

PAKISTAN: ONE YEAR ON

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Save the Children

EXECUTIVE SUMMARY

The worst monsoon floods in Pakistan for more than 75 years affected 20 million people, ten million of them children¹. A year on many are still struggling to survive.

Millions of people in Sindh and Punjab provinces are living in temporary shelters with cramped living conditions, poor sanitation and little access to clean water or nutritious food. Already high rates of acute malnutrition have reached extreme levels.

This report gives an in-depth look at life for children and their families coping with the aftermath of the flood, based upon a survey by Save the Children of over 2,300 households in eight flood-affected districts, undertaken in April 2011.

The survey has found continuing trauma from the floods has left nearly half of children suffering nightmares, phobias, shyness and aggression. Others have been driven into using glue or hashish to deal with their feelings. The education system has been massively weakened: flood waters severely damaged 10,000 schools². In many areas, our survey reveals that up to 47% of parents say there are no teachers in their children's schools, and a third of households report a substantial decrease in school attendance.

Even before the floods struck, Pakistan was struggling with crippling governance and infrastructure deficits, as well as ineffective health and education systems. These meant that Pakistan faced chronic challenges including acute malnutrition, high maternal and newborn mortality and illiteracy. In Sindh, the survey found only one in 20 girls aged 10 to 18 had completed their primary education. The floods deepened inequalities and increased the vulnerabilities of children and women across the country.

The problems

Save the Children's survey, together with other information, paints a grim picture of life in post-flood Pakistan (note that all unreferenced figures in this report come from this survey):

- In some of the worst hit areas 23% of children were found to be acutely malnourished. Up to 6% had severe malnutrition in the worst hit areas.³
- Parents report child labour has risen by up to a third in some parts of Pakistan.
- More than 2,000 schools are yet to reopen⁴
- In some areas, more than eight in ten families have not yet been able to rebuild their homes
- Incomes have declined by up to 71% since the floods in some of the worst affected areas.

The floods have left children traumatized with nearly half of parents in our survey saying their children were showing distressed behaviour, such as aggression, shyness, and fears of water and open spaces. Many have had to go out to work to support their family, and school attendance, already low in Pakistan, has fallen still further.

Meanwhile rebuilding homes has been painfully slow; in one district, one in six families are still living in tents. On average, over a third of households surveyed have not been able to rebuild their homes, rising to eight in ten in some districts. Rebuilding has been slow mainly because most of those people

¹ UNICEF, "Children in Pakistan" report, Sept 2010

² Global Education Cluster, Final Review, March 2011

³ Flood Affected Nutrition Survey, UNICEF, Jan 2010.

⁴ Correspondence with Global Education Cluster

who've lost their homes do not own the land where they live, and the landlords often refuse to let them build permanent structures. A shortage of money and skills, and rampant inflation in the cost of building materials are also slowing progress.

Save the Children's response

The response to the Pakistan floods is the largest emergency response ever in Save the Children's history – but there is still much more to do.

Save the Children has reached nearly four million people with humanitarian aid so far, of which 1.8 million are children. While in the immediate aftermath of the flood we provided emergency relief, we have also been helping people rebuild their lives for the long-term. Save the Children has ensured that:

- 1.3 million people have received food aid.
- 1.2 million people have received some kind of health treatment for diseases including malaria, diarrhoea, and chest infections.
- Nearly 900,000 have received shelter.
- Treated 25,000 children and 12,000 pregnant or breastfeeding women for malnutrition and assisted 2,392 breastfeeding women with feeding problems for their infants and young children under 2 years
- Got 15,000 children back to school, or enrolled for the first time.
- Rebuilt 251 transitional shelters in Jacobabad
- Helped 297,000 people in food for work schemes, and 66,850 people via cash for work schemes
- Given 150,000 children access to child-friendly play spaces.

Save the Children has treated more than 25,000 children and is giving skilled support to 2,392 mothers to re-establish and increase breastfeeding their children and improve child care practices, a crucial way of preventing malnutrition in young children. However, even one year on from the flooding more than 1,200 children per week are being admitted for treatment.

When this year's monsoon floods come, Save the Children is concerned that the effect could be even worse than last year because of the huge number of people still displaced from their homes, without livelihoods and weakened by lack of food.

INTRODUCTION

Last year, Pakistan saw the worst monsoon flooding since 1929. The United Nations described the humanitarian crisis that followed as “absolutely daunting”. Around 10 million children’s lives were devastated⁵. Their homes were destroyed and schools swept away by the waters. They saw their parents’ livelihoods wiped out. Many ended up living in tents for long periods; even when a home was built, families of between 8 and 10 people were crowded into one room with no clean water and no proper sanitation⁶.

Save the Children reached 3.6 million people with humanitarian aid within eight months. Yet a year on, millions of children are still in critical need. The floods uncovered and exacerbated the hidden malnutrition crisis in Pakistan.

In April 2011 we surveyed around 300 households in each of eight flood affected districts in Kyber Pakhtunkhwa (KPK), Punjab and Sindh. In KPK these were Swat, Lower Dir and DI Khan, in Punjab they were Muzaffargarh, DG Khan and Rajanpur, and in Sindh Jacobabad and Shikarpur.

The survey gives a remarkable and detailed insight into the lives of ordinary people living in the flood affected areas. It indicates that the malnutrition crisis may have been exacerbated by other problems resulting from the floods. Families’ livelihoods have disappeared, their income dropped and levels of debt rocketed.

