

Sania Nishtar; SI, FRCP, Ph.D  
Curriculum Vitae  
<http://www.sanianishtar.info>

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## 1. Brief bio

### Sania Nishtar; SI, FRCP, Ph.D

Sania Nishtar is the founder and president of the NGO think tank, Heartfile,<sup>1</sup> which today is the most powerful health policy voice in Pakistan and is recognized as a model for replication in other developing countries. Her areas of interests are health systems, global health, broader issues of governance and public-private relationships.

**In Pakistan** her pioneering work in the health sector has inspired new initiatives and has shaped policies on health reform and non-communicable diseases. She is also the founder of Pakistan's Health Policy Forum and provides support to many agencies in an advisory role. She additionally sits on many governing boards and is a visiting faculty to many educational institutions. Within Pakistan, she is also a voice to catalyze change at the broader governance level as an op-ed columnist in Pakistan's largest English newspaper.

**Internationally**, Sania Nishtar's scope of work has several dimensions. She is a member of many Expert Working Groups and Task Forces of the World Health Organization and is currently a member of the board of the International Union for Health Promotion and the Alliance for Health Policy and Systems Research. She is also a member of the World Economic Forum's Global Agenda Council, the Clinton Global Initiative, the Ministerial Leadership Initiative for Global Health and many other international initiatives. She has formerly been on several international Boards, and has chaired several global campaigns and programs. She has also been an advisor to WHO on numerous occasions, has published over 100 journal articles and is the author of 6 books. Her book on Health Reform entitled 'Choked Pipes' will be released by Oxford University Press in February 2010.

She speaks to audiences around the world and has been extensively published in and quoted in the media. Sania Nishtar is the recipient of Pakistan's Sitara-e-Imtiaz, the European Societies Population Science Award, 16 gold medals and many accolades of the International Biographical Centre, Cambridge and the American Biographical Center.

Sania Nishtar holds a Fellowship of the Royal College of Physicians of London and a Ph.D. A detailed profile can be accessed at <http://www.sanianishtar.info>

## 2. Professional qualifications

- FRCP, Fellow of Royal College of Physicians of London, 2005
- Ph.D, Medicine, Kings College London, 2002
- MRCP (UK), Member Royal College of Physicians of London, 1996
- MBBS, Khyber Medical College Peshawar, 1986

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<sup>1</sup> <http://heartfile.org>

### 3. Academic honors and distinctions

- Sitara-i-Imtiaz, Pakistan, 2005
- European Society Population Science Award, 2005
- *International Biographical Centre, Cambridge accolades*: (International Health Professional of the Year 2007 and 2010; Top 100 Health Professionals 2009; Ultimate achiever 2009, Order of Distinction 2009; lifetime medical achievement award 2009; International Hippocrates Award for medial achievement 2009, Top 200 of the IBC 2009; Director General's Leadership Award for 2009; 2000 Outstanding Intellectuals of the 21<sup>st</sup> century 2009; and other distinctions)
- *American Biographical Institute, Washington accolades*: (2009 Women of the Year Pakistan; Gold Medal for Pakistan 2009; Woman of the Year in medicine and healthcare 2009 medal; Order of Merit Representing Pakistan 2009; Legion of Honor 2009, and others)
- *Listed in the following WHO's WHO lists* (.in the World; ...in Professional and business women, ..in Healthcare, and others)
- All Pakistan Quaid-e-Azam Merit Scholarship, 1989
- Best graduate of Khyber Medical College and gold medal, 1986
- President of Pakistan Student Award and gold medal, 1986
- University of Peshawar gold medal and merit scholarship, 1986
- Topped academic list Final Professional examination with distinction and gold medal, 1986
- Topped academic list in the subject of Medicine; distinction and gold medal, 1986
- Topped academic list in the subject of Surgery; distinction and gold medal, 1986
- Topped academic list in the subject of Otorhinolaryngology; distinction and gold medal, 1986
- Topped academic list in the subject of Gynaecology and Obstetrics; distinction and gold medal, 1986
- Topped academic list in the subject of Eye; distinction and gold medal, 1986
- Topped academic list in the subject of Community Medicine; distinction and gold medal, 1986
- Topped academic list in the subject of Forensic Medicine; distinction and gold medal, 1985
- Topped academic list Third Professional examination with distinction and gold medal, 1985
- Topped academic list in the subject of Pathology; distinction and gold medal, 1984
- Topped academic list in the subject of Pharmacology; distinction and gold medal, 1984
- Topped academic list Second Professional examination with distinction and gold medal, 1984
- Topped academic list First Professional examination with distinction and gold medal, 1983
- Topped academic list in the subject of Biochemistry; distinction and gold medal, 1983
- Topped academic list in the subject of Physiology; distinction and gold medal, 1983
- Khyber Medical College to date record holder of the highest marks scored in the following examinations:
  - Final Professional, 1986
  - Third Professional, 1985
  - Second Professional, 1984
  - First Professional, 1983

## 4. Professional Roles

### 4.1 International professional roles

- Member High-Level Task Force, *Ministerial Leadership Initiative for Global Health (MLI)*. Realizing Rights at the Aspen Institute, Washington (2008 onwards)
- Member, *Expert Advisory Panel on Health Promotion*. World Health Organization, Geneva (2008-2013)
- Member, *Global Agenda Council*. World Economic Forum, Geneva (2008 onwards)
- Board Member, Alliance for Health Policy and Systems Research. Geneva (2008 onwards)
- Member, Evaluation Advisory Committee. Global Alliance for Vaccines Initiative. Geneva (2010 onwards)
- Member. Asia Society Task Force. *Pakistan 2020: A Vision for a Better Future and a Roadmap for Getting There*. New York (2010)
- Member, the *Strategic Advisory Committee (SAC) for Stewardship on Research on Infectious Diseases of Poverty*. World Health Organization, Geneva (2009 onwards)
- Member, *Consortium on Maximizing Positive Synergies between Health Systems and Global Health Initiatives*. World Health Organization, Geneva (2008 onwards)
- Member, *Global Health Policy Advisory Committee*. PepsiCo, New York (2009-onwards)
- Member, Board of Trustees, International Union for Health Promotion. Paris (2004-to date)
- Member, *Director General's Expert Working Group on R&D and Financing*. World Health Organization, Geneva (2008-2009)
- Member, *Director General's High-Level Task Force on Health Systems*. World Health Organization (2008)
- Member, *Working Group, Private Sector in Health Systems*. Brookings Institute, Results for Development and the Rockefeller Foundation, Washington (2008-2009 )
- Member, Clinton Global Initiative. New York (2007-2008)
- Advisor to the World Health Organization headquarter in Geneva, Switzerland on numerous occasions (2002 to date)
- Advisor, to the World Health Organization, Eastern Mediterranean Office, Cairo on numerous occasions (2005 to-date)
- Chair, *International Consortium on Community Health Promotion*. International Union for Health Promotion (2004-05)
- Member, *Executive Board, International Non-Governmental Coalition Against Tobacco (INGCAT)*. Geneva (2004-2007)
- Member, Steering Committee, *Mega Country Network on Health Promotion Network*, World Health Organization, Geneva (2003-2004)
- Chair, *Expert Panel on Women and Heart Disease*. World Heart Federation (2007 onwards)
- Member, *Executive Board*. World Heart Federation, Geneva (2003-2006)
- Chairperson, *Foundations Advisory Board*. World Heart Federation, Geneva (2003-2006)
- Chair, Steering Committee, *World Heart Day*. World Heart Federation, Geneva (2003-2006)
- Member, *Oxford Vision 2020*. Oxford (2004)
- Chair, Steering Committee – *International 'Go Red for Women' campaign* (2004)
- Member, *World Heart Forum*, World Heart Federation, Geneva, Switzerland (2001-to date)
- Council Member, *Foundations Council Initiative for Cardiovascular Research in the Developing Countries* (IC Health), Geneva, Switzerland (2004-05)
- Member, Programme Committee, *Global Forum on Non-Communicable Integrated Chronic Disease Prevention and Control*, World Health Organization Global Forum IV (2004)
- Executive Council Member, *Eastern Mediterranean Heart Health Network* (2000)
- Executive Council Member, *SAARC Cardiac Society* (2000-2002)
- Faculty Member, *Asia Pacific Society of Cardiology* (1999)
- Co-coordinator, *Pakistan Cardiac Society*, Rawalpindi/Islamabad Chapter (1999-2002)
- Chair, *Pakistan Cardiac Society Council for Preventive Cardiology* (2004)

### 4.2 National-level professional activities

- Founder and President of Heartfile (<http://heartfile.org>)

- Founder of Pakistan's Health Policy Forum and think tank (<http://heartfile.org/policy.htm>)
- Council Member, Pakistan Health Policy Council, Ministry of Health (2009 onwards)
- Member of the Board of Directors, Infrastructure Project Development Facility, Ministry of Finance, Pakistan (2006 onwards)
- Member of the Board of Directors, Pakistan Institute of Legislative Development and Transparency (2009-10)
- Member of the Board of Studies for academic programs of computer sciences (health informatics) Comsats Institute of Information technology
- Member, Board of Directors, NayaJeevan, Pakistan (2009)
- Member of the Social Sector Task Force, Planning Commission of Pakistan. (2009)
- Member Committee for the formulation of the Code of Conduct for the Electronic Media. Ministry of Information, Government of Pakistan. (2009)
- Member of the Project Committee: Poverty Reduction Strategy Monitoring. Ministry of Finance, Government of Pakistan. (2009)
- Member National Steering Committee, for the Prevention and Control of Hepatitis in Pakistan. Ministry of Health, Government of Pakistan. (2009)
- Member National Steering Committee, for the Prevention and Control of Blindness in Pakistan. Ministry of Health, Government of Pakistan. (2009)
- Member National Steering Committee, Strengthening Health Information systems in Pakistan. Ministry of Health, Government of Pakistan. (2009)
- Member Steering Committee. Peoples Primary Health Care initiative. Cabinet Division, Government of Pakistan. (2009)
- Chair, Sub Group on Health Financing and Member Working Group, Poverty Reduction. 10<sup>th</sup> Five-Year Plan. Planning Commission, Government of Pakistan. (2009)
- Member oversight committee. Department for International Developments Research and Advocacy Fund (2009)
- Member, Advisory group Leadership in Family Planning and Reproductive Health. David and Lucile Packard Foundation (2007-onwards)
- Member of the Sub-Committee on Health, National Commission on Government Reforms (2006-07)
- Member of the Board of Directors, Trust for Voluntary Organizations (TVO), Pakistan (2005-08)
- Member National Steering Committee, National Health Accounts. Federal Bureau of Statistics. Government of Pakistan (2007-onwards)
- Chair, thematic group on health of the Planning Commission of Pakistan on Health for the Millennium Development Goal Project (2005).

