

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

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Sania Nishtar - Curriculum Vitae

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1. Brief bio

Sania Nishtar; SI, FRCP, Ph.D

Named as the International Health Professional of the Year 2007 by the International Biographical Centre, Cambridge, Dr. Sania Nishtar is known best for her cutting-edge contributions to health policy and planning.

With a rare combination of professional qualifications of a Fellow of the Royal College of Physicians and a Ph.D, Nishtar left a lucrative career as a cardiologist eight years ago to form the NGO think tank, Heartfile,¹ which is the most powerful health policy voice in Pakistan today and is recognized as a model for replication in other developing countries.

Nishtar's areas of interests are health systems reform and crosscutting issues of governance and public-private relationships, reorientation of priorities in health and global health. Her pioneering work in the health sector has inspired many new initiatives and has shaped policies on non-communicable diseases and health reform. Within the country, she sits on many boards, is part of numerous initiatives and provides strategic support to various agencies on a pro bono basis.²

Internationally, Nishtar's scope of work has several dimensions. She is currently a trustee of the Paris-based International Union for Health Promotion and member of the Board of Governors of the Geneva-based Alliance for Health Policy and Systems. She is also a member of the Clinton Global Initiative, the World Economic Forum's Global Agenda Council, several high-level task forces of the World Health Organization (WHO), WHO's Global Expert Panel on Health Promotion, WHO Director General's Task Force on Financing and R&D, the Rockefeller Foundation/Brookings Institute's Expert Group on Private Sector in Health Systems and the Global Ministerial Leadership Initiative's High Level Task Force. She has formerly been on several international Boards, and has chaired several global campaigns and programmes.

Nishtar has also been an advisor to WHO on numerous occasions, has published over 100 journal articles and is the author of four books; 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 and 16 gold medals.³ Her 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

¹ <http://heartfile.org>

² <http://sanianishtar.info/national.htm>

³ <http://sanianishtar.info/awards.htm>

3. Academic honours and distinctions

- Nominated as the International Health Professional of the Year 2007 by the International Biographical Centre, Cambridge, 2006
- Sitara-i-Imtiaz, Pakistan, 2005
- European Union Population Science Award, 2005
- 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 Activities

4.1 International

- Member, World Health Organization's *Expert Working Group on R&D and Financing* (2008 onwards)
- Member, *Ministerial Leadership Initiative for Global Health (MLI) High-Level Task Force* (2008 onwards)
- Member, World Health Organization's *Expert Advisory Panel on Health Promotion* (2008-2013)
- Member, World Health Organization's *Consortium on Maximizing Positive Synergies between Health Systems and Global Health Initiatives* (2008 onwards)
- Member, World Health Organization *Director General's High-Level Task Force on Health Systems* (2008 onwards)
- Member, *Global Agenda Council; World Economic Forum* (2008 onwards)
- Member, *Working Group, Private Sector in Health Systems. Brookings Institute and Rockefeller Foundation* (2008 onwards)
- Board Member, *Alliance for Health Policy and Systems Research* (October 2008 onwards)
- Member, *Clinton Global Initiative – Global Health Working Group* (2007 onwards)
- Member, *Board of Trustees; International Union for Health Promotion*, Paris, France (2004-to date)
- Chair, *World Heart Federation's Expert Panel on Women and Heart Disease* (2007 onwards)
- Member, *Executive Board, World Heart Federation*, Geneva (2003-2006)
- *Chairperson, Foundations Advisory Board of the World Heart Federation* (2003-2006)
- Chair, *World Heart Day Steering Committee* (2003-2006)
- Chair, *International Consortium on Community Health Promotion; International Union for Health Promotion* (2004-05)
- Advisor, *World Health Organization Headquarter*, Geneva, Switzerland (May 2002, October 2002, December 2002, March 2003, September 2003, October 2006, February 2007)
- Advisor, *World Health Organization, Eastern Mediterranean Office*. (April 2005, June 2006, April 2007, November 2007)
- Member, *Executive Board, International Non-Governmental Coalition Against Tobacco (INGCAT)*, Geneva, Switzerland (2004-2008)
- Member, Steering Committee, *Mega Country Network on Health Promotion Network*, World Health Organization, Geneva (2003-2004)
- Member, *Oxford Vision 2020*. An Oxford University initiative
- Chair, Steering Committee – *International 'Go Red for Women' campaign*
- 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
- Member, Programme Committee, *World Health Organization's Global Forum on Non-Communicable Integrated Chronic Disease Prevention and Control*, Global Forum IV (2004)
- Executive Council Member, *Eastern Mediterranean Heart Health Network* (2000-to date)