Many health care centres were destroyed, making it difficult to seek medical help. And while schooling was woefully low in Pakistan even before the floods, 2,000 schools have yet to reopen⁷.

After the floods it is clear that children have been more vulnerable to exploitation and abuse: in some areas, both communities and Save the Children staff report seeing an increase in children as young as nine undergoing marriages. Children themselves are stressed and psychologically damaged after seeing their homes swept away: some have turned to drugs such as hashish and glue to cope⁸.

In the immediate aftermath Save the Children provided humanitarian aid through mobile health teams and distributed bed nets to stop the spread of malaria. We instituted a food aid programme with the World Food Programme (WFP) and set up psychosocial support for traumatized children.

In the long term, we have:

- Set up malnutrition programmes
- Built shelters for those who lost their homes.
- Implemented cash for work programmes to help people rebuild their livelihoods
- Set up temporary learning centres and rebuilt schools
- Set up mobile health teams and are working in a further 72 health centres.
- Provided 150,000 children with child-friendly play areas

Save the Children continues to work in the worst flood affected districts with early recovery programs aimed at helping children and their families rebuild their lives and be better prepared for future emergencies including monsoon flooding. So far, we have helped 1.8 million children in some way but there is still so much more to be done in order to save this generation of Pakistani children.

⁵ UNICEF

⁶ Save the Children baseline survey, April 2011.

⁷ Save the Children baseline survey

⁸ Save the Children baseline survey

MALNUTRITION

The floods both uncovered and exacerbated a hidden malnutrition crisis. Alarming, as early as October 2010 there were 380,000 under fives who were classified as acutely malnourished (13% of the population) according to official figures.⁹ In northern parts of Sindh, the worst affected province, this was put at 23%, with 6% of children severely malnourished.

Save the Children's own nutrition programme has seen nearly 25,000 children admitted for treatment for acute malnutrition and 12,000 pregnant and breastfeeding mothers. As of June 2011, 1,260 children were admitted in the last week alone and 434 women. In addition to that, 2,392 women have been assisted with skilled support to adequately feed their infants and improve child care practices to prevent the development of acute malnutrition.

We are also leading a Task Force for Infant and Young Child Feeding in Emergencies to improve the support provided to pregnant and breastfeeding mothers. By assisting other organisations and government health care providers to increase their focus on breastfeeding and care practices, we are ensuring that even more children and mothers receive essential support to prevent malnutrition.

A year on and many families still struggle with a lack of food and a balanced diet. Young children need breast milk and a diet rich in fat, protein, vitamins and minerals to prevent them from becoming malnourished, but many households cannot afford to buy anything other than staples such as rice or wheat. Food is available in the markets but many of those who have lost everything and are trying to rebuild their lives cannot afford anything other than basic items

In Pakistan, the majority of malnutrition cases are seen in children and young infants. Breastfeeding mothers may need to work in the fields during the day leaving their babies to be cared for and fed by other family members, often young siblings. In these instances, babies may be fed inappropriate liquids such as water or tea. This can mean that the infant does not receive enough essential breast milk, and becomes sick as a result of contaminated water.

Save the Children's response

Save the Children has set up malnutrition treatment services in 52 health centres and counsels mother on adequate infant and young child feeding practices. House-to-house visits are made to screen children under 5 for and refer malnourished cases. So far 130,000 have been screened – more than double Save the Children's original target.

Those who need help are taken to the basic health centre for treatment. They are given the appropriate drugs and high fat peanut pastes to help them gain weight and they are seen every week until they have recovered. At the same time mothers are given skilled support and counselling to help them to breastfeed and provide appropriate foods to prevent children from becoming malnourished again.

The floods exacerbated already high levels of malnutrition in Pakistan. There needs to be a sustained effort by the government and the humanitarian sector to ensure that these children receive timely treatment and to address many causes of malnutrition such as inadequate infant and young child feeding practices and thereby ensure greater resilience to future emergencies.

⁹ Flood Affected Nutrition Survey 2010, UNICEF/ACF

Samia's story

When Mariam, Samia's mother brought her baby to a Save the Children nutrition centre, the nurses were shocked. "“Her weight was very low and she is probably the weakest child I have examined in the last 6 months,” said the nurse who cared for Samia. “If she had not received treatment immediately she would have been in a life threatening situation.”

Sadly Samia's story is all too familiar. Mariam was nine months pregnant when the floods ravaged Muzaffargarh in July last year. Mariam's family had to go to a nearby town and Samia was born at a relative's house with only an unskilled “dai” (birth attendant) to help her. Samia faced problems from the start: her mother had to use contaminated water for drinking and cleaning which left them both at risk of illness. Samia started to lose weight and became ill.

“At first Samia used to drink 2 bottles of milk daily but for the past three months she has not been drinking milk and she is crying all day long,” said Mariam. She resorted to traditional means to cure her daughter by taking Samia to a local shaman. “We took her to a peer (spiritual leader) but her condition did not change.”

In June 2011, Mariam brought her daughter to Save the Children health unit where she was examined. Weighing only 3.7kg at nearly a year old, her mid upper arm circumference measured 8.8, indicating she was severely malnourished - any child measuring under 11.5 counts as severely malnourished.