#### 4.3 Membership on editorial boards

- Member Editorial Board. *BMC Health Services* (2009)
- Member Editorial Board. *Nature Reviews Cardiology* (2009)
- Member, International Advisory Board. *Global Forum Health Research Updates*. (2008)
- Member, International Advisory Board. *Chronic Disease*. (2008)
- Member, International Advisory Board. *Cardiovascular Disease*.
- Member, International Advisory Board. *Preventing and Control*. Official Journal of the World Heart Federation.
- Member, International Advisory Board. *European Journal of Cardiovascular Prevention and Rehabilitation*: Official journal of the European Society of Cardiology, 2003
- Joint Editor, *Pakistan Heart Journal*. Official journal of the Pakistan Cardiac Society.
- Member, International Editorial Board, *Indian Heart Journal*, 1999-2001.
- Technical Consultant, *Journal of Pakistan Medical Research*. Official journal of the Pakistan Medical Research Council.

#### 4.4 International Declarations and statements

- Chair, Drafting Committee; WHO's *Venice Statement* on Global Health Initiatives and Health Systems. Venice, Italy June 2009.
- Contributor. *Bellagio Statement*—Attaining Universal health coverage. A research initiative to support evidence based advocacy and policy making. Bellagio, Nov. 2009.
- Member, International Advisory Board, *Milan Declaration*. Information in Cardiovascular Disease. Milan, Italy; 2004.

- Member, International Advisory Board, *Osaka Declaration*. Health, Economics and Political Action: Stemming the Global Tide of Cardiovascular Disease. Osaka, Japan; 2001.
- Member, International Advisory Board, *Victoria Declaration*. Women, Heart Disease and Stroke. British Columbia, Canada; 2000.
- Member, Advisory Board, Guidelines on the use of HRT. Eastern Mediterranean Heart Health Network, 2001.
- Chair, Heart Disease Prevention Guidelines for South Asia. South Asian Association for Regional Cooperation, Official Project, 2000.

#### 4.5. Pro-bono support provided in the health sector in Pakistan

- Developed the first consolidated roadmap for health reform in Pakistan. Choked Pipes. Oxford University Press. Forthcoming 2010.
- Devoted time to lead the process for development of a health policy based on the Gateway Paper's approach to Health Systems in Pakistan.  
[http://www.heartfile.org/mou\\_fed.htm](http://www.heartfile.org/mou_fed.htm)
- Devoted time to author a preliminary health systems performance assessment for the country entitled 'The Gateway Paper – Health Systems in Pakistan: a Way Forward.' Released in 2006 <http://www.heartfile.org/pdf/phpf-GWP.pdf>
- Devoting time to lead the process and provide strategic help to the Government of NWFP's Department of Health to develop a Health Policy for NWFP. (2006)
- Devoted time on a pro bono basis to establish and lead Pakistan's Health Policy Forum – the first health sector think tank within the country. Initiated in 2005 and ongoing  
<http://www.heartfile.org/policy.htm>
- Devoted time to lead the development of the national document on Health Statistics in collaboration with the Federal Bureau of Statistics. (2007)  
<http://www.heartfile.org/policy.htm>
- Devoted time on a pro bono basis to set up and institutionalize the National Action Plan on Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan. 2003. <http://www.heartfile.org/nap.htm>
- Details about other contributions given under Professional Activities/national

### 5. Publications

#### 5.1 Peer reviewed publications

1. **Nishtar S**, Bile KM. The public-private niche in health — opportunities for the Friends of Democratic Pakistan. *J Pak Med Assoc* 2010; 60(5):333-4.
2. **Nishtar S**. Scaling up Financing for Health. *Lancet* 2010;375:983
3. **Nishtar S**. Choked Pipes — Reforming Pakistan's Mixed Health System (invited editorial). *J Pak Med Assoc* 2010;60(4):252-3
4. **Nishtar S**. Mixed Health Systems Syndrome. *Bull World Health Organ* 2010;88:74-75. doi: 10.2471/BLT.09.067868 <http://www.who.int/bulletin/volumes/88/1/09-067868/en/>
5. **Nishtar S**. Pakistan, Politics and Polio. *Bull World Health Organ* 2010.  
<http://www.who.int/bulletin/volumes/88/4/09-066480.pdf>
6. **Nishtar S**. Amjad S. Synergizing health and population in Pakistan. *J Pak Med Assoc* 2009;Suppl3:S3-20.
7. **Nishtar S**. Amjad S. Pakistan's Health Population Mantra. *J Pak Med Assoc* 2009;Suppl3:S1-2.
8. Atun R, Dybul M, Evans T, Kim JY, Moatti JP, **Nishtar S**, Russell A. Venice Statement on global health initiatives and health systems. *Lancet* 2009; 374(9692): 783-4
9. Lagomarsino G, de Ferranti D, Pablos-Mendez A, Nachuk S, **Nishtar S**, Wibulpolprasert S. Public stewardship of mixed health systems. *Lancet* 2009 Nov 7;374(9701): 1577-8

10. World Health Organization Maximizing Positive Synergies Collaborative Group, Samb B, Evans T, Dybul M, Atun R, Moatti JP, **Nishtar S**, Wright A, Celletti F, Hsu J, Kim JY, Brugha R, Russell A, Etienne C. An assessment of interactions between global health initiatives and country health systems. *Lancet* 2009;20(373):2137-69
11. **Nishtar S**. How important are health systems in the prevention of cardiovascular and other noncommunicable diseases? *Nat Clin Pract Cardiovasc Med*. 2009;6(3):170-1
12. **Nishtar S**. Pablos-Mendez A. The global financial downturn—imperatives for the health sector. *Lancet* 2009;373:124.
13. Evans T, **Nishtar S**, Atun R, Etienne C. Scaling up research and learning for health systems: time to act. *Lancet* 2008;372(9649):1529-31.
14. Siddiqui S, Masud TI, **Nishtar S**, Peters DH, Sabri B, Bile KM, Jama MA. Framework for assessing governance of the health system in developing countries: Gateway to good governance. *Health Policy* 2008 [Epub ahead of print]
15. Rizvi N, **Nishtar S**. Pakistan's health policy: appropriateness and relevance to women's health needs. *Health Policy* 2008 May 12. [Epub ahead of print]
16. Wierzbicki AS, **Nishtar S**, Lumb PJ, Lambert-Hammill M, Crook MA, Marber MS, Gill J. Waist circumference, metabolic syndrome and coronary artery disease in a Pakistani cohort. *Int J Cardiol* 2008;128(1):77-82. Epub 2007 Aug 8.
17. Wierzbicki AS, **Nishtar S**, Lumb PJ, Lambert-Hammill M, Crook MA, Marber MS, Gill J. Insulin resistance phenotypes and coronary artery disease in a native Pakistani cohort. *Int J Clin Pract* 2008;62(5):701-7. Epub 2008 Mar 12.
18. **Nishtar S**. Integrating a new public health order. *Lancet* 2007;370(9603):1901.
19. **Nishtar S**. Time for a global partnership on non-communicable diseases. *Lancet* 2007;370(9603):1887-8.
20. Alam AY, Iqbal A, Mohamud KB, Laporte RE, Ahmed A, **Nishtar S**. Investigating socio-economic-demographic determinants of tobacco use in Rawalpindi, Pakistan. *BMC Public Health* 2008;8(1):50
21. Abegunde DO, Shengelia B, Luyten A, Cameron A, Celletti F, **Nishtar S**, Pandurangi V, Mendis S. Can non-physician health-care workers assess and manage cardiovascular risk in primary care? *Bull World Health Organ* 2007;85(6):432-40.
22. **Nishtar S**. Politics of health systems: WHO's new frontier. *Lancet*. 2007 Sep 15;370(9591):935-6.
23. **Nishtar S**. The WHO Director General election finale. *Lancet* 2007;369(9557):185.
24. **Nishtar S**. Community health promotion—a step further. *Promot Educ*. 2007;14(2):61-2, 109-10, 124-5.
25. Ronis KA, **Nishtar S**. Community health promotion in Pakistan: a policy development perspective. *Promot Educ*. 2007;14(2):98-9.
26. **Nishtar S**. Health reforms in Pakistan—configuring health beyond the health sector. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S120-35.
27. **Nishtar S**. Evidence from research and its implications for health reforms in Pakistan: the Gateway Paper perspective. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S112-9.
28. **Nishtar S**. Pharmaceuticals—strategic considerations in health reforms in Pakistan. *J Pak Med Assoc*. 2006 Dec;56(12 Suppl 4):S100-11.

