

# Dr. Farid Midhet Mahmood

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## SUMMARY OF QUALIFICATIONS AND SKILLS

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Dr. Midhet is a public health expert and a recognized leader in population and health, family planning, and safe motherhood in Pakistan and abroad. He has extensive experience in designing, managing, monitoring, and evaluating large-scale community-based and health systems intervention projects. His education includes a medical degree (MBBS from University of Balochistan, Pakistan, 1980); Master of Public Health (MPH from Columbia University, USA, 1989); and Doctorate in Public Health (DrPH from Johns Hopkins University, USA, 1996). His postgraduate training includes research fellowships with Harvard University, USA (1992-1993), and National Institute of Child Health and Human Development, USA (1996-1997). He is also a Fulbright Scholar (University of California at Berkeley, USA, 2008-2009).

Dr. Midhet has several years of clinical experience and working with the public sector health systems in Pakistan. He has advanced skills in design, conduct and analysis of population and health surveys, epidemiological studies, and health systems intervention research projects. He is skilled in proposal development and grant application writing and has an excellent track record of writing winning proposals with USAID, FCDO (ex-DFID), National Institutes of Health USA, UNICEF, WHO and UNFPA. He has good understanding of the donors' approaches toward development assistance in Pakistan and other developing countries.

Dr. Midhet has remained in close affiliation with renowned academic institutions of the world. He has served as adjunct Associate Professor at Health Services Academy, Islamabad, and as Associate with Aga Khan University Karachi and Johns Hopkins University Bloomberg School of Public Health, Baltimore, USA. In Saudi Arabia, he has worked with Qassim University College of Medicine as Associate Professor and Research Adviser during 2007-2013. He is known to his students and peers as an outstandingly good teacher in Biostatistics, Demography, Epidemiology, Research Methods and Leadership Skills. He is highly skilled in monitoring and evaluation, data management, and data analysis, with excellent command over SPSS and Epi-Info.

Dr. Midhet has managed large-scale community-based public health projects in diverse settings, leading teams comprising 30 to 300 professionals. In these projects, he has collaborated with the government departments and multiple development partners including national and international NGOs, and with the political leadership at community, district, provincial and federal levels. He has successfully organized health and population policy dialogues in diverse settings including government officials, politicians, community leaders, and development partners. He has also designed and conducted several health policy research projects in all four provinces of Pakistan and in Qassim region of Saudi Arabia.

Dr. Midhet has played a significant role in national policy development in safe motherhood and reproductive health in Pakistan. During early 2000s, he founded the Safe Motherhood Alliance Pakistan, a group of professionals concerned about the high maternal and neonatal mortality rates in the country. This group successfully developed the national strategic framework for maternal and neonatal health (MNCH) interventions, which was launched in April 2005 by the Prime Minister of Pakistan. The group later helped the Ministry of Health in planning and writing the PC-I document for the country's first-ever National MNCH Program.

## EXPERIENCE

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### **Health Services Academy (HSA)**

Islamabad, Pakistan

*Professor (Public Health)*

Feb 2022 –

Currently heading the department/faculty of Reproductive, Maternal, Newborn, and Child Health (RMNCH) at the Health Services Academy. Job responsibilities include research and development, teaching of doctoral students, and curriculum design and implementation of doctoral and masters students. The HSA offers PhD in Public Health, Master of Science in Public Health (MSPH) and Bachelor of Science in Public Health (BSPH) courses. It is the only public health university in the country that had started as the first school of public health in the public sector in late 1990s.

### **The Palladium Group**

Islamabad, Pakistan

*Team Leader*

Jul 2019 – May 2021

Led a team of over 60 professionals working on the ‘Delivery of Accelerated Family Planning in Pakistan (DAFPAK)’ project supported by UKAID, being implemented in 30 districts of Punjab, Sindh and KP. Provided leadership and management of all aspects of the project from design, planning, implementation, and monitoring. Supervised all technical, financial, and administrative matters and provided leadership, management oversight, and coordination to achieve the project’s objectives and ensure successful achievement of its outputs and outcomes, while at the same time ensuring timely delivery and maintaining high quality of the project’s deliverables, results, and milestones.