- Executive Council Member, *SAARC Cardiac Society* (2000-2002)
- Faculty Member, *Asia Pacific Society of Cardiology* (1999-to date)
- Co-coordinator, *Pakistan Cardiac Society*, Rawalpindi/Islamabad Chapter (1999-2002)
- Advisor, *National High Blood Pressure Education Programme of Pakistan*
- Founding Member, *International ICT Group for the Prevention of Cardiovascular Diseases*
- Chair, *Pakistan Cardiac Society Council for Preventive Cardiology* (2004)
- Member, *Chapter – SEBoD (Social and Economic Burdens of Depression in Asia) Initiative*

4.2 National

- Founder and President of Heartfile (<http://heartfile.org>)
- Founder of Pakistan's Health Policy Forum and think tank
- Council Member of the Pakistan Health Policy Council, Ministry of Health
- Member of the Sub-Committee on Health; National Commission on Government Reforms
- Member of the Board of Directors; Trust for Voluntary Organizations in Pakistan
- Member of the Board of Directors; Infrastructure Project Development Facility, Ministry of Finance, Pakistan

5. Membership on editorial boards

5.1 International Declarations and statements

- Chair, Drafting Committee, Venice Statement on Global Health Initiatives and Health Systems. Venice, Italy; June 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 2000 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.

5.2 Journals

- Member, International Advisory Board. Global Forum Health Research Updates.
- Member, International Advisory Board. Chronic Disease.
- Member, International Advisory Board. Cardiovascular Disease.
- Member, International Advisory Board. European Journal of Cardiovascular Prevention and Rehabilitation: Official journal of the European Society of Cardiology, August 2003 onwards.
- 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.

5.3 Books and book chapters

- Nishtar S. Health Indicators of Pakistan. Gateway Paper II. Heartfile, Pakistan's Health Policy Forum, Federal Bureau of Statistics and Ministry of Health; 2005.
- Nishtar S. The Gateway Paper: Reforming Health Systems in Pakistan – a Strategic View. Pakistan's Health Policy Forum and Heartfile; 2005.
- National Action Plan for Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan, Islamabad, Pakistan.
- Nishtar S. Prevention of Coronary Heart Disease in South Asia. ISBN 969-8651-00-4. Islamabad, Pakistan.

6. Voluntary strategic support provided in the health sector in Pakistan

- Devoting time to lead the process for development of a health policy based on the Gateway Paper's approach to Health Systems in Pakistan. Initiated in 2006 and ongoing
- Devoted time to author the first health systems reform plan for the country entitled 'The Gateway Paper – Health Systems in Pakistan: a Way Forward.' Released in 2006
- 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 (work ongoing under a Memorandum of Understanding) 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
- Devoted time to lead the development of the national document on Health Statistics in collaboration with the Federal Bureau of Statistics. Initiated in 2007 and ongoing)
- Devoted time to chair the thematic group on health of the Planning Commission of Pakistan on Health for the Millennium Development Goal Project in 2005
- Devoted time to chair the Vision Group of the Planning Commission of Pakistan on Health in 2004
- 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. Initiated in January 2003 and ongoing
- Special Advisor, Pakistan Medical Research Council, Government of Pakistan

7. Invited talks at international meetings

Istanbul, Turkey; April 27-28, 2009. 12th World Congress on Public Health
 Talk in the plenary session entitled: *Redesigning Health Systems in a Changing World*
 Talk entitled: *Strengthening the Evidence Base of Health Reform in Pakistan: Implications for the Global Community*

