

## Professor Dr Zia Ul Haq

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**Work address:** Dean & Professor Faculty of Public Health & Social Sciences, First Floor, Academic Block, Khyber Medical University (KMU), Phase 5, Hayatabad, Peshawar, KP, Pakistan, Postcode 25000.

**Residence:** Zia House, House 190, Street 6, Sector J-1, Phase 2, Hayatabad, Peshawar, KP, Pakistan.

### **Brief:**

Prof Zia Ul Haq is the first and youngest Professor & Dean of Public Health & Social Sciences, Khyber Medical University (KMU). He has more than 13 years of teaching, administrative and field experience in health sciences. He earned his PhD in the field of public Health from the University of Glasgow under Government of Pakistan HEC Scholarship and is a principal investigator of several large ongoing studies. He played important role in implementing family medicine approach, elderly care, obesity interventions, and establishing regional public health reference lab at KP, Pakistan. He is a technical member on the majority of health committees as a public health specialist and currently working as the core member of Health Policy Advisory Committee to the Minister of Health KP and task force on Health & Wellbing. He is honored with several awards for his services in the field of Public Health.

### **Award:**

- Received lifetime achievement award on 22nd Feb 2017 in recognition of services in the field of Public Health by the hand of His Excellency, Governor of Khyber Pakhtunkhwa.
- Has been conferred with Higher Education Commission, Pakistan best teacher award and a cash prize of PKR one lac by Hon Federal Minister for Education & Professional Training in a ceremony held at Islamabad on 21<sup>st</sup> Feb 2018. The award was based on assessments of qualification, community-based applied research/interventions, teaching, research papers, research grants and many other parameters and those who earn the highest points in national competition become eligible for this national level award.
- Fully paid scholarship under the competitive foreign PhD scholarship scheme of “Development of Khyber Medical University Peshawar” by Higher Education Commission of Pakistan; 2010-2014.
- Nominated for the HEC best Young Researcher Award 2017.

### **Academic Qualifications:**

- **PhD in Public Health** (University of Glasgow, UK sponsored by Government of Pakistan, 2014)  
Title of Thesis: “*Adiposity and Subjective Well-being*”. The thesis can be accessed online via this link: <http://theses.gla.ac.uk/5519/>
- **Master in Public Health** (Gandhara University, Peshawar, Pakistan:2006-2007)
- **MBBS** (Khyber Medical College, University of Peshawar, Pakistan:1999-2005)
- **Six Months Certificate in Medical Education**

**Teaching Experience:** Since January 2009

- **Professor of Public Health (BPS-21)**- 23<sup>rd</sup> May 2018 till date
- **Associate Public Health (BPS-20)**- 16<sup>th</sup> April 2015-22<sup>nd</sup> May 2018
- **Assistant Professor of Public Health - (BPS-19)**- 1<sup>st</sup> Aug 2014- 15<sup>th</sup> April 2015
- **Lecturer of Public Health - (BPS-18)**-1<sup>st</sup> January 2009 till 27<sup>th</sup> June 2010
- **Honorary Clinical Senior Lecturer** (University of Glasgow 2015 to 2020)

**Administrative Experience:**

- **Dean (BPS-21)** Appointed as Dean- Academic, Administrative and Financial Head of the Faculty of Public Health & Social Sciences, Khyber Medical University by the Hon Governor of KP (6-11-2018- till date).
- **Director (BPS-21)** Institute of Public Health & Social Sciences, KMU: 1/1/2018 to 5/11/2018). IPH&SS is mandated to facilitate government and other stakeholders in evidence for informed policy. Academic, research, administrative and financial head of all departments under the institute; from this platform, he works in close collaboration with the provincial and federal department of health.
- **Director-(BPS-20** Office of Research, Innovation & Commercialization, KMU: 1/7/2015 to 30/12/2017). Head of the administration and finances of activities related to research, innovation & commercialization of all the constituent and affiliated institutes under KMU-KP.
- **MPH Program Coordinator (BPS-19** 1/8/2014 to 15/4/2015), responsible for all the administration of the program related activities.
- **MPH Program Coordinator (BPS-18** 1/1/2009 to 31/7/2014), responsible for all the administration of the program related activities.
- **Medical Surveillance Officer- Field Epidemiology & Laboratory Training Program of CDC Atlanta** (15/6/2009 to 31/7/2010) In addition to my job as MPH coordinator at KMU, I completed this project where my role was to supervise strict quality control of clinical lab test & managing flow and outflow of inventory. The project aimed to link field surveillance with hospital Lab.
- **Provincial Surveillance Officer, WHO** (United Nation- World Health Organization, Pakistan: February 1<sup>st</sup>. 2007 to January, 2009). Administration and financial management of Emergency & Humanitarian Action staff at KP & FATA, conducting health cluster meetings, implementation of disease early warning system (DEWS) for infectious diseases, started. Implemented DEWS in almost all districts of KP, Pakistan. Was part of Emergency Humanitarian Action team responsible for alert and outbreak response from planning through field response all over Pakistan. Covered several outbreaks including H5N1, H1N1, Cholera, Dengue fever, Diphtheria, Measles, Polio, chicken pox and typhoid.
- **Health Management & Information System Officer & Health Regulatory Authority (BPS-17, KPK Health Department Dir Upper: 1<sup>st</sup> August 2006 – 31<sup>st</sup> Jan 2007)**. District in charge of the monthly ongoing surveillance of the majority aspects of health system including communicable and non-communicable diseases, human resource, facility and community-based services, drugs and equipment, logistics and training. The first point of contact team for response to any alarming situations particularly communicable and non-communicable diseases or any significant changes in service delivery.
- **House Officer** (Lady Reading Hospital KP; June 2005-2006). As clinical trainee for 1 year.

