.
2. Institutionalize postabortion care \*in policies, guidelines, protocols and standards for health facilities at national level.\*

Pakistan made a commitment to improve women and children's lives and prevent death and illness in the landmark pledge, the Karachi Declaration. Signed in 2009 by the Ministries of Health and Population Welfare, the pledge vows to work towards achieving the Millennium Development Goals 4, 5a and 5b to improve maternal and child health. However, this pledge is yet to translate into policies resulting in standardized quality health services on the ground.

## OUR CONTRIBUTION

Pledge to Practice is funded by the Maternal and Newborn Health Research and Advocacy Fund (RAF). With the collaboration of allies in the public and private sector, this initiative is

- Raising sensitivity on the incidence and consequences of unsafe abortion
- Providing solutions to identified barriers in postabortion family planning uptake
- Evoking accountability of government officials and policy makers, reminding them that:

World Population Data Sheet-2011, Population Reference Bureau  
Pakistan Demographic and Health Survey (PDHS) 2006-2007-Total Fertility Rate of 4.1.  
PDHS 2006-2007-Total maternal mortality ratio is 276 maternal deaths per 100,000 live births

عملدر آمدن کا وعدہ  
زندگی بچانے کے عمل کی تکمیل



**Pledge to Practice**  
Fulfilling a Commitment to Save Lives

“IF THE WOMAN WE TREAT FOR POSTABORTION COMPLICATIONS IS THERE BECAUSE SHE COULD NOT GET CONTRACEPTION WE HAVE FAILED HER. IF SHE LEAVES WITHOUT FAMILY PLANNING, WE HAVE FAILED HER TWICE.”

(1994, Postabortion Care Consortium, ICPD, Cairo)



Pledge to Practice is a project funded by the Maternal and Newborn Health Research and Advocacy Fund, and is implemented by Marie Stopes Society.

## About Marie Stopes Society

Marie Stopes Society (MSS) Pakistan is a non-governmental social enterprise, established in 1991, with the objective of providing choices in sexual and reproductive healthcare, by increasing access to comprehensive, quality information and services that empower women, men and the youth to lead healthy lives.

MSS is a part of the Marie Stopes International global partnership - a UK based registered charity that has an international network of 43 partners around the world. MSI-UK provides technical support and assistance to MSS Pakistan.

### MSS Pakistan:

- Provides services through 87 service delivery outlets including one Mother Child and Health (MCH) clinic in 73 districts across the four provinces of the country.
- 24/7 information and back up support to its clients through its call centre staffed by doctors and an online counseling facility on Sexual and Reproductive Health matters.
- Undertakes advocacy on reproductive health and rights issues through related networks and as member of various technical committees and groups.

### Further Information:

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