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

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

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

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 (AMR)

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

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*

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

Panelist on the Closing Plenary

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

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

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

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

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*

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*

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 on the closing plenary entitled: *The Future of Health Research*

- 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*
- 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. 6th International Conference on Preventive Cardiology
Talk in concurrent session entitled: *Community Contributions to CVD Prevention and National Action Plan for NCD Prevention in Pakistan*
- 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*
- 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, China;** October 1-3, 2004. Global Conference on Cardiovascular Clinical Trials
Talk in concurrent session entitled: *Prevention of Diabetes and CVD in South Asia*
- Milan, Italy;** June 12-15, 2004. 5th 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*
- Beijing, China;** November 6-10, 2003. 5th 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. www.hfatw.org

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

Helsinki, Finland; August 3-8, 2003. 12th World Conference on Tobacco or Health

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

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*

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*

Sydney, Australia; May 7-10, 2002. XIV World Congress of Cardiology

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*

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

Victoria, Canada; May 7-10, 2000. First Women Conference on Heart Disease and Stroke

Talk 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 Cardiology

Talk 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 Cardiology

Talk 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 University

Talk entitled: *Pakistan's Heartfile*

Athens, Greece; April 1999. 4th International Congress of Nuclear Cardiology

Talk entitled: *Inferior Wall Artifacts in Pakistanis: the Central Obesity Effect*

8. International workshops and consultations attended as resource person or chair

Geneva, Switzerland, July 7-8, 2009

United Nations Economic and Social Council

Ministerial roundtable breakfast on Addressing Non-Communicable Diseases and Injuries

Geneva, Switzerland; June 29-30, 2009

Second Meeting of WHO Expert Working Group on R&D Financing

Venice, Italy; June 22-23, 2009

High-level dialogue on Maximizing Positive Synergies between Global Health Initiatives and Health Systems

Geneva, Switzerland; May 16, 2009

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

Chiangmai, Thailand; April 23-24, 2009

Meeting of the Implementers Consortium on Maximizing Positive Synergies between Health Systems and Global Health Initiatives

Geneva, Switzerland; March 26-27, 2009

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

Rome, Italy; February 16-18, 2009

Maximizing Positive Synergies between Global Health Initiatives and Health Systems

Geneva, Switzerland; January 12-14, 2009

Second Meeting of WHO Expert Working Group on R&D Financing

Bangkok, Thailand; January 29-30, 2009

Consultation of the Working Group on Private Sector in Health Systems at the Prince Mahidol Conference

Boston, USA; December 3-5, 2008

Research Agendas in Global Health Systems
Harvard University

Hong Kong; December 2-3, 2008

Clinton Global Initiative

Tokyo, Japan; November 1-4, 2008

International Conference on Global Action for Health System Strengthening

Bellagio, Italy; October 28-31, 2008

Strengthening Health Systems Capacity and Leadership

Bellagio, Italy; October 6-8, 2008

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

Geneva, Switzerland; October 2-3, 2008

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

Mexico City, Mexico; August 5, 2008

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

Divone, France; June 2, 2008

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

Nyon, Switzerland; May 25-27, 2008

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

Geneva, Switzerland; May 24, 2008

Brookings Institute and Rockefeller consultation

Bangkok, Thailand; January 30-February 2, 2008

Prince Mahidol Award Conference 2008

Dalian, China; September 1-5, 2007

World Economic Forum Meeting of the New Champions

Atlanta, USA; August 12-16, 2007

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

London, UK; July 2-5, 2007

World Health Organization and Department of Health UK
Global Health Promotion

Cairo, Egypt; March 27-28, 2007

Regional Consultation to develop Guidelines on CVD Management

Geneva, Switzerland; Feb 4-8, 2007

WHO Expert Consultation to Prevent Chronic Disease (co-chair)

Paris, France; October 5-8, 2006

WHO Global Strategy on Diet and Physical Activity (Chair)

Cairo, Egypt; June 12-15, 2006

WHO Country Cooperation Strategy (Chair)