### **Qassim University College of Medicine**

Qassim, Saudi Arabia

*Associate Professor/Research Adviser*

Sep 2018 – Jul 2019

Worked as faculty member (Department of Family & Community Medicine), on programs to build research capacity of faculty and students of Medical College. Responsibilities included course design and conduct, teaching of undergraduate medical students, faculty of Qassim University and healthcare providers of Qassim region (in research development, conduct and data analysis). Developed two large-scale research project proposals, both of which were funded by the University’s Deanship of Academic Research.

### **Aga Khan University** Karachi, Pakistan

*Consultant (part-time)* Apr – Sep 2018

Developed masters and doctoral level courses in population dynamics, reproductive health, and family planning for the University, working in the Department of Community Health Sciences. Assisted in developing project proposals for the University for submission to donor agencies (DFID and USAID).

### **National Institute of Population Studies** Islamabad, Pakistan

*Consultant for designing Pakistan Maternal Mortality Survey (part-time)* Apr – Sep 2018

Designed Pakistan’s first survey on maternal mortality and morbidity, which was conducted during 2019. Took the lead in concept development and negotiating with the donor agencies (UNFPA, USAID, DFID, and BMGF), questionnaire development and pretesting, and training of interviewers. Conducted data analysis and wrote report chapters.

### **Jhpiego – an affiliate of Johns Hopkins University**

Baltimore, MD, USA

*Chief of Party/Country Director, Pakistan*

Oct 2013 – Mar 2018

Provided leadership to maternal, newborn and child health (MNCH) and family planning programs in all provinces of Pakistan. Managed a team of over 250 national and international professionals in five different projects funded by USAID, DFID, Packard Foundation and GIZ. As Chief of Party for the USAID-funded Maternal and Child Health Integrated Program (MCHIP) in 16 districts of Sindh province of Pakistan: Provided strategic leadership, technical guidance and supervision, financial management and human resource management. Supervised the design and conduct of technical training programs for Lady Health Workers, Community Midwives, Lady Health Visitors, Nurses, Doctors and Medical Specialists. Supervised the design and conduct of monitoring and evaluation activities, including epidemiological surveys and qualitative research studies. Collaborated with the provincial and federal governments regarding planning and implementation of health and family planning projects.

**Qassim University College of Medicine**

Qassim, Saudi Arabia

*Associate Professor/Research Adviser*

Mar 2007 – Sep 2013

Designed and implemented programs to build research capacity of faculty and students of Qassim University Medical College and provided training support to the Ministry of Health Qassim region:

- Established a Multi-disciplinary Research Support Unit and the Collaborative Research Center in the Medical College.
- Established academic links with Stanford University, USA, for faculty and student exchange and joint teaching programs.
- Designed and conducted special summer courses and online course in Research Methods in collaboration with Stanford University, USA, for students and faculty.
- Developed and implemented the curriculum in Research Methods for medical students, encompassing the first three years of Medical College.
- Taught courses for medical students (Research Methods, Epidemiology, Biostatistics, Demography, Evidence-based Medicine and Medical Audit).
- Advised faculty members in designing, conducting and analyzing clinical and community-based research and supervised research of faculty and students.
- Participated in the preparations and conduct of the academic accreditation process of the Medical College.
- Designed and conducted several research studies to determine the epidemiology of diabetes mellitus, metabolic syndrome, and road traffic accidents in Saudi Arabia.

**The Asia Foundation USA, Pakistan Office**

Islamabad, Pakistan

*Program Director (Health)*

Feb 2004 – Feb 2007

Provided leadership to internal program-related staff and external partners (Pakistani NGOs) in designing and implementing health and population programs. Developed, reviewed, and evaluated project proposals and reports. Established collaborative relationships with government departments. Trained NGO staff in research methods and project design. Designed and conducted multiple research projects in the social sector (Examples: Maternal and Newborn Health Evaluation; Study of Religious Madrassah Education). Designed and managed district capacity building programs for good governance of health systems; mobilizing the poor for better access to health services.

