

HUMAN DEVELOPMENT FOUNDATION  
**One Mother at a Time**

Millennium Development Goals:  
Reduce Child Mortality  
Improve Maternal Healthcare

**WOMEN & CHILDREN OF  
THE WORLD**

*Happy, healthy mothers and children are the  
hope for tomorrow.*

Maternal and child health are critical to improving overall health care: what is good for mothers is good for children, too. HDF's approach is uniquely holistic & comprehensive.

Community-based education and family planning have significantly reduced Maternal Mortality rates in HDF program areas. Mothers are encouraged to take proactive & preventative measures to promote healthy lifestyles. This is about positively changing the way women and their children live. Women are empowered to take charge & improve the lives of their families.

*Let us empower families... one mother at a  
time.*



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"Children are our future, and  
their mothers are its guardians."  
-KOFFI ANNAN-



Maternal & Pre-natal Health Education • Growth Monitoring • TT Vaccinations • De-worming  
& Iron Supplements for Malnourished Children • Infant Immunization • Hygiene Initiatives •  
Prevention of Communicable Diseases • Training Birth Attendants • Prenatal Vitamins •  
Oral Rehydration Solution Training

HDF Women's Health Initiatives in 2011:  
3,282 babies delivered  
17,000+ women provided w/ perinatal care

Pakistan's Infant Mortality Rate: 70/1,000 births  
3rd Highest Death Rate Children <5 years  
+3 Million Stillborn Births



## INSTILLING HOPE

Children under the age of five face multiple obstacles, including birth injuries & infectious diseases. Millions of children suffer from adverse consequences of illnesses, malnutrition and injuries that impact their well-being and options in life, including fewer educational opportunities and diminished future economic prospects.

Child health is closely related to maternal health, as nutrition during pregnancy, birth conditions, birth spacing, and health status of the mother impact the health of the child prior to, during and after birth. Pakistan's maternal mortality ratio is about 276 per 100,000 live births. Nearly 1 in 10 children does not survive his or her fifth birthday. Most common and lethal diseases in Pakistan include (ARI) acute respiratory, infection, viral hepatitis, malaria, diarrhea, dysentery, scabies, goiter, hepatitis and tuberculosis.

90% births attended by skilled health personnel  
98% children fully vaccinated  
42% reduction in maternal & child mortality

**HDF Program Areas**

\*The majority of child deaths are due to diarrhea, pneumonia or vaccine-preventable diseases.

\*40% of children under five are underweight and lack household sanitation, especially in rural areas

-Unicef 2012-