### **Research Interest:**

Hospital Management, Assessment of Health Facilities and System, Public health nutrition, Epidemiology of communicable and non-communicable diseases, Elderly care, mental health, environmental health, & health-related quality of life.

### **Teaching/Facilitator**

1. Supervising 18 Master and 6 PhD students.
2. Facilitator for College of Physician and Surgeon Pakistan: 4 days training on Research Methodology
3. Course coordinator for PhD Public Health course at Khyber Medical University.
4. Course coordinator for Applied Epidemiology course at KMU.
5. Course coordinator for Systematic review and meta-analysis

### **Research projects:**

1. National Nutrition Survey, KP, 2018- Principal Investigator in collaboration with Agha Khan University, project worth 30.4 million PKR funded Govt of Pakistan
2. Gender-Based Violence Research 2018- Principal Investigator in collaboration with Department of Health, project worth 5.4 million PKR, funded by UNFPA and WHO.
3. Schizophrenia medication adherence in a resource-poor setting 2018: the Randomized controlled trial of Supervised Treatment in Out-patients for Schizophrenia (STOPS); Principal Investigator in collaboration with Keel University funded by Medical Research Council UK, project worth 30.5 million PKR
4. To conduct a post-implantation survey of Infectious Diseases Surveillance and Outbreak Response System (IDSRS) in six districts of Khyber Pakhtunkhwa 2018, funded by Department of Health KP, Govt of Pakistan. Project worth; 1 million PKR. Principal Investigator
5. Formative Qualitative Research on Infant and Young Child Feeding Practices 2018, funded by Oxford Policy Management Limited. Principal Investigator
6. Cost of Diet Analysis study, funded by Research & Development Solution, worth 0.34 million, 2018. Principal Investigator
7. Health care in danger, survey in 5 districts of KP 2018, funded by ICRC- Consultant. . Principal Investigator
8. Development of tools for Family Medicine- funded by WHO. 2018, Principal Investigator
9. Review of Malaria KP- funded by Department of health & WHO. 2018, Principal Investigator
10. Stunting prevention project, Kurram Agency FATA, funded by UN-WFP. (worth 42 million PKR)- 2017-19 Principal Investigator.
11. All health facilities Assessment using HeRAM tool in FATA, funded by WHO (worth 6 million PKR)- 2018 Principal Investigator
12. All health facilities Health Facility Assessment using HeRAM tool in Khyber Pakhtunkhwa and FATA, 2018 funded by WHO (worth 8 million PKR)- Principal Investigator
13. Health-related quality of life of diabetic patients in Khyber Pakhtunkhwa, funded by HEC (0.5 million)- 2017 Principal Investigator
14. Reproductive Health Survey in Kurram Agency FATA, funded by UNFPA (0.3 million)- 2017 Principal Investigator
15. Health care in danger, a survey in Peshawar, funded by ICRC, 2017 (3.3 million)- 2017-18 Consultant
16. The campaign to give way to ambulances, funded by ICRC (ongoing)- 2017 Co-PI
17. Post-project audit of the Project “Abasyn Foundation KP” funded by DFID (0.6 million)- 2017 Principal