Was also engaged in the following professional activities outside of Asia Foundation, with consent of employers:

- Actively participated in the development of national strategic framework for maternal and child health in Pakistan (lead author for the maternal health component).
- Served as adjunct faculty (Associate Professor) at the Health Services Academy, a school of public health under the Ministry of Health, Government of Pakistan.
- Served as Principal Investigator for maternal mortality component of the Pakistan Demographic and Health Survey 2006: designed sample size and questionnaires; supervised field data collection; analyzed the data and wrote final reports.

**Population Council USA, Pakistan Office**

Islamabad, Pakistan

*Research Director*

Oct 2002 – Jan 2004

- Provided leadership to the Council's research portfolio, managed a research teams, variously comprising 20-100 professionals:
  - Supervised/managed ongoing research and training projects and designed new projects; developed new research grant proposals.
  - Coordinated with donors and government departments.
  - Trained research staff in basic research methods.
  - Cleaned and analyzed research data and developed reports.
- Designed and conducted the Safe Motherhood Applied Research and Training (SMART) project – a community-based operational research study to improve maternal health.
- Developed training programs to build research capacity of research staff of the partner organizations and Ministry of Health, Government of Pakistan.
- Served as adjunct faculty (Associate Professor) at the Health Services Academy, a school of public health under the Ministry of Health, Government of Pakistan.

**The Asia Foundation USA, Pakistan Office**

Islamabad, Pakistan

*Project Director*

Dec 1997 – Sep 2002

- Designed and implemented Balochistan Safe Motherhood Initiative, a community-based research and intervention project in Khuzdar district of Pakistan:
  - Developed project proposals and negotiated with multiple donors for funding of various components of the project (funded by National Institute of Health, USAID, WHO and UNICEF).
  - Hired and trained field staff; managed field work and data collection.
  - Collaborated with funding agencies, development partners and Ministries of Health and Population.
- Supervised the health component of Pakistan NGO Initiative, a large-scale program funded by USAID to strengthen local NGOs working in social sector.

**Aga Khan University**

Karachi, Pakistan

*Senior Instructor*

Aug 1985 – Aug 1992

- Assisted in curriculum design and taught Epidemiology and Biostatistics under the Community Health Sciences (CHS) department of Medical College.
- Worked with design and conduct of surveys, evaluation studies and research projects; took lead in conducting Maternal and Infant Mortality Survey in Pakistan.
- Managed urban primary health care projects, involving training of community health workers, interaction with communities and providing clinical care.
- Provided clinical care to patients in the Community Health Center and Consulting Clinics of the Aga Khan University Hospital.

## SHORT TERM ASSIGNMENTS

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- Health Services Academy Pakistan** Islamabad, Pakistan  
*Associate Professor (Adjunct)/Research Director* Apr 2000 – Aug 2012  
Curriculum development and teaching of full courses to MPH/MSPH students (Reproductive Health, Demography, Epidemiology, Biostatistics, and Research Methods in Public Health); developing research proposals; training of faculty members in research methods.
- United Nations Population Fund (UNFPA)** Islamabad, Pakistan  
*Public Health Specialist* Sep 2001 – Dec 2002  
Designed an operations research project (Promoting Interventions in Safe Motherhood), implemented jointly by UNFPA and Ministry of Health in five rural districts of Pakistan.
- Asian Development Bank, Operations Evaluation Division** Manila, Philippines  
*Consultant, Health and Population* Sep 2004 – Dec 2004  
Evaluated seven ADB projects in Pakistan through desk review of project documents, interview with government and ADB personnel and field inspection visits.
- Aga Khan Foundation (AKF) Pakistan** Islamabad, Pakistan  
*Consultant, Impact Evaluation* Apr 2006 – Jul 2006  
Evaluated AKF-funded health projects in Chitral district of Pakistan through a comprehensive household survey and quality assessment of health facilities.