Samia was given immediate nutrition supplements to meet her daily needs and was asked to come in every week for a check-up. The nurse also advised Mariam not use water directly from the hand pump as it is contaminated and to boil water before drinking. “I am thankful to Save the Children staff for giving so much attention to Samia and for the free medicines. I will ensure that she receives regular checkups until she is fully cured” Mariam said.

EDUCATION

The state of Pakistan's education is appalling. The floods severely damaged 13,000 schools – 13 times more than were damaged in the Haiti earthquake. SOURCE

Even before the floods struck, Pakistan's record on education was woeful. One in ten of the world's children who are not in primary school live in Pakistan. In rural areas only one woman in three has ever attended school.¹⁰ But in the aftermath of the disaster 1.3m children across Pakistan were robbed of education, a crucial aspect of a normal, healthy childhood.¹¹

According to Save the Children's survey, education in Sindh province has been particularly badly affected by the floods. The survey found around one in three households there reporting a substantial decrease in school attendance. The main reason parents in Sindh give for their children being out of school is that schools are not available. This is not surprising, considering that of the 10,000 schools damaged in the flood, more than half were in Sindh province.¹² 5,600 schools were put into immediate use to shelter people whose homes had been destroyed.

Even more important than the school buildings, in Jacobabad 47% of respondents said their schools do not have teachers for either boys or girls, and 35% in Rajanpur. On average in southern Punjab and Sindh, the survey found 29% of households said there were no teachers at schools. Female teachers in girls' schools in particular stated that cultural and financial concerns also contributed to their reluctance to return to schools they had been teaching in.

Given such poor provision it is understandable why many children are unlikely to complete their education: Our survey found only a quarter of boys in the flood-affected districts complete their primary education by the age of 18, and 22% of girls. In the worst cases, only one in ten boys in Jacobabad and Shikarpur districts and one in twenty girls complete their primary education by the age of 18.

Such damage to schools and loss of teachers would have a devastating impact on education in any country, but in Pakistan the education situation before the flood was already described as 'the most critical emergency'.

The Government of Pakistan has put other priorities above education. A generous estimate puts education spending in Pakistan at 2.8% of Gross National Product (GNP).¹³ Twenty-six countries that are counted poorer than Pakistan in the world still manage to send a greater proportion of their children to school.¹⁴

The economic impact of the education emergency is as expensive as a flood every year,¹⁵ yet if the Pakistan Government invested just 10% of its current military budget in education instead, they could put 3.6m more children through primary school.¹⁶

¹⁰ Pakistan Emergency Task Force (2010) 'The Education Emergency'

¹¹ Global Education Cluster (2011) Pakistan Education Cluster Update, 28th January 2011, pp.1, 8-9

¹² Global Education Cluster (2011) Pakistan Weekly Education Cluster Update, 28th January 2011, pp.8-9

¹³ UNESCO (2011) 'The hidden crisis: armed conflict and education', pp.335-7

¹⁴ Figures for Pakistan from World Bank World Development Indicators (WDI) 2010 Table 2.12; Figures for worldwide: International Humanist and Ethical Union press release 2010

¹⁵ Estimated cost of the lack of education is Rs930bn according to the Pakistan Education Task Force. The World Bank estimated cost of the floods as Rs856bn. According to the ISDR, Pakistan lost around \$8.7bn-\$10.8bn to the floods (quoted in Save the Children's monthly report from March 2011)

¹⁶ UNESCO (2011) 'The hidden crisis: armed conflict and education', p.151

Children taken out of schools because of the floods are unlikely to return. As well as having to go out to work to boost the family incomes, according to our survey, up to 35% of families in Rajanpur don't have access to primary education facilities (compared to 14% across the eight districts), and a third of boys and girls in DG Khan have to travel between 30 and 60 minutes to get to school (14% on average).

Save the Children's response

So far Save the Children has helped more than 200,000 school age children. We have managed to get 15,000 children re-enrolled in school or enrolled for the first time, rebuilt 102 schools and established 181 temporary learning centres in places where schools were totally damaged.

We have made a condition of some cash grant programmes that children are re-enrolled in school and worked with the community and trained up school management committees, teachers and district government education officials, and also carried out health and hygiene lessons for around 26,700 children. We are convinced we have seen 20-30% of children return to school as a result of these actions. We also provided essential schools supplies and stationery materials (bags, copies, pens/pencils etc) to children in targeted schools.

There are still too few schools which have been rehabilitated, and the Government of Pakistan needs to invest in all aspects of basic education: rehabilitating and staffing schools, improving the quality of teaching and the quantity of teachers and vital equipment.

Donors need to ensure support for education in Pakistan that incorporates disaster risk reduction, so more children's lives can be saved in the event of another disaster, and increase funding for education in emergencies to 4.3% of their humanitarian funding. Livelihood programmes must minimise the risk of children getting taken out of school and falling into child labour, or being drawn into criminal or extremist groups.

After the Pakistan flood: learning the value of education in emergencies

In Pakistan, as in other emergencies, education support came too slowly for millions of children. In January 2011, the Global Education Cluster reported a funding gap of \$260.47m prevented an education response to meet the critical needs of 973,589 children.¹⁷ Half a million children, including 254,110 girls and women, got education support – still less than half the target.