29. **Nishtar S.** Human resource solutions—the Gateway Paper-proposed health reforms in Pakistan. *J Pak Med Assoc.* 2006 Dec;56(12 Suppl 4):S94-9.
30. **Nishtar S.** The Gateway Paper-proposed health reforms in Pakistan—interface considerations. *J Pak Med Assoc.* 2006 Dec;56(12 Suppl 4):S78-93.
31. **Nishtar S.** The Gateway Paper—health service delivery outside of the public sector in Pakistan. *J Pak Med Assoc.* 2006 Dec;56(12 Suppl 4):S66-77.
32. **Nishtar S.** The Gateway Paper—preventive and promotive programmes in Pakistan and health reforms in Pakistan. *J Pak Med Assoc.* 2006 Dec;56(12 Suppl 4):S51-65.
33. **Nishtar S.** The Gateway Paper—public sector service delivery infrastructure and health reforms in Pakistan. *J Pak Med Assoc.* 2006 Dec;56(12 Suppl 4):S43-50. Nishtar S.
34. **Nishtar S.** The Gateway Paper—financing health in Pakistan and its linkage with health reforms. *J Pak Med Assoc.* 2006 Dec;56(12 Suppl 4):S25-42.
35. **Nishtar S.** The Gateway Paper—stewardship and governance in the health sector in Pakistan. *J Pak Med Assoc.* 2006 Dec;56(12 Suppl 4):S14-24.
36. **Nishtar S.** The Gateway Paper—context and configuration of the proposed health reforms in Pakistan. *J Pak Med Assoc.* 2006 Dec;56(12 Suppl 4):S2-13.
37. **Nishtar S,** et al. The Heartfile Lodhran CVD prevention project – end of project evaluation. *Promotion and Education* 2007;XIV(1):17-27.
38. **Nishtar S,** Voute J. Women and Heart Disease: time for change. *Nat Clin Pract Cardiovasc Med* 2007;4(5):231.
39. **Nishtar S.** Lessons in tackling chronic disease. *BMJ* 2006;333(7573)820.
40. **Nishtar S.** Heartfile's Contribution to Health Systems Strengthening in Pakistan. *Eastern Mediterranean Journal* 2006; 12(2)S38-S53.
41. **Nishtar S,** Perry M, Lammare MC, Ritchie J. Global Consortium on Community Health Promotion. *Promotion and Education* 2006;XIII(1):7-8.
42. **Nishtar S,** Shera S. Diabetes prevention and control as part of the integrated non-communicable disease strategy: the Pakistan approach. *Practical Diabetes Int* 2006;23(8):1-3.
43. **Nishtar S.** Improving Heart Health in Europe. *Circulation* 2006;113(4):f16.
44. **Nishtar S,** Lateef E. Tobacco Control – an integral component of the National Action Plan on NCDs in Pakistan. *Prevention and Control.*
45. **Nishtar S,** Bile KM, Ahmed A, Amjad S, Iqbal A. Integrated population-based surveillance of non-communicable diseases—the Pakistan model. *Am J Prev Med.* 2005 Dec;29(5 Suppl 1):102-6.
46. Azad N. **Nishtar S.** A call for a gender-specific approach to address the worldwide cardiovascular disease burden. *Prevention and Control* 2005;1:223-7.
47. Voûte J, **Nishtar S,** Grizeau-Clemens D. World Heart Day 2000-2004 – A day that builds awareness and capacity. *Prevention and Control,* 2005, 1:17-19.
48. **Nishtar S,** Bile KM, Ahmed A, Faruqui AMA, Mirza Z, Shera S, et al. Process, rationale, and interventions of Pakistan's National Action Plan on Chronic Diseases. *Prev Chronic Dis.* 2006 Jan;3(1):A14. Epub 2005 Dec 15.
49. AS Wierzbicki, **S Nishtar,** P J Lumb, M Lambert-Hamill, C N Turner, MA Crook, M S Marber, Gill JS. Metabolic syndrome and risk of coronary heart disease in a Pakistani population. *Heart* 2005;91:1003–1007.

50. AS Wierzbicki, **S Nishtar**, P J Lumb, M Lambert-Hamill, C N Turner, M ACrook, M S Marber, Gill JS. Impaired renal function and atherosclerosis in a Pakistani cohort. *Curr med Res Opin* 21(8); 2005: 1201–1207.
51. **Nishtar S**, Minhas FA, Ahmed A, Badar A, Mohamud KB. Prevention and control of mental illnesses and mental health: National Action Plan for NCD Prevention, Control and Health Promotion in Pakistan. *J Pak Med Assoc.* 2004;54(12 Suppl 3):S69-77.
52. **Nishtar S**, Mohamud KB, Razzak J, Ghaffar A, Ahmed A, Khan SA, Mirza YA. Injury prevention and control: National Action Plan for NCD Prevention, Control and Health Promotion in Pakistan. *J Pak Med Assoc.* 2004;54(12 Suppl 3):S57-68.
53. **Nishtar S**, Ahmed A, Bhurgri Y, Mohamud KB, Zoka N, Sultan F, Jafarey NA. Prevention and control of cancers: National Action Plan for NCD Prevention, Control and Health Promotion in Pakistan. *J Pak Med Assoc.* 2004;54(12 Suppl 3):S45-56.
54. **Nishtar S**, Ahmed A, Kazi Y, Khan A, Mohamud KB. Prevention and control of chronic chest diseases: National Action Plan for NCD Prevention, Control and Health Promotion in Pakistan. *J Pak Med Assoc.* 2004;54(12 Suppl 3):S42-4.
55. **Nishtar S**, Mirza Z, Mohamud KB, Latif E, Ahmed A, Jafarey NA. Tobacco control: National Action Plan for NCD Prevention, Control and Health Promotion in Pakistan. *J Pak Med Assoc.* 2004;54(12 Suppl 3):S31-41.
56. **Nishtar S**, Shera S, Rafique G, Mohamud KB, Ahmed A. Diabetes prevention and control: National Action Plan for NCD Prevention, Control and Health Promotion in Pakistan. *J Pak Med Assoc.* 2004;54(12 Suppl 3):S26-30.
57. **Nishtar S**, Faruqui AM, Mattu MA, Mohamud KB, Ahmed A. The National Action Plan for the Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan—Cardiovascular diseases. *J Pak Med Assoc.* 2004;54(12 Suppl 3):S14-25.
58. **Nishtar S**. The National Action Plan for the Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan—Common action area. *J Pak Med Assoc.* 2004;54(12 Suppl 3):S9-13.
59. **Nishtar S**. The National Action Plan for the Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan—Prelude and finale. *J Pak Med Assoc.* 2004;54(12 Suppl 3):S1-8.
60. **Nishtar S**. Editor - Special supplement – National Action Plan for Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan. *J Pak Med Assoc* 2004.
61. **Nishtar S**, Zoka N, Nishtar S. S, Khan Y, Jehan S, Mirza Y. A. Poster as tool for disseminating health related information in a developing country: a pilot experience. JPMA 2004
62. **Nishtar S**. Public-private partnerships in health - a global call to action. *Health Res Policy Syst.* 2004 Jul 28;2(1):5.
63. **Nishtar S**. Prevention of non-communicable diseases in Pakistan: an integrated partnership-based model. *Health Res Policy Syst.* 2004 Sep 13;2(1):7.
64. **Nishtar S**, Mirza YA, Jehan S, Hadi Y, Badar A, Yusuf S, Shahab S. Newspaper articles as a tool for cardiovascular prevention programmes in a developing country. *J Health Commun.* 2004 Jul-Aug;9(4):355-69.
65. **Nishtar S**. The SAARC Seven – regional cooperation for sustainable health outcomes. *BMJ* 2004. *BMJ* 2004;328:837.
66. **Nishtar S**. Coronary Heart Disease Prevention in South Asia. *Lancet* 2002; 360: 1015-18.