## Investigator

18. To conduct a baseline survey on surveillance and outbreak response management system (SORMAS) in six districts of Khyber Pakhtunkhwa”, funded by Department of Health KP, Govt of Pakistan. Project worth; 2 million PKR. 2017 Principal Investigator
19. To assess existing formal mental health resources in the KP province to identify gaps and plan further strengthening of services, funded by Department of Health KP, Govt of Pakistan. Project worth; 1.2 million PKR. 2017 Principal Investigator
20. Consultant for the preparation of International Health Regulation (IHR) KP, Joint External Evaluation (JEE) visit, funded by WHO, Pakistan (completed 2016). Principal Investigator
21. Designed and conducted Khyber Pakhtunkhwa Integrated and Population Health Survey (KP IPHS 2016) in all (n=25) districts; sample size 11,000 households (n=22,000 individuals), through Population Welfare Department (PI), funded by UNFPA Project worth; 3 million PKR. (completed 2016-17). Principal Investigator
22. To conduct Human Resource Profiling in Health sector for the province of KPK, funded by WHO (PI). Project worth; 2 million PKR. (completed 2016). Principal Investigator
23. Capacity Building of Health Care Providers on Communicable Disease Surveillance and Reporting, Outbreak Response and Emergency Preparedness in five agencies of FATA, funded by WHO. Project worth; 4.6 million PKR. (completed 2016). Principal Investigator
24. Capacity Building of Agency Surgeons on data-analysis of all FATA agencies, funded by GIZ. Project (4 days training, completed twice in 2016). Principal Investigator
25. Environment Health Strategy for KP, funded by WHO. (completed 2016). Principal Investigator
26. Health system and DHQ level hospital readiness and preparedness to respond to any mass emergency situation, funded by WHO. (completed 2015). Principal Investigator
27. Assessment of District Swat Conflict-affected area Health facilities and Health program, funded by WHO (completed 2009). Principal Investigator
28. Knowledge, Attitude and Practice regarding health and hygiene of IDPs, funded by MERLIN. (completed 2009). Principal Investigator

## **Memberships:**

1. Member Advisory Committee, Health Department KP to form & Monitor Health Policy	2. Task Force Good-Health & Well-Being
3. Member Scrutiny Committee Higher Education Dept of KP for the Vice Chancellors	4. Member of affiliation Committee KMU
5. Member on the National Adverse Event Following Immunization (AEFI), Ministry of Health, Islamabad	6. Member of Human Resource Dev. Committee KMU
7. Member Provincial Food Fortification Alliance KP	8. Member/Secretary Ethics board KMU
9. Focal person for Public Health Reference Lab KP, Pakistan	10. Member/Secretary Advance Study Review Board KMU
11. Honorary Senior Clinical Lecturer, University of Glasgow	12. Member Ethics Committee, Department of Health, KPK
13. Pakistan Medical and Dental Council Pakistan- 12143-N	14. Chairman Research and Ethics Committee, Khyber Institute of Child Health

15. Member Finance & Planning Committee, KMU	16. Food Safety Department
17. Elected member of Senate KMU	18. Associate Editor Allied Health Sciences- Journal
19. Public Health Committee KP	20. Elected member of Academic Council KMU
21. Associate Editor KMU- Journal	22. Member of Syndicate KMU

### Conferences Arrangements:

- Arranged three International Health Conferences at Khyber Medical University, Peshawar (2015-2017) - Chief Organizer. Chief Organizer of the 1<sup>st</sup> Public Health Conference conducted on 27-28<sup>th</sup> February, 2019.

### Abstracts and Presentation

- STOP project, BIPS Institute the University of Bremen, Germany, Switzerland and Sweden (20 April to 4<sup>th</sup> May 2018)
- 20<sup>th</sup> Public Health Conference, Melbourne (Feb 1,2<sup>nd</sup>- 2018 oral presentation)
- Biorisk Management by Sandia Lab USA at Phuket, Thailand (April 2017)
- Biorisk Management by Sandia Lab USA at Bangkok, Thailand (Oct 2016)
- Environmental Health Conference, Florida USA (July 2015)
- Preventive Cardiology Conference, Florida USA (August 2015)
- Global Health Conference, University of Yale, New Haven, USA, (April 2014)
- Annual Health Research Conference, KMU, Peshawar, Pakistan, (Feb 2013 and Feb 2014)
- 46th Annual Society for Epidemiologic Research, Boston USA (June 2013)
- Weight Stigma Conference, University of Birmingham (May 2013)
- 140th Annual Meeting, American Public Health Association's, San Fransico, CA (Oct 2012)
- Royal Statistical Society, London (July 2012)