## EDUCATION

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- Johns Hopkins University Bloomberg School of Public Health** Baltimore, MD, USA  
*Doctor of Public Health (DrPH)* 1996  
Doctorate in Public Health (equivalent to Ph.D.): Advanced courses in Epidemiology, Biostatistics, Demography, Sociology, Health Policy and Management, Reproductive Health, Operations Research, Nutrition and Maternal and Child Health. Conducted research in determinants of maternal mortality in Pakistan. Doctoral thesis was entitled “Contextual Determinants of Maternal Mortality in Rural Pakistan”.
- Columbia University Mailman School of Public Health** New York, NY, USA  
*Master of Public Health (MPH)* 1989  
Master of Public Health: (Epidemiology, Biostatistics, Demography, Sociology, Environmental Health, Health Policy and Management and Reproductive Health).
- Bolan Medical College, University of Balochistan** Quetta, Pakistan  
*Bachelor of Medicine; Bachelor of Surgery (MBBS)* 1980  
Recognized Bachelor’s degree in Medicine and Internship in Internal Medicine (1980-1981)  
Registered with Pakistan Medical and Dental Council (since 1981).

## **POSTGRADUATE/POST-DOCTORAL TRAINING**

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### **University of California Berkeley School of Public Health**

Berkeley, CA, USA

*Fulbright Scholar, Public Health*

2008 – 2009

Affiliated with Department of Maternal and Child Health and Global Health Programs; worked on in-depth data analysis of Pakistan Demographic and Health Survey 2006-2007.

### **National Institute of Child Health and Human Development**

Bethesda, MD, USA

*Post-doc Research Fellow*

1996 – 1997

Worked in the Division of Epidemiology, Statistics and Prevention Research, National Institute of Child Health and Human Development (National Institutes of Health USA); tasks included literature review, data analysis, participating in ongoing research and seminars and developing research project proposals. Conducted policy research, and developed research proposals.

### **Harvard University T.H. Chan School of Public Health**

Cambridge, MA, USA

*Research Fellow*

1992 – 1993

Research Fellowship at the Harvard Center for Population and Development Studies: Conducted independent research under faculty supervision, attended advanced academic courses in the School of Public Health and participated in research seminars and journal clubs.

## **SELECTED PUBLICATIONS**

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*Currently working on 3 manuscripts from the Pakistan Maternal Mortality Survey 2019, and one manuscript on country-level determinants of Covid-19 prevalence and fatality.*

National Institute of Population Studies, Pakistan. Pakistan Maternal Mortality Survey (PMMS) 2019 (developed survey methodology and designed questionnaires; supervised data analysis and majorly contributed in writing of the preliminary and final reports).

Farid M. Midhet, Abdulrahman Al-Mohaimeed, Impact of indoor education on the lifestyles of patients with chronic disease in a secondary hospital in Qassim, Kingdom of Saudi Arabia, Journal of Taibah University Medical Sciences, Available online 30 January 2013, ISSN 1658-3612, <http://dx.doi.org/10.1016/j.jtumed.2013.01.004>.

Barrimah, I., Midhet, F., & Sharaf, F. (2012). Epidemiology of road traffic injuries in Qassim region, Saudi Arabia: consistency of police and health data. *International journal of health sciences*, 6(1), 31.

AbdulRahman Al Mohaimeed, Farid Midhet, Issam Barrimah, Mohamed Nour-El-Din Saleh, Academic Accreditation Process: Experience of a Medical College in Saudi Arabia. *Int J Health Sci (Qassim)*. 2012 January; 6(1): 23–29

Midhet FM, Sharaf FK. Impact of health education on lifestyles in Central Saudi Arabia. *Saudi Med J* 2011; 32 (1): 179-184.