67. **Jabbour S**, Nishtar S, Prabhakaran D, Chockalingham A, Achiutti A, Agrawal A, Luna M, Garofalo F, Wielgosz A. Information and communication technology in cardiovascular disease prevention in developing countries: Hype and Hope. *Int J Cardiol*. 2003 Dec; 92(2-3): 105-11.
68. **Nishtar S**, Wierzbicki AS, Lumb P, Hammill ML, Turner CN, Cook MA, et al. Low HDL and waist hip ratio predict the risk of coronary artery disease in Pakistanis. *Curr med Res Opin* 2004; 20(1): 55-64.
69. **Nishtar S**. Cardiovascular disease prevention in low-resource settings: lessons from the Heartfile experience in Pakistan. *Ethnicity and Disease* 2003; 13(S2): S2/138-148.
70. Bayes de Luna A, Tse TF, de Figueiredo MB, Maranhao M, Voute J, **Nishtar S**, Fuster V, Poole-Wilson P; World Heart Federation. World Heart Day: a World Heart Federation enterprise promoting the prevention of heart disease and stroke across the world. *Circulation*. 2003 Sep 2;108(9):1038-40.
71. **Nishtar S**, Gill JS, Wierzbicki AS. Smoking exposure in patients with and without angiographic coronary heart disease in a Pakistani population. *J Am Coll Cardiol* 2002; 39(9) Suppl B: 460B-461B.
72. **Nishtar S**, Khan IS, Mattu MA, Saleem M. Surviving ventricular rupture. *PIMS Jour Surg* 1997; 13:72-3.
73. **Nishtar S**, Zafar J. Hypothyroid cardiomyopathy: a case report. *Pak Heart Jour* 1998; 31(3-4): 62-5.
74. **Nishtar S**, Mattu MA, Khan IS. Frequency of left anterior descending artery disease occurrence: A PIMS experience. *Pak Heart Jour* 1998; 31(3-4) 40-4.
75. Nishtar S, Mattu MA. Review Article: Cardiac valvular involvement in systemic lupus erythematosus. *Pak J Cardiol* 1997;8(3,4): 66-8.
76. **Nishtar S**, Khan IS, Shahab S. Diagnostic accuracy of spect scanning in the diagnosis of ischaemic heart disease using coronary angiography as a gold standard: A PIMS experience. *Pak J Cardiol* 1998; 9(4): 83-7.
77. **Nishtar S**, Mattu MA. Linked angina (Editorial). *Pak J Cardiol* 1998; 9(1-2):1.
78. **Nishtar S**. Lipid levels in Pakistanis overseas: lessons learnt. (Editorial). *Pak J Cardiol* 1998;9(4): 1.
79. **Nishtar S**. The role of vitamins in coronary artery disease. *Pak J Cardiol* 1999;10(1) 5-7.
80. **Nishtar S**. Thrombogenicity of anticoagulants. *Pak J Cardiol* 1993;10(1):3.
81. **Nishtar S**. Inferior wall artifacts in Pakistanis: the central obesity effect: Supplement to the American Journal Nuclear Cardiology, Jan-Feb 1999 Issue.
82. **Nishtar S**, Shahab S, Gill JS. Preventive cardiac care targeting women in Pakistan: an unfinished agenda. *Can Jour Cardiol* 2000;16 B: 65-6.
83. **Nishtar S**. Peripartum cardiomyopathy: an overview. *Pak Heart Jour* 2000; 11(1):34-8.
84. **Nishtar S**. Women in South Asia: a long way from basic cardiovascular care. *Indian Heart Journal* 2000; 56(2):706 (Abstract).
85. **Nishtar S**. Echocardiographic identification of clinically silent lesions in SLE. *Indian Heart Journal* 2000; 56(2):781 (Abstract)
86. **Nishtar S**. Customized guidelines for cardiovascular disease prevention and management in South Asia. *Japanese Journal of Cardiovascular Disease prevention* 2001;36 suppl 1:50.

87. **Nishtar S.** Shahab S. Cost and sustainability of long term therapy of coronary artery disease in low-income countries. *Japanese Journal of Cardiovascular Disease prevention* 2001:36 suppl 1:171

## 5.2 Books and book chapters

- Nishtar S. Pakistan: potential to achieve universal coverage for health. Attaining Universal Health Coverage – A research initiative to support evidence-based advocacy and policy-making. EGEA 2010.
- Nishtar S. Choked Pipes: Reforming Pakistan’s Health System. *Oxford University Press*, 2010. ISBN 978-0-19-547969-0
- Nishtar S. Health Indicators of Pakistan. Gateway Paper II. *Heartfile, Pakistan’s Health Policy Forum, Federal Bureau of Statistics and Ministry of Health*; 2006.
- Nishtar S. The Gateway Paper: Reforming Health Systems in Pakistan – a Strategic View. *Heartfile and Pakistan’s Health Policy Forum*; 2005.
- Nishtar S. The National Action Plan for Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan. *Heartfile* 2004.
- Nishtar S. Prevention of Coronary Heart Disease in South Asia. *Heartfile and SAARC Cardiac Society*. ISBN 969-8651-00-4. Islamabad, Pakistan.
- Nishtar S. Public-Private Partnerships in the health sector – a call to action. The Commonwealth Health Ministers Book; 2007
- Nishtar S. Health chapter. Vision 2030 of the Planning Commission of Pakistan
- Nishtar S. Health section. National Commission for Government Reform. 2007

## 5.3 Op-ed columns in national newspapers

- A number of policy Viewpoints on contemporary issues relevant to governance in Pakistan have been published in national newspapers. Details can be accessed at: <http://heartfile.org/viewpoint.htm>

## 6. International conferences, consultations and invited talks

### **Milan, Italy; May 14, 2010**

Bocconi University and Rockefeller foundation initiative on attaining universal coverage. *Talk on “Achieving universal health coverage: experiences of Pakistan”*

### **Geneva, Switzerland; May 13, 2010**

WHO Consultation on the Report of the Expert Working Group on R&D and Financing *Made the presentation on the report to the WHO Executive Board*

### **Geneva, Switzerland; April 8-10, 2010**

WHO Consultation - Review of International Experience in NCD Prevention and Control

*Attended the consultation as an expert and speaker*

### **Singapore, March 18, 2010**

Strengthening health systems in Asia conference  
*Panelist in the final plenary: way forward and recommendations*

### **Geneva, Switzerland, March 3, 2010**

Introductory seminar on Choked Pipes at the World Health Organization headquarter

### **Bangkok, Thailand, January 29, 2010**

**Prince Mahidhol Award Conference**

*Plenary session panelist in the session entitled “Who does what to health information systems”*

*Concurrent session panelist in the session entitled “Assessing health systems performance”*

**Dubai, UAE, January 26, 2010**

Meeting of Friends of Democratic Pakistan

*Concurrent and Plenary session presentation on Public-Private partnerships in the health sector*

**Oxford, UK, December 4, 2009**

The Emerging Markets Symposium. Oxford University, Green Templeton College

*Attended the Symposium as an invited expert*

**Geneva, Switzerland, November 30–December 02, 2009**

3<sup>rd</sup> Meeting of WHO Director General’s Expert Working Group on R&D Financing

*Attended the meeting as a member of the Expert Working Group*

**Dubai, UAE, November 20–22, 2009**

Summit of the Global Agenda Council, World Economic Forum

*Attended the meeting as a member of the Global Agenda Council*

**Havana, Cuba, November 16–20, 2009**

13<sup>th</sup> Annual Meeting of the Global Forum for Health Research

*Chaired the launch of the Alliance for Health Policy and Systems Research’s report entitled: Systems Thinking*

*Panelist at the Pre-Launch Preview of the self authored Book: Choked Pipes*

*Panelist in the closing plenary: recorded comments communicated*

*<http://www.youtube.com/watch?v=vvY1zupVQf8>*

**Nairobi, Kenya, October 26-30, 2009**

7<sup>th</sup> Global Conference on Health Promotion

*Panelist at the plenary session entitled: Convergent strategies, divergent histories, emergent opportunities: health promotion, the social determinants of health and primary health care. Recorded comments accessible at <http://www.youtube.com/watch?v=2H-z1muiMUA> and*

*<http://www.youtube.com/watch?v=5dAqVYIIx40>*

**Puyuhuapy, Chile, October 19–21, 2009**

Planning meeting of the First Global Symposium on Health Systems Research

*Attended the meeting as a member of Scientific Advisory Committee*

**Geneva, Switzerland, October 13-14, 2009**

Board meeting. Alliance for Health Policy and Systems Research

*Attended as a Member of the Board*

**New York, USA, August 27–28, 2009**

PepsiCo Global Health Policy meeting

*Attended the meeting as a member of PepsiCo’s Global Health Advisory Committee*

**Dubai, UAE, August 20–21, 2009**

AMEA Health & Wellness meeting

*Attended the meeting as a member of PepsiCo’s Global Health Advisory Committee*

**Klong Luang, Thailand, July 19 -25, 2009**

Asian Institute of Technology Professional Development course on “Enabling Effective District Leadership for Reproductive Health in Pakistan”

*Talk in the plenary session entitled: Health Policy Challenge in Pakistan*

**Geneva, Switzerland, July 7-8, 2009**

United Nations Economic and Social Council Ministerial roundtable breakfast on

Addressing Non-Communicable Diseases and Injuries

*Attended the meeting as an invited expert*

**Geneva, Switzerland; June 29-30, 2009**

Second Meeting of WHO Director General’s Expert Working Group on R&D Financing

*Attended the meeting as a member of the Expert Working Group*

**Venice, Italy;** June 22-23, 2009

World Health Organization's High-level dialogue on Maximizing Positive Synergies between Global Health Initiatives and Health Systems

*Attended the meeting as the Chair of the Drafting Committee of the Venice Statement on Health Systems and Global Health Initiatives*

**Geneva, Switzerland;** May 16, 2009

Consultation on Global Initiatives, Health System Strengthening and Universal Health Coverage

*Attended the meeting as a member of the Results for Development and Rockefeller Foundation's Working Group on Private Sector in Health Systems.*

**Istanbul, Turkey;** April 27-28, 2009. 12<sup>th</sup> World Congress on Public Health

*Talk in the plenary session entitled: Redesigning Health Systems in a Changing World*

*Title of the talk: Strengthening the Evidence Base of Health Reform in Pakistan: Implications for the Global Community*

**Chiangmai, Thailand;** April 23-24, 2009

Meeting of the World Health Organization's Implementers Consortium on Maximizing Positive Synergies between Health Systems and Global Health Initiatives

*Attended the meeting as a member of WHO's Maximizing Positive Synergies Group*

**Washington DC, USA;** April 12-14, 2009. Institute of Medicine Committee on Preventing the Global Epidemic of Cardiovascular Disease: Meeting the Challenges in Developing Countries.