With such a slow response, the impact of the floods on education lasts long after the waters have receded. Two months after the floods, 3,667 schools were still being used as shelter, keeping children out of school but also damaging the structures and supplies.¹⁸ Five months after the flood, education services had still yet to reach more than a million children.¹⁹ A year on, over 2,000 schools are still closed due to lack of funds for rehabilitation.²⁰ Many of the schools are opened but there are no teachers leading classes there.

The longer children are out of school, the more difficult it is for them to re-enter the education stream. There can be a number of reasons for this, all of them preventable with sufficient investment in education as part of an emergency response. Children out of school are more likely to be disenfranchised and drawn into criminal or extremist groups. Out of school, children slip behind their peers, making it harder to catch up without accelerated learning programmes in place. Another

¹⁷ Pakistan Education Cluster Update, January 2011

¹⁸ Global Education Cluster (2011) Pakistan Weekly Education Cluster Update, 28th January 2011, p.9

¹⁹ Global Education Cluster (2011) Pakistan Weekly Education Cluster Update, 28th January 2011, p.1

²⁰ Correspondence with the education cluster

very common reason is that, while they are out of school, children either become involved with work alongside their parents to support family livelihoods or have their marriages arranged at a very early age. From Save the Children's experience, if children are not back in school, these practices of child labour and early marriages continue even after their families have recovered their livelihoods.

The neglect of education in the Pakistan floods is characteristic of a global neglect for education in emergencies. Between 2006 and 2009, education represented on average 4.2% of immediate emergency needs, yet it received only 2.3% of the funding.²¹ Currently, only Denmark allocates 4.2% of humanitarian aid to education – a proportion equal to the assessed need.

Investment in education in emergencies needs to increase, but it also needs improving to reduce the impact of future floods. Some schools were built in “kacha” (meaning in the river bed) area which is illegal and made the schools extremely vulnerable in case of flooding. The UN's Assistant Secretary General for Disaster Risk Reduction said at the end of a visit to Pakistan in February that there was a clear need to “build resilience to future floods, just as Pakistan embarks on the reconstruction of flood-affected areas following the devastating floods of July 2010.”²²

Save the Children is training teachers, members of School Management Committees (SMCs), and government officials to develop contingency plans to ensure children are protected and school supplies are safeguarded, including basic elements like emergency communication procedures and information boards. We work with the Ministry of Education to ensure the education curriculum incorporates elements of disaster risk reduction. However, our experience is that actions taken today to recover from the floods are not doing enough to reduce the risks of disaster in the future.

²¹ Education in emergencies policy [brief](#), also http://www.savethechildren.org.uk/en/docs/The_Future_is_Now_low_res.pdf

²² <http://www.guardian.co.uk/global-development/2011/mar/11/pakistan-unprepared-for-monsoon-rains>

HEALTH

Those hit by the floods faced many health risks, the most serious being acute diarrhoea, typhoid, scabies, pneumonia, skin infections and malaria. Many of these diseases can be fatal to children in their formative years, as they don't have a fully developed immune system to protect themselves.

The health risk was compounded by an extremely poor health care system which was already weak before the floods. It lacked referral services, medical supplies and free medicines.

Save the Children's own survey found that 45% of those interviewed reported not having any health care, or only having poor access to health care. The survey found that 12% reported that the nearest health centre is more than 16 km away (up to 21% in Muzaffargarh).

Antenatal, natal and post natal care is poor. The vast majority of people have to pay for medicines, transport to health facilities and minor operating procedures. Health has become an unaffordable luxury for many.

Because private health clinics are too expensive for minor ailments, most people visited government-run hospitals supplemented by a variety of other options including private clinics, rural health centres and basic health units. However many of these health facilities were either damaged or destroyed by the floods and the government's rehabilitation work is slow to bring return them to a functioning state.

Save the Children's response

Save the Children has helped to fill the gaps on equipment and medicine, reaching 1.1 million people so far. It has set up 13 mobile health teams and is working in 72 static clinics. We offer a range of services which include mother and child health care, health education, basic emergency obstetrics care and referral services. We have reached 87,000 women with these services, particularly obstetrics to help with the safe delivery of newborns, while more than a quarter of a million have received health and hygiene training.

All recovery programmes in the flood affected areas need to build the capacity of village-level health care providers in both preventative and curative primary healthcare.

As the already inadequate local health systems have been overburdened as a result of the floods, there is a real danger that the healthcare system will deteriorate further unless district health departments are not supported with equipment, training and medicines. Support at this level is crucial.

Donors must also support a range of health services, such as strengthening disease early warning systems in Pakistan.

The humanitarian community and donors must support the Government of Pakistan in providing flood-affected communities with affordable reproductive health care. This needs 24/7 basic emergency obstetric care, referral services and a specific stock of medical supplies that varies greatly from existing emergency health kits.

In order to reach people who otherwise rely on traditional birth attendants, health interventions should be focused on strengthening the rural health centres, especially in the area of basic emergency obstetric and newborn care.

Shamshad's story

When nine-year-old Shamshad from Khanpur Bhaga Sher was rushed to the Save the Children health unit by her mother Begum Mai (34), the doctor immediately deferred all his other appointments, as he was so worried about Shamshad. The little boy would not stop crying and was visibly uncomfortable. He had been suffering from a high fever for four days and had stopped eating.

The doctor diagnosed pyrexia (a high fever of unknown cause) and noted Shamshad's temperature was dangerously high at 104F. The likely cause was a lack of hygiene or sanitation.