Nairobi, Kenya; May 1-6, 2006

Community Health Promotion
International Union for Health Promotion

New York, USA; February 8-13, 2006

World Heart Federation

Delhi, India; February 18-20, 2006

All India Institute of Medical Sciences

Bellagio, Italy; December 2005

How to Improve Cardiovascular Health Outcomes in Less Well-Resourced Settings

Bogota, Columbia; November 2005

Planning Global Physical Activity Interventions

Accra, Ghana; October 16-19, 2005

CDC/IUHPE Seminar on Chronic Disease Capacity Building in Sub-Saharan Africa

Geneva, Switzerland; October 26, 2005

WHO Global Forum

Rio de Janeiro, Brazil; May 4-9, 2005

International Consortium for Community Health Promotion (Chair)

Cairo, Egypt; April 10-12, 2005

Regional Consultation for WHO Global Program of Work 2005

Miami, Florida; December 2004

Implementing the WHO Global Strategy on Physical Activity (Chair)

- Atlanta USA;** November 17-22, 2004
Centers for Disease Control, Atlanta, USA; Community Health Promotion Workshop
- Oxford, UK;** August 31-September 4, 2004
Oxford Vision 2020
- Ghana, Accra;** December 5-11, 2003
Centers for Disease Control, Atlanta, USA, and the International Union for Health Promotion
Capacity-Building for Cardiovascular Disease Prevention in Sub-Saharan Africa
- Geneva, Switzerland;** March 31-April 1, 2003
Mega Country Network Meeting
WHO Department of Health Promotion of Non-Communicable Diseases
- Colombo, Sri Lanka;** March 26-28, 2003
PREMISE II Workshop
- Geneva, Switzerland;** December 11-13, 2002
Mega Country Network Meeting
WHO Department of Health Promotion of Non-Communicable Diseases
- Geneva, Switzerland;** October 7-11, 2002
WHO Meeting of Interested Parties (MIP)
WHO Headquarter
- Beirut, Lebanon;** July 5-7, 2002
WHO Workshop on Non-Communicable Disease Surveillance in the EMRO Region
- Geneva, Switzerland;** July 2002
WHO, CVD Risk Reduction through Integrated Management of Hypertension, Diabetes and Smoking
- Cairo, Egypt;** April 10-12, 2002
WHO 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
- Victoria, British Columbia, Canada;** May 7-10, 2000
First Women Conference on Heart Disease and Stroke
Women and Access to Cardiovascular Care
- Isfahan Iran;** May 2000
Isfahan Cardiovascular Research Institute
Development of National Guidelines on Hormone Replacement Therapy

9. Key talks at a national level in Pakistan (2006-09)

Policy Commitments of the Government of Pakistan and their Relevance with
Planned Budgeting Instruments

Reforms Management and Monitoring Unit. Bhurban. August 8, 2009

Health Care System in Pakistan

National Defence University, Islamabad. March 20, 2009

Health Policy in Pakistan

National School of Public Policy, Lahore. May 11, 2009

Shaping the Workplace Together. WIBCON 2009: Women Leaders as Agents of
Change

Pakistan Society for Training and Development. Karachi. June 4, 2009

Anti-Corruption Reform in Health

National Accountability Bureau, Islamabad. December 8, 2008

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, 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
- Health Policy Reforms in NWFP
A series of Post-Gateway Roundtables held in Peshawar at the Health Sector Reform Unit. March-October 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

Academic lectures in universities by invitation are in addition to the above.

10. Publications

10.1 Peer reviewed publications

1. 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
2. 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
3. Nishtar S, Pablos-Mendez A. The global financial downturn—imperatives for the health sector. *Lancet* 2009;373:124.