*Talk in the plenary: Prevention, Implementation and Health Systems Strengthening*

*Talk entitled: Chronic Disease Management in Health Care Systems in Middle- and Low-Income Countries*

**Geneva, Switzerland;** March 26-27, 2009

4<sup>th</sup> Expert Consultation on World Health Organization's Maximizing Positive Synergies between Health Systems and Global Health Initiatives

*Attended the meeting as a member of WHO's Maximizing Positive Synergies Group*

**Colombo, Sri Lanka;** March 16-18, 2009. United Nations Economic and Social Council. South Asian Regional Ministerial Meeting in support of the 2009 Economic and Social Council's Annual Ministerial Review.

*Talk in the plenary session entitled: New Initiatives to Finance Health Care—Heartfile's Health Equity Project*

**Rome, Italy;** February 16-18, 2009

World Health Organization's meeting on the Lancet Series on Maximizing Positive Synergies between Global Health Initiatives and Health Systems

*Attended the meeting as a member of WHO's Maximizing Positive Synergies Group*

**Bangkok, Thailand;** January 29-30, 2009

Consultation of the Rockefeller Foundation's Working Group on Private Sector in Health Systems at the Price Mahidhol Conference

*Attended the Symposium as a member of the Working Group*

**Geneva, Switzerland;** January 12-14, 2009

1<sup>st</sup> Meeting of WHO Director General's Expert Working Group on R&D Financing

*Attended the meeting as a member of the Expert Working Group*

**Boston, USA;** December 3-5, 2008

Research Agendas in Global Health Systems. Harvard University

*Talk in the plenary session entitled: Health systems issues in implementation*

**Hong Kong;** December 2-3, 2008

Clinton Global Initiative

*Attended the meeting to make a joint commitment with the Clinton Global Initiative*

**Bamako, Mali;** November 16-19, 2008. Global Ministerial Forum on Research for Health

*Panelist in the session entitled: The Private Sector in Mixed Health Systems*

*Panelist in the ministerial discussion entitled: From Global Health Initiatives to Primary Health Care: Scaling up Research and learning for Health Systems*

**Tokyo, Japan;** November 1-4, 2008

International Conference on Global Action for Health System Strengthening. G8

Hokkaido Toyako Summit Follow up.

*Attended the conference as an invited expert*

**Bellagio, Italy;** October 28-31, 2008

Strengthening Health Systems Capacity and Leadership, Rockefeller Foundation and Columbia University

*Attended the meeting as an invited expert*

**Bellagio, Italy;** October 6-8, 2008

Expert Consultation of the Working Group on the Role of the Private Sector in Health Systems;

Results for Development Institute and Rockefeller Foundation

**Geneva, Switzerland;** October 2-3, 2008

Third Expert Consultation on Positive Synergies between Health Systems and Global Health Initiatives; World Health Organization

*Attended the meeting as a member of WHO's Maximizing Positive Synergies Group*

**Mexico City, Mexico;** August 5, 2008

Second Expert Consultation on Positive Synergies between

Health Systems and Global Health Initiatives; World Health Organization

*Attended the meeting as a member of WHO's Maximizing Positive Synergies Group*

**Divone, France;** June 2, 2008

World Health Organization's Director General's high-level Consultation on Scaling up Research and Learning for Better Health

*Attended the consultation as an invited expert*

**Geneva, Switzerland;** May 25, 2008. Geneva Health Forum

*Panelist in the session entitled: Can Mixed Health Systems be Equitable?*

*Panelist in the session entitled: Management of Chronic Diseases*

*Panelist on the Closing Plenary*

**Nyon, Switzerland;** May 25-27, 2008

From Mexico to Mali: Taking Stock of Achievements in Health Policy and Systems Research; Alliance for Policy and Systems Research

*Attended the meeting as an invited expert*

**Geneva, Switzerland;** May 24, 2008

Strengthening health systems; Brookings Institute and Rockefeller consultation

*Attended the meeting as a member of the Working Group*

**San Francisco, California;** USA; April 9-11, 2008. Global Philanthropy Forum

*Panelist in the session entitled: Maternal and Child Health*

**Bangkok, Thailand;** January 30-February 2, 2008

Prince Mahidol Award Conference 2008

Meeting of the Working Group on Private Sector in Health Systems.

*Attended the meeting as a member of the working group*

**London, UK;** December 4, 2007. Launch of the Lancet Series on Chronic Diseases

*Panelist in the session entitled: Health Reform and Chronic Diseases*

**Beijing, China;** October 29-November 2, 2007. Global Forum for Health Research

Panelist in the closing plenary entitled: *The Future of Research for Health*

Talk on: *Research Priorities for Chronic Diseases*

**New York, USA;** September 26-28, 2007. Clinton Global Initiative

*Panelist in the session entitled: Over- and Under-Nutrition*

**Dalian, China;** September 1-5, 2007

World Economic Forum Meeting of the New Champions

*Attended the meeting as an invited expert*

**Atlanta, USA;** August 12-16, 2007

Centers for Disease Control; National Forum for Heart Disease and Stroke Prevention;  
Regional and Global Collaboration Implementation Group

*Attended the meeting as a member of the implementation group*

**London, UK;** July 2-5, 2007

World Health Organization and Department of Health UK

Global Health Promotion

*Attended the meeting as an invited expert*

**Vancouver, Canada;** June 13-15, 2007. World Congress on Health Promotion

*Panelist in the plenary session entitled: Inequities in Health*

**Chicago, USA;** May 29-31, 2007. Annual Convention of the Human Development Foundation

*Talk in the plenary session entitled: Challenges in Health Policy in Pakistan*

**Washington, USA;** April 25-28, 2007. Annual Forum of the Centers for Disease Control

*Talk in the plenary session entitled: The National Action Plan on Non-Communicable Diseases in Pakistan*

**Cairo, Egypt;** March 27-28, 2007

Regional Consultation to develop Guidelines on CVD Management; World Health Organization Office of the Eastern Mediterranean Region

**Geneva, Switzerland;** Feb 4-8, 2007

Expert Consultation to Prevent Chronic Disease; World Health Organization

*Chaired the meeting*

**Bangkok, Thailand;** February 1-3, 2007. Prince Mahidol Award Conference

Talk in concurrent session entitled: *From Development of a Program to the Delivery of Preventive and Control Services in Non-Communicable Diseases – a Perspective from Pakistan*

**Cairo, Egypt;** October 29-November 2, 2006. Global Forum for Health Research

*Panelist in the closing plenary*

**Paris, France;** October 5-8, 2006

Global Strategy on Diet and Physical Activity; World Health Organization

*Chaired the meeting*

**Barcelona, Spain;** August 31-September 6, 2006. World Congress of Cardiology

*Talk in concurrent session entitled: National Planning for Cardiovascular Diseases*

*Talk in concurrent session entitled: Women as a Resource for Cardiovascular Diseases Prevention*

**Kuwait;** June 19-21, 2006. World Health Organization's Expert Consultation on NCDs

*Talk entitled: Integration of Non-Communicable Diseases into Primary Health Care*

**Cairo, Egypt;** June 12-15, 2006

Country Cooperation Strategy; World Health Organization Office of the Eastern Mediterranean Region

*Chaired the meeting*

**Nairobi, Kenya;** May 1-6, 2006  
Workshop on Community Health Promotion  
International Union for Health Promotion  
Attended the meeting as a member of the Consortium on Community Health Promotion

**New York, USA;** February 8-13, 2006  
World Heart Federation  
*Chaired the Foundations Advisory Board meeting*

**Delhi, India;** February 18-20, 2006  
International Symposium on Cardiovascular Diseases, Diabetes and Stroke. All India  
Institute of Medical Sciences  
*Keynote address*

**Bellagio, Italy;** December, 2005  
How to Improve Cardiovascular Health Outcomes in Less Well-Resourced Settings;  
World Heart Federation  
*Attended the meeting as an invited expert*

**Bogota, Columbia;** November, 2005  
Planning Global Physical Activity Interventions; International Union of Health Promotion  
*Attended the meeting as an invited expert*

**Accra, Ghana;** October 16-19, 2005  
Training Seminar on Chronic Disease Capacity Building in Sub-Saharan Africa. Centers  
for Disease Control, Atlanta, USA, and the International Union for Health Promotion  
*Attended as the Seminar Faculty*

**Geneva, Switzerland;** October, 26-28, 2005  
World Health Organization Annual Global Forum  
*Panelist at the Plenary Session entitled: Preventing the Chronic Disease Pandemic*

**Mumbai, India;** September 16-18, 2005. Global Forum for Health Research  
*Talk entitled: Mainstreaming Chronic Disease on the Agendas of the Developing Countries*

**Stockholm, Sweden;** September 3-7, 2005 (ESC Population Science Lecture)  
*European Congress of Cardiology*  
*Population Science Lecture entitled: Women and Heart Disease: Impact, Imperatives and Implications*

**Iguaçu, Brazil;** May 19-25, 2005. 6<sup>th</sup> International Conference on Preventive Cardiology  
*Talk in concurrent session entitled: Community Contributions to CVD Prevention and  
National Action Plan for NCD Prevention in Pakistan*

**Rio de Janeiro, Brazil;** May 4-9, 2005  
International Consortium for Community Health Promotion  
*Chaired the meeting*

**Cairo, Egypt;** April 10-12, 2005  
Regional Consultation for WHO Global Program of Work 2005; World Health  
Organization Office of the Eastern Mediterranean Region  
*Attended as an invited expert*

**Orlando, USA;** February 18, 2005. Second Women Conference on Heart Disease and  
Stroke  
*Talk in plenary session entitled: Community Control of Hypertension in the Developing Countries*

**Miami, Florida;** December, 2004  
Implementing the WHO Global Strategy on Physical Activity  
*Attended as an invited expert*

**Atlanta USA;** November 17-22, 2004  
Centers for Disease Control, Atlanta, USA; Community Health Promotion Workshop  
*Attended as an invited expert*

**Ottawa, Canada;** November 3-6, 2004. World Health Organization's Global Forum on Non-Communicable Integrated Chronic Disease Prevention and Control. Global Forum IV.