The health units provides free medical consultations to 70 patients a day, many of whom have little access to good quality primary health care otherwise. A female health visitor also works there to provide pre and post natal care to try to bring down the high rates of mortality amongst mothers.

Shamshad's mother was given a prescription and advised to visit after a week to monitor Shamshad's recovery.

"The doctor was very helpful and I got the medicines free of cost in less than two minutes after the doctor treated him," she said "His father is a labourer on daily wages and it is quite difficult for us to pay for medical treatments"

FOOD SECURITY AND LIVELIHOODS

The floods inundated fields, killed livestock, destroyed crops and washed away food reserves. A year after the flooding, many families in Pakistan are still struggling with the economic effects of the disaster, making it hard to provide basic necessities for their children.

All households reported a big decrease in incomes after the floods. The smallest decrease in income was 30%²³, with households in Rajanpur reporting the biggest drop – their income plummeted by 71%. It is not surprising to find that 54% of households surveyed in Rajanpur said they relied upon loans to meet their daily expenditure.

The average monthly income for families in January 2011 was Rs 6206 (£45), ranging from Rs 2,887 (£20) in Shikarpur to Rs 13,690 (£97) in Lower Dir.

Unemployment is widespread. On average 58% of the main income earners had been out of work at some point in the last two months. The figures were much worse in Rajanpur (83%) and DG Khan (69%). Those who were unemployed often suffered long periods without work, with primary earners reporting from 25 to 48 days unemployment in the previous two months.

For most households casual work and agriculture/livestock farming were the main sources of income. Nearly all households said the floods had damaged their sources of income to some extent and very few said these sources of income had recovered completely. There has been an average 27% decrease in land that can be cultivated, and a 9% decrease in the number of householders owning livestock.

In Jacobabad 58% of respondents reported their income sources were completely destroyed, with an alarming 47% of respondents saying these income sources had not been improved or rehabilitated since the floods.

Every region surveyed except Lower Dir has seen a considerable increase in household debt, with debts rising up to 150% in some areas. On average around three quarters of people reported being in debt. The chances of being able to pay back this money is small. In Jacobabad the average household debt after the floods is 18 times the average monthly income, and in Shikarpur and Swat the average debt is 13 times the average monthly income.

Save the Children's response

Save the Children helped 82,431 most vulnerable families immediately by giving of food vouchers and unconditional cash grants to spend at local markets. Families spent the money in their local areas, helping to inject money into the local economy.

The organisation, working with the World Food Programme, has introduced food for work programmes for the most vulnerable families, in which they receive food in return for helping rebuild infrastructure such as schools, roads and canals. Around 42,000 families have been helped by the end of June 2011. Save the Children has also introduced cash for work programmes reaching 9,550 families by the end of June.

Enterprise support grants have restored 3,638 micro-businesses and Save the Children has helped women by giving them chickens and kitchen garden kits. Over 16,300 households have been helped

²³ All figures in this section come from Save the Children's baseline survey of Punjab, Khyber Pakhtunkhwa and Sindh provinces, done in April 2011.

to start kitchen gardens, and given training to improve their family's diets. Around 24,500 households who already have animals have been helped with better livestock management, whilst the animals themselves have been vaccinated.

Pakistan continues to face the risk of additional natural disasters this year and in following years, and there is a clear need to build community resilience to future disasters.

In the immediate future, the government of Pakistan and international donors need to work together to meet the food needs of children and their families, for example with vouchers and cash grants.

However attention and resources should also be focused on the longer-term effects of the floods on food security and livelihoods, including the issue of land rights in the affected areas.

Over the following two years we need to help vulnerable families recover from the floods by focusing on agriculture, for example doing cash transfers for agriculture inputs, livestock and small enterprise improvement, improving skills and improving infrastructure through cash for work schemes. This must be done together by key stakeholders including national and international NGOs, National Disaster Management Authority, federal and districts governments and other local government bodies including agriculture and livestock departments, vocational training institutes and the private sector.

All recovery efforts should include DRR components, such as early warning systems and community awareness as key components especially in light of climate change and increased vulnerability along the Indus basin.

The international community in partnership with the local government, including Pakistan's National Disaster Management Authority, irrigation departments, and flood relief cell must work directly with communities to help them reinforce flood barriers and embankments and creating raised platforms to protect human and livestock in case of future floods.

Jeeran's story

Jeeran Mai, from Muzaffargarh lived with her husband, four daughters and son in a tent for almost a year when they lost their home in the floods.

"When we heard that floods were coming, we rushed up to the nearby hills by the power grid station in Muzaffargarh," she remembers. "We stayed there without food, water and shelter. Thankfully, my brother heard that we were stranded and then they took us to his house. There, we heard the heartbreaking news that our home had collapsed after the water rose above 5 feet. We were helpless to save it."

They were unable to recover any of their possessions because the water level kept rising. Without the money to rebuild their home, during the winter they slept in a tent and now in the summer they sleep outside.

Jeeran said: "This life is terrible. We feel and look like beggars. This tent is like a home for all of us but it is really it's difficult to live here. My children are constantly getting high fevers and have been upset ever since the floods took away our home.

"Before the floods, we were working in the fields, picking cotton, harvesting wheat, taking care of animals but after floods our whole life has collapsed just like our home."

Save the Children has enrolled Jeeran into a poultry farm programme – giving her chickens, feed and some cash to start up a business - so they can have healthier food to eat and can also earn some money.

