

University of Groningen

Key factors to improve maternal and child health in Sindh province, Pakistan

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DOI:
[10.33612/diss.169161459](https://doi.org/10.33612/diss.169161459)

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Document Version
Publisher's PDF, also known as Version of record

Publication date:
2021

[Link to publication in University of Groningen/UMCG research database](#)

Citation for published version (APA):

Noh, J. (2021). *Key factors to improve maternal and child health in Sindh province, Pakistan*. [Thesis fully internal (DIV), University of Groningen]. University of Groningen. <https://doi.org/10.33612/diss.169161459>

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Propositions belonging to the PhD thesis:

Key factors to improve maternal and child health in Sindh province, Pakistan

1. Health service utilization is a key to improving outcomes, however, utilization is influenced by individual behaviors; social determinants; and health system determinants (Chapter 1 of this Thesis).
2. In Sindh, Pakistan, skilled health professionals are an important source of health information and can encourage women to use health services (Chapters 2, 3, 5 of this Thesis).
3. Community-level peer counselors play an important role in advocating for use of health facilities by individuals, families, and the community in Sindh, Pakistan (Chapters 2, 4 of this Thesis).
4. Maternal and child health policies and strategic plans need to focus interventions on target populations, such as parents of children in specific age groups (Chapters 5, 6 of this Thesis).
5. To be effective health and behavior change communicators, health workers need to be trained to improve women's awareness of the importance of healthcare service utilization (Chapter 7 of this Thesis).
6. . A detailed strategy for human resource planning, capacity development, retention, and management is needed to fill gaps at the community- based primary care (Chapter 7 of this Thesis).
7. If women meet with compassionate and skilled health workers, who offer these women relevant and reliable information, then a positive chain of events is started: women attend ANC, opt for institutional birth, attend child care clinics, and have their children vaccinated (Chapter 7 of this Thesis).
8. The survival, protection and development of children and women are universal development imperatives that are integral to human progress (UNICEF).
9. Be a good citizen (Jin Won Noh's motto). Do not try to be original, just try to be good (Paul Rand).
10. Live Happily with harmony (Jin Won Noh's Family motto). All have right to live happily.

Jin Won Noh