*Talk in plenary session entitled: Pakistan's National Plan of Action on Chronic Diseases*

**Hong Kong;** October 1-3, 2004. Global Conference on Cardiovascular Clinical Trials

*Talk in concurrent session entitled: Prevention of Diabetes and CVD in South Asia*

**Oxford, UK;** August 31-September 4, 2004

Oxford Vision 2020 Initiative meeting; University of Oxford

*Attended as a member of the Oxvision initiative*

**Milan, Italy;** June 12-15, 2004. 5<sup>th</sup> International Heart Health Conference.

*Talk in concurrent session entitled: Implementing WHO CVD Risk Management Package in Primary Health*

*Talk in concurrent session entitled: National Action Plan on Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan*

*Talk in concurrent session entitled: Guideline Development in Low- and Middle-Income Countries*

**Melbourne, Australia;** March 23-26, 2004. WHO Mega Country Health Promotion Network Meeting

*Talk in concurrent session entitled: National Action Plan on Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan*

**Singapore,** January 14-17, 2004. Asia Pacific Congress of Cardiology

*Talk in concurrent session entitled: Impact of Global Trends in Cardiovascular Diseases on the Health Economics of Developing Countries*

**Ghana, Accra;** December 5-11, 2003

Capacity-Building for Cardiovascular Disease Prevention in Sub-Saharan Africa  
Centers for Disease Control, Atlanta, USA, and the International Union for Health Promotion

*Attended the meeting as the Seminar Faculty*

**Beijing, China;** November 6-10, 2003. 5<sup>th</sup> International Symposium on Hypertension and Related Diseases

*Talk in concurrent session entitled: Cardiovascular Disease Prevention and Control in the Developing Countries: Issues and Challenges*

**Prague, Czech Republic;** September 4-6, 2003. Annual Meeting of Heart Friends Around the World.

*Talk in plenary session entitled: The Role of Foundations in Heart Disease Prevention at a Global Level*

**Helsinki, Finland;** August 3-8, 2003. 12<sup>th</sup> World Conference on Tobacco or Health

*Talk in concurrent session entitled: Tobacco Control as part of Cardiovascular Disease Prevention: the Heartfile Experience*

**Geneva, Switzerland;** March 31-April 1, 2003

Mega Country Network Meeting

World Health Organization Department of Health Promotion of Non-Communicable Diseases

*Attended as member of the Steering Committee of WHO's Mega Country Initiative*

**Colombo, Sri Lanka;** March 26-28, 2003

PREMISE II Workshop; World Health Organization

*Attended as member of the PREMISE Study Group and Principal Investigator for Pakistan*

**Geneva, Switzerland;** December 11-13, 2002

Mega Country Network Meeting

WHO Department of Health Promotion of Non-Communicable Diseases

*Attended as member of the Steering Committee of WHO's Mega Country Initiative*

**Doha, Qatar;** December 9-12, 2002. Qatar Sports International; World Sports Forum  
*Talk in plenary session entitled: Cardiovascular Health through Sports*

**Geneva, Switzerland;** October 7-11, 2002. WHO Meeting of Interested Parties (MIP)  
*Talk in plenary session entitled: Communicating Risks to Health*

**Beirut, Lebanon;** July 5-7, 2002  
WHO Workshop on Non-Communicable Disease Surveillance in the EMRO Region  
*Attended as an invited expert*

**Geneva, Switzerland;** July, 2002  
WHO, CVD Risk Reduction through Integrated Management of Hypertension, Diabetes and Smoking  
*Attended as an invited expert*

**Sydney, Australia;** May 7-10, 2002. XIV World Congress of Cardiology  
*State-of-the-art invited talk entitled: An Evidence-based Approach to CVD Prevention in the Developing Countries*  
*Talk in concurrent session entitled: Justifying Cost of Treatment in the Developing World*

**Cairo, Egypt;** April 10-12, 2002. 3rd East Mediterranean Heart Health Network International Congress  
*Talk in plenary session entitled: CVD Prevention in Women*  
*Talk in plenary session entitled: Hypertension Control in EMRO*  
event held in conjunction with WHO's Interregional Workshop on Initiative for Scaling Up Secondary Prevention of Stroke and Myocardial Infarction in Low- and Middle-Income Countries

**Kandy, Sri Lanka;** February, 2002  
WHO Interregional Workshop on Initiative for Scaling Up Secondary Prevention of Stroke and Myocardial Infarction in Low- and Middle-Income Countries  
*Attended as member of the study group*

**Manila, Philippines;** October 3-6, 2001. 13th Asia Pacific Congress of Cardiology  
*Talk in concurrent session entitled: Print and Electronic Media for Cardiovascular Disease Public Awareness: the Potential for Replication*

**Stockholm, Sweden;** September 1, 2001. Global Forum Meeting for Cardiovascular Diseases  
*Talk in plenary session entitled: Risk Factor of Cardiovascular Disease Management in the Developing Countries*

**Osaka, Japan;** May 27-31, 2001. 5th International Conference on Preventive Cardiology and 4th International Heart Health Conference  
*Talk in concurrent session entitled: Pakistan's Heartfile*

**Isfahan, Iran;** May 1-3, 2001. 1st National Seminar on Women and Hormone Replacement Therapy  
*Talk in plenary session entitled: Coronary Heart Disease Risk Factors*  
*Talk in plenary session entitled: Guidelines for Hormone Replacement Therapy as part of Primary Prevention of Coronary Heart Disease*

**Chennai, India;** December 7-10, 2000. 54th Annual Meeting of the Cardiological Society of India  
*Talk in plenary session entitled: Women in South Asia: a Long Way from Basic CVD Care*

**Colombo, Sri Lanka;** September 25-29, 2000. 1st Annual Symposium of the Sri Lanka Heart Association  
*Talk in plenary session entitled: Preventing CVD in South Asia in the Face of the Impending Pandemic*

**Katmandu, Nepal;** July 2000. 1st Congress of the Nepal Society of Cardiology  
*Talk in plenary session entitled: Algorithms for the Management of Hypertension in the SAARC Region*  
*Current Management of Heart Failure*

**Isfahan Iran;** May 2000

Isfahan Cardiovascular Research Institute

Talk in plenary session entitled: *Development of National Guidelines on Hormone Replacement Therapy***Victoria, Canada;** May 7-10, 2000. First Women Conference on Heart Disease and StrokeTalk in concurrent session entitled: *Preventive Cardiovascular Care amongst Females in Pakistan: an Unfinished Agenda*Talk in concurrent session entitled: *Barriers: Access to Care for Women in the Developing Countries***Dhaka, Bangladesh;** February 2000. First SAARC Congress of CardiologyTalk in plenary session entitled: *Optimization of Therapeutic and Lifestyle Advice to Patients with Coronary Heart Disease in Pakistan***Lahore, Pakistan;** October 1999. 12th Asia Pacific Congress of CardiologyTalk in plenary session entitled: *CAD Prevention in the Developing World: Priority or Bail Out Stenosis Quantification on Diagnostic Coronary Angiograms*Presentation entitled: *Missed Therapeutic Windows of Opportunity in the Optimal Management of CAD in Pakistan*Presentation entitled: *Analysis of Dietary Pattern in the context of Establishing Coronary Risk Profiles in Patients with Documented CAD in Pakistan***Baltimore, USA;** October 1999. Grand Clinical Rounds of the John Hopkins Medical UniversityTalk entitled: *Pakistan's Heartfile***Athens, Greece;** April 1999. 4th International Congress of Nuclear CardiologyPoster Presentation: *Inferior Wall Artifacts in Pakistanis: the Central Obesity Effect***7. Selected talks at a national level in Pakistan**

- Panelist at the National Defense University Session “*Muashee Mustaqbil*”. Islamabad, January 27, 2010.
- Closing plenary, Policy commitment of NWFP government group and their relevance with planning and budgeting instruments. Bhurban August 2009
- Health Policy of Pakistan. National Defense College. March 2009-08-10
- Health Policy of Pakistan. National School of Public Policy, May 11, 2009.
- Women leaders as agenda of change. WIBCON 2009. Changing the workplace together. June 4, 2009
- Health Policy of Pakistan. National School of Public Policy, Lahore. September 26, 2008
- Women in Leadership – Personal Experiences. International Islamic University, Islamabad. May 5, 2007
- Directions for Health. National Commission for Government Reforms. Islamabad, February 20, 2007 and Quetta, March 30, 2007
- Pakistan's Health Policy. Administrative Staff College, Lahore. March 26, 2007
- Corruption in the Health Sector. US Anti-Corruption Centre, Marriott, Islamabad, March 13, (2006)
- Women in Leadership – Personal Experiences. International Islamic University, Islamabad. May 5, 2007
- Health Systems in Pakistan – Issues and Challenges
- Aga Khan University, Karachi. February 13, 2007
- Health Financing – the Way Forward in Pakistan
- Pakistan's Health Policy Think Tank's Post-Gateway Deliberations; Marriott, Islamabad. October 2006
- Health Policy in Pakistan – the Way Forward
- Pakistan Administrative Staff College, Lahore. September 2006
- Public-Private Partnerships – Lessons for Pakistan
- Sustainable Development Policy Institute, Islamabad. September 2006
- Health Systems Issues that Impact Child Health and Survival in Pakistan
- Aga Khan University, Karachi. August 2006
- Pharmaceuticals in the Health Sector: Current Situation and Future Directions for Pakistan