Jeeran said: "This helped us at a time when we were just hopeless. Now, thank God, my husband started working in fields again and I am breeding chickens. We can now start to rebuild our livelihoods."

CHILD PROTECTION

Save the Children's survey suggests many children have not recovered fully from the trauma of living through the floods. In addition, some 12 year olds in Pakistan will have lived through a major earthquake, conflict and flood in their young lives.

Many parents reported²⁴ changed behaviour in their children after the disaster. On average 42% had seen changes, but children in Jacobabad have been particularly badly affected, with nearly nine in ten parents reporting changes in their children's behaviour. These include aggression, shyness, crying, nightmares and phobias. Many feel a sense of helplessness and hopelessness.

One in twenty parents said their children were using drugs –cigarettes, hashish or glue – to cope with their feelings, rising to one in ten parents reporting this in Rajanpur.

Increased violence against children and women were also reported although these figures are likely to be conservative estimates. Even so, increases were seen everywhere – on average 30% - and the increase in physical punishment of children was particularly bad in Rajanpur (52%), Jacobabad (47%) and Shikarpur (42%).

Save the Children's response

The three areas of child protection Save the Children has identified as priorities are child labour, child sexual abuse and early marriages.

1. Child labour has increased in the flood-affected regions, with 20% of households reporting an increase in children working.
2. The floods also created a lot of opportunity for abusers. Save the Children has identified nearly 1,200 cases of child abuse; there were very many distressed children who became easy targets for predators. (The presence of iNGOs may also mean that more cases are now being reported.)
3. The rise in abuse is also linked to the issue of early marriages. Save the Children workers on the ground are reporting girls as young as 9 or 10 being married. In traditional Pakistan society the honour of the family resides in the girl; when parents feel that they cannot protect their daughters, they may choose to marry them early.

Save the Children has been working actively to deal with these issues. So far we have reached more than 150,000 children by establishing 200 child-friendly space areas where children can play with toys and boys can play cricket or other games. We also provide basic literacy and maths help.

We plan to expand our child protection programmes where we will teach life skills and cooking, offer counselling, play therapy and health and hygiene lessons.

Save the Children is also offering livelihood support for some families on the condition that the families stop their children working and put them back into education which in particular helps delay early marriages.

²⁴ All figures in this section come from Save the Children's baseline survey of Punjab, Khyber Pakhtunkhawa and Sindh provinces, done in April 2011.

Save the Children is using its child protection programme as an opportunity to campaign against violence against children and other abuse in the flood-affected areas.

The government of Pakistan and the international community must invest in initiatives aimed at the formation and strengthening of local community groups to respond effectively to child protection issues including child abuse and child labour.

Any disaster preparedness programmes should include working towards reducing the number of children who become separated from their families in an emergency.

Humanitarian organisations including NGOs, the National Disaster Management Authority and the UN must support government departments and agencies dealing with child protection cases.

Donors need to ensure that recovery programs include help on providing livelihoods alternatives to give extra income for families who send their children to work. This means elders will not be frustrated at the loss of income, helping to reduce child labour and encourage families to send their children to school.

Shoukat's story

Even before the floods 10-year-old Shoukat did not go to school. But once the floodwaters came, his life became even more difficult.

"We grabbed some of our possessions and left our home to search for a safe place to stay," he said. "It was night time and we stayed on high hills without any shelter or washroom. Some organisations were distributing food at this site but it was very difficult to get food because of the big crowd. Sometimes we got the food and sometimes we would just stand in the queue but when our turn came, the food had finished. Life was very difficult."

After a month the family returned to their village only to find their home destroyed.

"We stayed on the roadside and waited for the water to recede," said Shoukat. "After about three weeks, the water finally receded and then we lived in a tent on the land where our home used to be. I started work as a labourer to earn money so we could rebuild our home. My wish was to go to school instead of working but the floods changed everything."

Meanwhile Save the Children established a Child Friendly Space (CFS) in Shoukat's village. Shoukat said: "When I was working as a labourer, a supervisor from CFS met my father and convinced him to send me to the CFS where the other children play and learn. Thankfully, my father allowed me to go and this made me very happy. After a couple of months one of the CFS supervisors asked me if I would like to go to school. Of course I said "yes".

"The CFS supervisors then met my father again to ask his permission. My father agreed and I was then enrolled in the local Quaid Azam Middle School. I love going to school and love to learn about new things".

Shoukat's family has managed to rebuild their home but at great expense. Shoukat said: "We hear that floodwater may come again and we are worried. We really don't know what will happen to us. If floods happen again, we will have to leave this village and shift another area because we cannot afford to build the home again".

SHELTER

The monsoon floods last year damaged two million homes. SOURCE A year on, however, too many people are still without adequate shelter.

Around 62% of householders surveyed²⁵ said their homes were either completely destroyed or heavily damaged in the floods. However in the two Sindh districts surveyed, Jacobabad and Shikapur, this rose to nine out of ten.

Although there is huge need, reconstruction and repair work remains slow. Save the Children's survey found that 38% of householders (87% in Shikarpur) say that they have not been able to rebuild their houses. In Jacobabad one in six people are still living in tents. And even those living in more permanent structures, around half of those tend to be only one or two rooms - despite average family size being between 7 and 10.