4. 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.
5. 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]
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81. 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

10.2 Articles in national newspapers

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

10.3 Books published

- Nishtar S. Health Indicators of Pakistan. Gateway Paper 11. Heartfile: Islamabad 2007.
- Nishtar S. The Gateway Paper. Health Systems in Pakistan – a Way Forward. Heartfile: Islamabad 2006.
- Nishtar S. The National Action Plan for Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan. Heartfile 2004.
- Nishtar S. Coronary Heart Disease Prevention in South Asia; SAARC Cardiac Society. ISBN: 969-8651-00-4, Islamabad, Pakistan. 2002

10.4 Contributions for books and other documents

- Nishtar S. Public-Private Partnerships in the health sector – a call to action. The Commonwealth Health Ministers Book; 2007
- Nishtar S. Research Network for the EMRO region. In press; WHO
- Nishtar S. Health chapter. Vision 2030 of the Planning Commission of Pakistan
- Nishtar S. Health section. National Commission for Government Reform

11. Conferences organized

11.1 International

- 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
6th International Conference on Preventive Cardiology; Iguazu 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
World Conference on Tobacco or Health. Workshop on Tobacco Control as part of Cardiovascular Disease Prevention: the Heartfile Experience from Pakistan. Helsinki, Finland; August 2003
- Chair
13th Asia Pacific Congress of Cardiology. Workshop on the Role of ICT in CVD Prevention. Manila, Philippines; October 2001
- Organizer and Host,
5th International Conference on Preventive Cardiology and 4th International Heart Health Conference. Workshop on Pakistan's Heartfile. Osaka, Japan; May 2001

11.2 National

- Convener
Launching of the Gateway Paper – Health Systems Reform in Pakistan. Islamabad, Pakistan; January 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

12. Research projects

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

- 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)
- 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

13. Media profiles

- Lancet 2007, issue: 370, December 8, 2007. Page 1899 <http://www.thelancet.com>
- Libas International. November 2006
- NGO World; 2007 www.ngoworld.pk
- Blue Chip; 2007 www.bluechipma.com
- Blue Chip magazine. September 2004; (www.bluechipma.com/pi/0904/pf02.html)
- TIME magazine: May 10, 2004
- Lancet Volume 363, number 9422: May 22, 2004
- Listed amongst the 2000 outstanding scientists of the 20th Century (Cambridge Biographical Centre)
- Listed in Marquis WHO WHO in Asia 2006
- Listed in Marquis WHO WHO in Health Care, 2006
- Listed in Marquis WHO WHO in Science and Engineering, 2007
- International News Bulletin, Royal College of Physicians of London: September-October 1999
- Personal profile - Lancet Volume 360, number 9331: August 10, 2002. Lifeline.
- 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 www.prou.com/wcc2002. Justifying Cost in the Developing World. S Nishtar
- Afro Nets.
- The Washington Diplomat
- More than 50 news references on the websites of the World Heart Federation (<http://www.worldheart.org>) and World Health Organization (<http://www.who.int>)
- Webpage – International Heart Health Society
- Over 100 personal profiles in local Pakistani newspapers
- Press conference on the World Heart Federation Programme in Yekaterinburg, Russia. September 2004

14. 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

15. Grants received for research and public health interventions

- Rockefeller Foundation, 2008
- David and Lucile Packard Foundation, 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
- Department of Cardiovascular Diseases. WHO, Geneva, Switzerland, 2002
- Global Forum for Health Research. Geneva, Switzerland, 2003
- 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 Scholarship, 1997

16. Inventions

Heartfile: a non-profit foundation established in a developing country setting with a focus on prevention and control of non-communicable diseases and health promotion in Pakistan. <http://heartfile.org>

National Action Plan for Prevention and Control of Non-Communicable Diseases and Health Promotion in Pakistan: one of the first concerted national responses from within a developing country to address the emerging challenge of non-communicable diseases in a prevention and control framework through a public-private partnership arrangement. <http://heartfile.org/nap.htm>

Integrated Framework for Action: a systematic tool for synchronous and integrated prevention and control of NCDs in a low-resource setting; this is modeled to impact a set of indicators through the combination of a range of actions in tandem with rigorous formative research. <http://heartfile.org/nap.htm>

Pakistan's Health Policy Forum: a national forum to assist with networking, encouraging the proliferation of discussions and dialogues and offering solutions relating to health issues within the country. <http://heartfile.org/nap.htm>

The Gateway Approach to Health Reforms. A health systems approach to health reforms in Pakistan.

17. Contact details

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