- Pakistan's Health Policy Think Tank's Post-Gateway Deliberations; Marriott, Islamabad. August 2006
- The Health and Population Interface: Current Situation and Future Directions for Pakistan
- Pakistan's Health Policy Think Tank's Post-Gateway Deliberations; Holiday Inn Islamabad Hotel, Islamabad. July 2006
- The Public-Private Interface at a Health Systems Level for Improving Child Health Outcomes
- National Institute of Health, Islamabad. June 2006
- Health Policy – Have we Arrived?
- University of Health Sciences, Lahore. March 2006
- Meeting the MDGs: Quick Impact Initiatives in the Health Sector
- UNDP and Planning Commission Strategy Seminar, Pearl Continental, Karachi. March 2006
- The Health and Technology Interface: Current Situation and Future Directions for Pakistan
- Pakistan's Health Policy Think Tank's Post-Gateway Deliberations; Marriott, Islamabad. March 2006
- Diabetes Control Models in the IDF Region - The NAP-NCD Pakistan Programme
- Diabetes in Asia Conference, Karachi. February 2006
- Health Reform in Pakistan: a Way Forward
- Pakistan's Health Policy Think Tank Launch of the Gateway Paper. Serena, Islamabad. January 2006
- Health Policy Reforms in NWFP
- A series of Post-Gateway Roundtables held in Peshawar at the Health Sector Reform Unit. March 6-October 6, (2006)
- Academic lectures in universities by invitation are in addition to the above.

## 8. Conferences organized

### 8.1 International

- Member council of Deans and Member Scientific Committee. First Global Symposium on Health Systems Research: Promoting Science to Accelerate Universal Health Coverage. World Health Organization, scheduled for 2010.
- Member, Programme Committee of the IDF World Diabetes Congress 2010
- Lead of the Chronic Care track. Third international Conference on improving use of medicines. 2011
- Member, Organizing Committee. HIMSS AsiaPac Conference and Exhibition; Singapore, May 2007
- Member, Organizing Committee and Press Sub-Committee, World Congress of Cardiology; Barcelona, Spain; September 2006
- Member, Scientific Committee, 6<sup>th</sup> International Conference on Preventive Cardiology; Iguacu Brazil; May 2005
- Member, Clinical and Public Health Programme committees, Second Women Conference on Heart Disease and Stroke. Atlanta, USA; February 2005
- Member, Programme Committee, World Health Organization's Global Forum on Non-Communicable Integrated Chronic Disease Prevention and Control. Global Forum IV. Ottawa, Canada; November 2004.
- Member, Scientific Committee, Global Conference on Cardiovascular Clinical Trials. Hong Kong, October 2004
- Chair and Organizer, Workshop on Tobacco Control as part of Cardiovascular Disease Prevention: the Heartfile Experience from Pakistan. World Conference on Tobacco or Health. Helsinki, Finland; August 2003
- Chair. Workshop on the Role of ICT in CVD Prevention. 13<sup>th</sup> Asia Pacific Congress of Cardiology. Manila, Philippines; October 2001
- Organizer and Host, Workshop on Pakistan's Heartfile. 5<sup>th</sup> International Conference on Preventive Cardiology and 4<sup>th</sup> International Heart Health Conference. Osaka, Japan; (2001)

### 8.2 National

- Convener, Launching of the Gateway Paper II – Health Indicators of Pakistan.

- Islamabad, Pakistan; June 26, 2007
- Convener, Launching of the Gateway Paper – Health Systems Reform in Pakistan. Islamabad, Pakistan; January 9, 2006
  - Convener, Pakistan's Health Policy Forum's Strategic Post-Gateway Policy Roundtables
  - Convener, Launching of the National Action Plan for Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan. Islamabad, Pakistan; April 30, 2003
  - Convener, National Action Plan for Prevention and Control of Non-Communicable Diseases in Pakistan meetings <http://heartfile.org/napmeet.htm>
  - Secretary General, Second National World Heart Day Seminar. Pakistan Cardiac Society in collaboration with the World Heart Federation, The Asia Pacific Society of Cardiology and Heartfile. Islamabad, Pakistan; September 2001
  - Convener, First National World Heart Day Seminar. Heartfile in collaboration with the World Heart Federation. Islamabad, Pakistan; September 2000
  - Co-Chair, First International Summer Symposium on Preventive Cardiovascular Care in Pakistan. Pakistan Cardiac Society in collaboration with the Asia Pacific Society of Cardiology. Bhurban, Pakistan; June 1998
  - Over 35 workshops resourced and organized as part of the projects <http://heartfile.org/lodhran.htm> and <http://heartfile.org/jc.htm>; launches of books organized

## 9. Research projects

Principal Investigator for Health Policy and Systems/Applied Research in the areas of:

- Establishing a country framework for health systems performance assessment (initiated in 2009). Funding: WHO-led platform to Strengthen Monitoring and Analysis of Country Health Systems (WHO Geneva)
- Developing an IT-supported demand side health financing tool, which can enable efficient, timely and well-targeted cash transfers in order to protect the poor against catastrophic spending on health, and to establish a seed Health Equity Fund as a means of resourcing cash transfers (initiated in 2008). Funding: Rockefeller Foundation. Details at the URL <http://www.heartfile.org/hef.htm>
- Background research for the publication entitled 'Choked Pipes: Reforming Pakistan's Mixed Health System'. The publication charts a roadmap for health reform in Pakistan. The book has just been released by the Oxford University Press. February 3, 2010
- Presenting the first consolidated review of health systems constraints in Pakistan in a document entitled 'Health Systems in Pakistan—a Way Forward: the Gateway Paper'. This strategy was recognized as a blueprint for health reform and provided the basis for formulation of a new national policy for Pakistan, as outlined in the MOU available at URL <http://www.heartfile.org/moufed.htm>
- Conducting a series of national meetings—the Post-Gateway Roundtables to develop consensus on the strategy proposed by the Gateway Paper. (2005-07) Funding support for the meetings was provided by: Department of International Development UK and the World Bank. Details available at <http://www.heartfile.org/pgpr.htm>
- Developing drafts of the national and provincial (NWFP) health policies of Pakistan under Memoranda of Understanding (MoU) with the Federal Ministry of Health, and with the provincial government of NWFP, both of whom expressed a desire to develop a health policy based on the Gateway Paper's approach to health systems. Time contribution Sania Nishtar
- Conducted an assessment of corruption in health service delivery. Funding: Asian Development Bank-supported Partnership for Transparency Fund (PTF). Report available at <http://www.u4.no/training/incountry-open/pakistan-materials/health-sector-corruption-pakistan.pdf>
- Research in the area of priority setting for health systems research; the study aimed at the development of a locally suited priority-setting model. Funding: Global Forum for Health Research, Geneva

- Research in the domain of communications. The intervention campaigns used as part of these projects went beyond the public service announcement approach, utilizing lessons from behavioural research capitalizing on the strengths of social marketing. Funding: Canadian International Development Agency.

### **Health information systems**

- Provided pro bono strategic support to the Federal Bureau of Statistics (FBS) under an MoU in order to enable the FBS to develop a system to collate data from various sources in Pakistan and to periodically report them as a set of health indicators. The first output of this initiative, a monograph entitled 'Gateway Paper II—Health Indicators of Pakistan' was authored by the Founder and President of Heartfile Dr. Sania Nishtar. The publication was released on June 26, 2007. <http://www.heartfile.org/pdf/GWP-II.pdf>
- Developed an integrated population-based surveillance system for the 'National Action Plan for Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan.' Funding: WHO, Geneva.
- Supported the development of a health information system in the aftermath of the October 8, 2005 earthquake. This database system generated regular reports to facilitate the Ministry of Health in its strategic planning with regard to relief efforts in the affected areas. The One-Month Post O8 Health Assessment report and other daily reports generated at the time can be accessed.

### **Institutional reorganization**

- Pakistan is one of the few countries in the world where the ministries of Health and Population exist as two separate institutional entities; health and population have shared agenda and despite several attempts in the past at the highest level of government, efforts to integrate the two ministries have not been fruitful. Heartfile conducted a study to analyze if merger is a viable option and explore a way forward to bridge the current population-health institutional disconnect. The final report has been published in a special supplement of the JPMA its September 2009 issues and can be downloaded. Funding: David and Lucile Packard Foundation.