There are several reasons why. First, there is a shortage of money. The government launched a cash scheme to rebuild and reconstruct houses but after the first tranche of cash - \$300 per house – little more has been given SOURCE. In many areas, there has not been enough material to rebuild the shelters; and there has been huge price inflation. Bricks have doubled in price from Rs4 to Rs8 a piece SOURCE. Added to that, there are not enough people with building skills.

But the most critical factor is that of land rights. Many families have been living on rented land for generations and don't own the land where their houses are built. The landlords often refuse to allow permanent structures. DG Khan district is the worst affected, with every one of the survey respondents who live on other people's land reporting that they are not allowed to build permanent structures. Similar figures are reported for Swat (90%) and Lower Dir (83%).

Save the Children's response

Save the Children has reached around 900,000 people who need help with shelter. Immediately after the flood we handed out tents or shelter kits containing plastic tarpaulins, pegs and ropes and also gave hygiene kits to help prevent disease and help cook. In the longer term we are concentrating our work in Jacobabad, where 251 shelters have been constructed.

Humanitarian partners including the Government of Pakistan, donors, and NGOs need to address the plight of landless tenants, who are currently extremely vulnerable.

Donors must realize that shelter support in the aftermath of the floods was woefully inadequate and that alternative strategies will need to be developed for future emergencies.

A longer term priority is to provide land titles to the landless, especially women, to regularize informal settlements and provide basic civic infrastructure to resettled marginalized communities.

Programs designed to facilitate the registration of landless tenants by the local authorities will help improve access to resources.

²⁵ Unless otherwise indicated, all figures in this section come from Save the Children's baseline survey of Punjab, Khyber Pakhtunkhawa and Sindh provinces, done in April 2011.

WATER AND SANITATION

In initial post-floods phase there was a critical public health situation thanks to the high density of people living in camps (both formal and informal), together with the widespread practice of open defecation. When people returned home, buying soap and other hygiene items and rehabilitating their water supply was simply impossible.

Clean drinking water and good sanitation are essential for keeping children and families healthy. Yet the survey by Save the Children shows that across the districts surveyed on average 29% of people are still without clean drinking water. Instead the nearest canal, pond or river becomes the main source of water.

For many, collecting water remains an arduous and time-consuming business. One in five spend more than 30 minutes a day just obtaining drinking water for their families. Many families also don't have enough utensils to store adequate amounts of drinking water.

Even if there is clean water to drink, many families are still living in unhygienic circumstances, leading to risk of disease. The majority of people across all districts stated that no one from their family has received any training on health and hygiene. Fewer than half wash with soap and water after defecating.

Many families still rely on unhygienic practices. While 20% of households had flushing latrines in their homes, this dropped to less than 3% in the Sindh districts. On average 37% of men report defecating in the open fields. There are high risks of contamination of water or food.

Children are always the most vulnerable in these situations, as they are more susceptible to diseases and the least able to fight them off.

Save the Children's response

Save the Children has been running a very successful village clean-up campaign to try to combat the problems around sanitation. We are supporting villages to clean up the waste and providing basic hygiene training so that problems will not occur again. So far we have reached more than 1400 villages in this way.

The Government of Pakistan and the international community must ensure that all recovery programs in the flood-affected areas have adequate provision for water and sanitation.

In addition to supporting hygiene promotion and awareness raising within villages, the donors and the government of Pakistan must invest in the modernisation of water supply and management within Pakistan, to stop the on-going water supply shortage problem getting worse. More clean and drinkable water will encourage healthier behaviour and healthier children. Other recommendations include the fortification of clean drinking water wells within villages to withstand damage and contamination from floods and other natural disasters.

Aid agencies, health care professionals, teachers, and parents must ensure that children are provided with viable and safe alternatives to open defecation within their homes, communities, schools and health clinics. This will go a long way in combating water borne diseases including diarrhoea and malaria.

HOW YOUR MONEY WAS SPENT

Save the Children has raised nearly £52 million (\$84 million) in cash and spent over £37 million (\$60 million) as of June 2011. This is as part of its long term relief and recovery programme, which is due to end around February 2013.

This includes:

- £14.7 million (\$24 million) on livelihoods
- £6 million (\$10.5 million) on health and nutrition
- £5 million (\$8.4 million) on non-food items and shelter
- £3.6 million (\$6 million) on education
- £2.3 million (\$3.8 million) on child protection
- £2.1 million (\$3.5 million) on water, sanitation and hygiene
- £1.7 million (\$2.7 million) on food

In addition, we have:

- Distributed over £18 million (\$30 million) in food aid (food provided to us by World Food Programme which we distributed to millions of people)
- Distributed nearly £3 million (\$5 million) in gifts-in-kind in such as hygiene kits, buckets, water carriers, etc.

Save the Children operates to international financial management criteria. In Pakistan it has four internal auditors who constantly monitor and audit projects. We have 30 people monitoring field activity under separate line management. We also operate a hotline, which people can call if they have concerns about how projects are being run and implemented, and a database logging all such concerns so that any problems can be flagged up and responded to quickly.

CONCLUSIONS

The scale of the 2010 monsoon floods was breathtaking. Twenty million people in Pakistan were affected – equivalent to a third of the population of the United Kingdom. People saw their villages disappear under water, their entire possessions washed away, their livelihoods destroyed. There is no quick fix for a disaster of this scale.

The government of Pakistan needs to use best practice learned from the aftermath of similar disasters, such as targeting investment at people marginalised before the floods and including disaster risk reduction measures in the rebuilding process.