Midhet FM, Al-Mohaimeed AA, Sharaf FK. Lifestyle related risk factors of type 2 diabetes mellitus in Saudi Arabia. *Saudi Med J* 2010; 31 (7): 768-774.

Midhet F, Becker S. Impact of community-based interventions on maternal and neonatal health indicators: Results of a community randomized trial in rural Balochistan, Pakistan. *Reproductive Health* 2010; 7:30 (5 November 2010). Published online (doi:10.1186/1742-4755-7-30).

Midhet F, Al Mohaimeed AR, Sharaf F. Dietary Practices, Physical Activity and Health Education in Qassim Region of Saudi Arabia, International Journal of Health Sciences Qassim University, January 2010. Vol. 4, No. 1, Pages 3-10.

Midhet F, Durrani SD, Jafarey S. Chapter 2: Maternal Mortality, in Women and Children's Health: An In-depth Analysis of 2006-2007 Pakistan Demographic and Health Survey Data (pp. 23-48). Ali SM, Winfrey W, Bradley S (Eds.) National Institute of Population Studies, Pakistan, December 2009.

Midhet F. Validating the Verbal Autopsy Questionnaire for Maternal Mortality in Pakistan. International Journal of Health Sciences Qassim University, January 2008, Vol. 2, No. 1, Pages 91-96.

Midhet F, Jafarey S. Chapter 14: Adult and Maternal Mortality, in Pakistan Demographic and Health Survey 2006-2007 (pp 167-181). National Institute of Population Studies Pakistan and Macro International Inc., Calverton, Maryland, USA. June 2008.

Midhet F. Prevalence and Determinants of Self-reported Morbidity among Pregnant Women in Rural Pakistan. International Journal of Health Sciences Qassim University, July 2007. Vol. 1, No. 2, Pages 243-248.

Jafarey, S. N., & Midhet, F. (2004). Maternal and child health in Pakistan: challenges and opportunities (pp. p19-46). Z. A. Bhutta (Ed.). Oxford University Press.

Towghi F, Midhet F, Aitken I. Women's perceptions of causes and consequences of obstetric bleeding in Khuzdar, Balochistan. Boston, MA: Harvard Center for Population and Development Studies, 2000. 34 p.

Midhet F, Becker S, Berendes HW. Contextual determinants of maternal mortality in rural Pakistan. Social Science & Medicine, June 1998. Vol. 46, Issue 12. Pages 1587-1598.

Fikree FF, Midhet F, Sadruddin S, Berendes HW. Maternal mortality in different Pakistani sites: ratios, clinical causes and determinants. Acta Obstetrica et Gynecologica Scandinavica, 1997. Vol. 76, No. 7, Pages 637-645

Fikree FF, Berendes HW, Midhet F, D'Souza R, Hussain R. Risk factors for intrauterine growth retardation: results of a community-based study from Karachi. Journal of Pak Medical Association, February 1994. Vol. 44, No. 2, Pages 30-34.

Thaver IH, Midhet F, Hussain R. The value of intermittent growth monitoring in primary health care programmes. Journal of Pak Medical Association, July 1993. Vol. 43, No. 7, Pages 129-133.

Fikree FF, Karim MS, Midhet F, Berendes HW. Causes of reproductive age mortality in low socioeconomic settlements of Karachi. Journal of Pak Medical Association, October 1993. Vol. 43, No. 10, Pages 208-212.

## **PERSONAL INFORMATION**

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Male, Pakistani, born August 25, 1957 in Bela (District Lasbela), Pakistan; married (wife Mrs. Rehan Fatima, Pakistani; and daughter Dr. Amna Urooba, Pakistani). In excellent health. Hobbies include long walks, sight-seeing, playing chess, and glass painting. Have traveled to over 1000 cities and places in 25 countries in Asia, Africa, Europe, and North America.

*Languages:* Excellent command over written and spoken English and Urdu; working knowledge of Arabic; excellent command over spoken Sindhi and Balochi (local languages of Pakistan).