### **Mainstreaming chronic diseases into the national public health system**

- Heartfile is recognized for its pioneering contribution in the area of integrating non-communicable disease (NCD) prevention, control and health promotion into health systems planning in Pakistan. In the initial states of its development, Heartfile used innovative approaches of advocacy, leveraging social marketing and the use of media. This and other advocacy approaches enabled it to convince the government of the need for a public health programme on NCDs in Pakistan. Subsequently, Heartfile became part of a tripartite public-private partnership involving the Ministry of Health, Government of Pakistan, and the World Health Organization for development and implementation of a National Action Plan for Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan (NAP-NCD). Details about the terms of this agreement, launching of the initiative, planning meetings leading to its development and the release of the NAP-NCD are posted online. <http://www.heartfile.org/hreforms.htm#mcd>. Heartfile also took a lead role in helping to initiate the process of implementation of this plan on a pro bono basis; various stages of implementation of the pilot can be viewed. Heartfile's current objective is to institutionalize this programme in the Ministry of Health. The NAP-NCD can also be downloaded. <http://www.heartfile.org/hreforms.htm#mcd>
- In addition to its role in institutionalizing the national action plan on NCDs, Heartfile also Established and evaluated the Heartfile-Lodhran CVD Prevention Project, a community demonstration pilot, which aimed to develop sustainable and low-resource-setting-sensitive strategies for prevention of chronic disease. Funding: Department of International Development, UK (2001-2004). End of project evaluation: [click to view](#)
- Established and evaluated the Heartfile-JC Project, a pilot, which aimed to develop an approach to integrate chronic disease prevention into the work-plan of health providers in

the private sector. Funding: European Union-funded Trust for Voluntary Organizations.  
End of project reporting: [click to view](#)

- Heartfile was the principal investigator in Pakistan for the WHO PREMISE Study, a global study aimed at developing models for Prevention of Recurrences of Myocardial Infarction and Stroke and was represented on the Technical Committee of the study. Funding and Collaboration: WHO Cardiovascular Disease Unit, Geneva.
- Heartfile was the principal investigator in Pakistan for the WHO Risk Management Package, an international study aimed at testing the suitability of low-resource-setting-sensitive tools for secondary prevention of cardiovascular diseases. Funding and collaboration: WHO Cardiovascular Disease Unit, Geneva. End of project reporting available.
- Principal investigator for the Riskcorn Study: the first case control study to determine risk factors for coronary heart disease in Pakistanis. Collaboration: Guys and St. Thomas', London. Funding: Pakistan Medical Research Council and St Thomas' Hospital, London. View publications:
- Investigators in Pakistan for the INTERHEART study, a global study of risk factors in acute myocardial infarction; conducted by McMaster University, Canada.
- Heartfile was the principal investigator in Pakistan for the WHO Global [price of chronic disease medicines] Drug Survey, an international study to assess barriers to the use of medicines for secondary prevention of chronic disease. Funding and collaboration: WHO Cardiovascular Disease Unit, Geneva.
- Developing a country framework for health systems performance assessment. Funding: World Health Organization
- Development of an IT-supported demand side health financing tool, which can enable efficient, timely and well-targeted cash transfers in order to protect the poor against catastrophic spending on health, and to establish a seed Health Equity Fund as a means of resourcing the cash transfers (ongoing)  
Funding: Rockefeller Foundation (2007)
- Assessing corruption in the health service delivery in Pakistan  
Funding: World Bank and Asian Development bank-supported Partnership for Transparency Fund (2006-2007)
- Strategic analysis with a view to developing an action plan to institutionally integrate the delivery of population and health services in Pakistan  
Funding: David and Lucile Packard Foundation (2007)
- Developing health information systems in Pakistan  
In collaboration with the Federal Bureau of Statistics of the Government of Pakistan
- Strengthening the evidence base of Health Reform in Pakistan  
In collaboration with the Ministry of Health, the Department of Health of NWFP and the World Health Organization
- Developing an integrated approach to chronic disease in a public-private (not-for-profit) partnership in Pakistan.  
In collaboration with the Ministry of Health, the Department of Health of NWFP and the World Health Organization
- Heartfile-Lodhran CVD Prevention Project: Pilot and demonstration community project, which aimed to develop sustainable and low-resource-setting-sensitive strategies for prevention of chronic disease.  
Funding: Department of International Development, UK (2001-2004)
- Heartfile JC Project: Pilot project, which aimed to develop an approach to integrate chronic disease prevention into the work plan of health providers in the private sector. Funding: European Union-funded Trust for Voluntary Organizations

- PREMISE Study: a global study aimed at developing models for Prevention of Recurrences of Myocardial Infarction and Stroke. Heartfile was the principal investigator in Pakistan for this WHO global study and was represented on the Technical Committee of the study  
Funding and Collaboration: WHO Cardiovascular Disease Unit, Geneva
- WHO Risk Management Package: an international study aimed at testing the suitability of low-resource-setting-sensitive tools for secondary prevention of cardiovascular diseases  
Funding and Collaboration: WHO Cardiovascular Disease Unit, Geneva
- Global (price of chronic disease medicines) WHO Drug Survey: an international study to assess barriers to the use of medicines for secondary prevention of chronic disease. Heartfile was the principal investigator in Pakistan for this WHO global study  
Funding and Collaboration: WHO Cardiovascular Disease Unit, Geneva
- Research in the communications arena aimed at developing feasible approaches to impacting the behaviour of all actors in the health system.  
Funding: Canadian International Development Agency (1999-2002)

#### Epidemiological Research:

- National population-based NCD surveillance system; the surveillance system of the National Action Plan for Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan  
Funding: World Health Organization, Geneva
- The RISK-CORN study—the first case control study to determine risk factors for coronary heart disease in Pakistanis; conducted in collaboration with Guys and St. Thomas', London

#### 10. Inventions

- An NGO think tank—Heartfile—which strives to catalyze change in the health and related systems in a developing country setting <http://heartfile.org>
- An agenda for health systems reform in mixed health systems (book on the subject to be launched by the Oxford University press end of January 2010; paper published on the subject and can be accessed at <http://www.who.int/bulletin/volumes/88/1/09-067868>)
- A technology-based platform to protect the poor against catastrophic expenditures on health. <http://heartfile.org/bef.htm>
- A framework for health policy relevant to the developing countries with mixed health systems (the policy is appended to the book, which will be launched end of January 2010; background details can be accessed at [http://www.heartfile.org/mou\\_fed.htm](http://www.heartfile.org/mou_fed.htm))
- An approach to strengthen the evidence base of health reform through publication of the Gateway Papers. <http://heartfile.org/gateway.htm>
- A platform to synchronize stakeholders and mainstream the voice of the civil society in decision making in the health sector—Pakistan's Health Policy Forum  
<http://heartfile.org/policy.htm>
- A framework for health systems performance assessment. *Details will soon be published*
- A framework to consolidate health indicators. <http://www.heartfile.org/pdf/GWP-II.pdf>
- An integrated approach to non-communicable disease prevention and control for the developing countries <http://heartfile.org/nap.htm>

#### 11. Some media profiles *Links accessible through <http://www.sanianishtar.info>*

- Non-Governmental Individuals in Pakistan (NGIs)
- Personal profile, Lancet 370, December 8, 2007.
- Personal profile, Blue Chip; 2007
- Personal profile, Libas International. November 2006
- NGO World; 2007
- Lancet Volume 363, May 22, 2004
- PROCOR, June 15 (2004)
- Personal profile, Lifeline - Lancet Volume 360, August 10, 2002.
- International News Bulletin, Royal College of Physicians of London: September-October 1999
- HeartBeat, Bulletin of the World Heart Federation, September 1999
- Time magazine: October 19, 1999
- Reuters press release on the occasion of the Second World Heart Day, September 25, 2001
- Presentation at the World Congress of Cardiology, Sydney 2002 profiled in the official webcasts
- The Washington Diplomat 2001
- Listed in Marquis WHO WHO in the world
- Listed in Marquis WHO WHO in Asia
- Listed in Marquis WHO WHO in Health care
- Listed in Marquis WHO WHO in Science and Engineering

*In addition, numerous references on international websites and personal profiles in Pakistani newspapers*

## 12. Non-academic honours and distinctions

- Burmah Shell Ladies Golf Championship, 1984
- Won many All-Pakistan Golf Championships, 1975-1994
- Represented University of Peshawar at All-Pakistan Student Debate Contests, 1977-1986
- Editor of the Khyber Medical College Magazine, 1981-1986
- Peshawar Club Swimming Champion, 1973-1986

## 13. Grants received for research and public health interventions

- David and Lucile Packard Foundation, California, USA, 2009
- World Health Organization, Geneva, Switzerland, 2008
- Rockefeller Foundation, New York, USA, 2008
- David and Lucile Packard Foundation, California, USA, 2007
- Partnership for Transparency Fund: World Bank and ADB, 2006
- Department for International Development (UK), 2006
- German Technical Cooperation; 2006
- UNICEF, 2005
- World Health Organization, 2005
- German Technical Cooperation, 2005
- Canadian International Development Agency, 2004
- Department for International Development (UK), 2003
- Department of Cardiovascular Diseases. WHO, Geneva, Switzerland, 2003
- Department of Non-Communicable Diseases. WHO, Geneva, Switzerland, 2003
- Global Forum for Health Research. Geneva, Switzerland, 2003
- Department of Cardiovascular Diseases. WHO, Geneva, Switzerland, 2002
- Department for International Development (UK), 2001
- European Union Mission in Pakistan, 2001
- Canadian International Development Agency, 2000
- Canadian International Development Agency, 1999
- Canadian International Development Agency, 1998
- Pakistan Medical Research Council, 1997
- Government of Pakistan, Quaid-e-Azam Merit Scholarship, 1997

## 14. Contact details

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