



EXEMPLARS IN GLOBAL HEALTH

PAKISTAN



Anemia Among Women of Reproductive Age

Project Status: **In Progress**

TOP-LINE FINDING

Between 2011 and 2018, Pakistan reduced the prevalence of anemia among non-pregnant women of reproductive age from 51% to 40%; sub-nationally, Sindh saw the greatest progress, reducing anemia prevalence from 62% to 42%.

- » Social protection programs – most notably the Benazir Income Support Program (BISP) – showed strongest association with anemia reduction; while we cannot conclude that BISP led to improved diets and anemia reduction, these programs did provide lower-income women with more resources to purchase basic needs for children and themselves, including health care and food.
- » Nutrition and food security were also strongly associated drivers of anemia reduction, particularly in terms of reduction of underweight women and improved Vitamin A intake.
- » Increased healthcare access and utilization (including community-based health platforms such as Lady Health Workers Program) helped enable improvements in antenatal care and micronutrient supplementation, including iron-folic acid supplementation.

PARTNERS



The Hospital for Sick Children (SickKids)
The Aga Khan University

ABOUT EXEMPLARS IN GLOBAL HEALTH

The Exemplars in Global Health (EGH) program is a global coalition of partners including researchers, academics, experts, funders, country stakeholders, and implementers. Our mission is to identify positive global health outliers, analyze what makes countries successful, and disseminate core lessons so they can be adapted in comparable settings. We aim to help country-level decision makers, global partners, and funders make strategic decisions, allocate resources, and craft evidence-based policies. A small, core team supporting EGH is based at Gates Ventures, the private office of Bill Gates, and closely collaborates with the Bill & Melinda Gates Foundation.

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