All recovery efforts in the floods affected areas must also extend Pakistan's long tradition of civil society activism into the flood-affected areas.

Save the Children has given humanitarian aid to four million people in the first year. But the international community has to assist Pakistan in the long term. Looking at the key areas covered in this report:

Malnutrition

The floods exacerbated already high levels of malnutrition in Pakistan. There needs to be a sustained effort by the government and the humanitarian sector to ensure that these children receive timely treatment and to address many of the root causes of malnutrition such as inadequate infant and young child feeding practices. This will ensure greater resilience in their daily lives and help them be better equipped and more resilient in future emergencies.

Health

Donors must support the strengthening of all health systems in Pakistan.

All recovery programs in the flood affected areas need build the capacity of village-level health care providers in both preventative and curative primary healthcare.

As the already inadequate local health systems have been overburdened as a result of the floods, there is a real danger that the healthcare system will deteriorate further unless district health departments are not supported with equipment, training and medicines. Support at this level is crucial.

The humanitarian community must support the Government of Pakistan in providing flood-affected communities with affordable reproductive health care. This needs 24/7 basic emergency obstetric care, referral services and a specific stock of medical supplies that varies greatly from existing emergency health kits.

In order to reach people who otherwise rely on traditional birth attendants, health interventions should be focused on strengthening the rural health centres, especially in the area of basic emergency obstetric and newborn care.

Education

There are still too few schools which have been restored, and the Government of Pakistan needs to invest in both rehabilitating and staffing schools, improve the quality of teaching and the quantity of teachers and vital equipment. Donors need to ensure support for education in Pakistan that incorporates disaster risk reduction, so more children's lives can be saved in the

event of another disaster, and increase funding for education in emergencies to 4.3% of their humanitarian funding. Livelihood programmes must minimise the risk of children getting taken out of school and falling into child labour, or being drawn into criminal or extremist groups.

Food security and livelihoods

Pakistan continues to face the risk of additional natural disasters this year and in following years, and there is a clear need to build community resilience to future disasters.

In the immediate future, the government of Pakistan and international donors need to work together to meet the food needs of children and their families, for example with vouchers and cash grants.

However attention and resources should also be focused on the longer-term effects of the floods on food security and livelihoods, including the issue of land rights in the affected areas.

Over the following two years we need to help families recover from the floods by focusing on agriculture, for example doing cash transfers for agriculture, livestock and small enterprise improvement, improving skills and improving infrastructure through cash for work schemes. This must be done together by key stakeholders including international NGOs, local government bodies including agriculture and livestock departments, vocational training institutes and the private sector.

All recovery efforts should include DRR components, such as early warning systems and community awareness as key components especially in light of climate change and increased vulnerability along the Indus basin.

The international community in partnership with the local government, including Pakistan's National Disaster Management Authority, irrigation departments, and flood relief cell must work directly with communities to help them reinforce flood barriers and embankments and creating raised platforms to protect human and livestock in case of future floods.

Child protection

The government of Pakistan and the international community must invest in initiatives aimed at the formation and strengthening of local community groups to respond effectively to child protection issues including child abuse and child labour.

Any disaster preparedness programmes should include working towards reducing the number of children who become separated from their families in an emergency.

Humanitarian organisations including NGOs, the National Disaster Management Authority and the UN must support government departments and agencies dealing with child protection cases.

Donors need to ensure that recovery programs include help on providing livelihoods alternatives to give extra income for families who send their children to work. This means elders will not be frustrated at the loss of income, helping to reduce child labour and encourage families to send their children to school.

Shelter

Humanitarian partners including the Government of Pakistan, donors, and NGOs need to address the plight of landless tenants, who are currently extremely vulnerable.

Donors must realize that shelter support in the aftermath of the floods was woefully inadequate and that alternative strategies will need to be developed for future emergencies.

A longer term priority is to provide land titles to the landless, especially women, to regularize informal settlements and provide basic civic infrastructure to resettled marginalized communities.

Programs designed to facilitate the registration of landless tenants by the local authorities will help improve access to resources.

Water and sanitation

The Government of Pakistan and the international community must ensure that all recovery programs in the flood-affected areas have adequate provision for water and sanitation.

In addition to supporting hygiene promotion and awareness raising within villages, the donors and the government of Pakistan must invest in the modernisation of water supply and management within Pakistan, to stop the on-going water supply shortage problem getting worse. More clean and drinkable water will encourage healthier behaviour and healthier children. Other recommendations include the fortification of clean drinking water wells within villages to withstand damage and contamination from floods and other natural disasters.

Aid agencies, health care professionals, teachers, and parents must ensure that children are provided with viable and safe alternatives to open defecation within their homes, communities, schools and health clinics. This will go a long way in combating water borne diseases including diarrhoea and malaria.

The response in Pakistan to the emergency was and continues to be the biggest in Save the Children's history: those in the UK who gave money can be justly proud of what they helped to do. But there is still much more to do.

The monsoon floods are due any time in Pakistan. Record levels of water have already been seen in China and Sri Lanka. The fear is that the people of Pakistan, already suffering because of loss of shelter, livelihoods and lack of food will be even less well equipped to deal with a flood this time.

**Save the Children works in more than 120 countries.
We save children's lives. We fight for their rights.
We help them achieve their potential.**



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