### Book Chapters: Wrote three book chapters;

1. Book Name; Health & Sustainable Development Goals for Pakistan, published by Paramount Books (Pvt.) Ltd.  
Zia Ul-Haq, Muhammad Hafizullah, *Sustainable Development Goals and Non-Communicable Diseases: What can be done?* Chapter 5, published in 2019
2. Book Chapter, *Family practice in the Eastern Mediterranean Region: Universal Health Coverage and Quality Primary Care. Published by WHO in 2018*
3. *Book Chapter: Water & Sanitation. Pakistan Science Foundation, Islamabad, published in 2015*

### References:

#### Current Employer, KMU:

1. Prof Dr Muhammad Saleem, MBBS, FCPS (Registrar KMU), saleemgandapur2001@yahoo.com registrar@kmu.edu.pk 0334 721 4004, 091 9217345, 9217703
2. Prof Dr Jawad Ahmad, MBBS, Msc, PhD- Leeds (Pro Vice Chancellor KMU), j62ahmed@yahoo.com 0300 599 5439, 091-5892873

#### Glasgow, UK:

3. Prof. Dr Jill Pell, MBBCh, MD, FRPH, Director-Institute of Health and Wellbeing) telephone: 01413303239, email: Jill.Pell@glasgow.ac.uk Lorraine.Waddell@glasgow.ac.uk

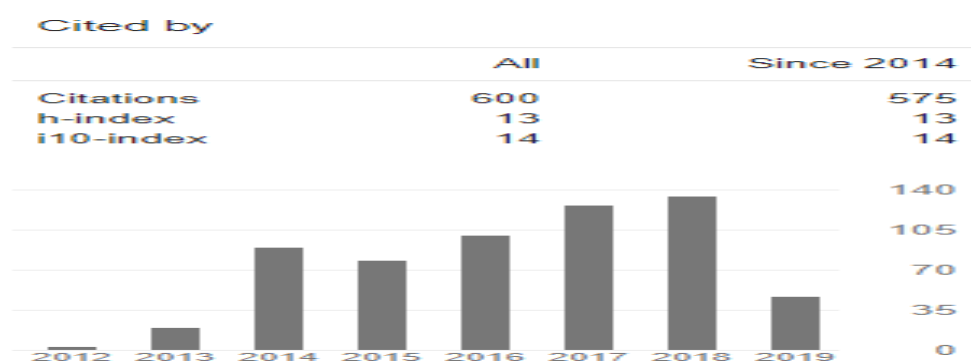
**Ex Employer WHO:**

4. Dr Saeed Akbar Khan (WHO Team leader, KP & FATA, Pakistan) khansae@who.int +92 (0) 300 590 3375, gulr@who.int

**Department of Health KP:**

5. Dr Shahid Yunis (Chief- Health System Reform Unit, Health Secretariat, KP) shahidyunis@gmail.com

**List of Peer review Publications:**



#	Title of Research Paper	Name of Journal	Date of publication	Principal/ Co-author with S.No. of author	PM&DC/ HEC recognized Yes/No	Impact Factor of the Journal
1.	Hospital Preparedness for Disaster and Mass Casualty Management in Pakistan: A Cross-Sectional Evaluation Study	Under review				
2.	Effectiveness Of Cardiac Rehabilitation In Patients With Myocardial Infarction In Pakistan: A Randomized Control Trial	JCPSP	2019	1 <sup>st</sup>	Yes	0.766
3.	DIABETES PREVALENCE SURVEY OF PAKISTAN (DPS-PAK): Prevalence of type 2 Diabetes Mellitus and pre-diabetes using HbA1c: A population based survey from Pakistan	BMJ Open	2019	2 <sup>nd</sup>	Yes	2.369
4.	Preparedness of Health System in Pakistan for Crisis Management: A Cross-sectional Evaluation Study	EMHJ	2019	1st	Yes	0.663

5.	Developing health service delivery in a poor and marginalised community in North West Pakistan	Pak J Med Sci	2018	5 <sup>th</sup>	Yes	0.866
6.	Prevalence and association of obesity with self-reported comorbidity: a Lasbela Balochistan-wide cross-sectional study of 1321 adult participants	BioMed Research Int	2017	2 <sup>nd</sup>	Yes	2.476
7.	Association of arg16gly and gln27glu, $\beta$ $\beta$ 2-adrenergic receptor gene polymorphism with asthma. A systematic review and meta-analysis of case control studies	JPMA	2017	2 <sup>nd</sup>	Yes	0.616
8.	Cardiometabolic disease and features of depression and bipolar disorder: population-based, cross-sectional study.	Br J Psychiatry	2016	2 <sup>nd</sup>	Yes	7.06
9.	Impact of metabolic comorbidity on the association between body mass index and health-related quality of life: a Scotland-wide cross-sectional study of 5,608 participants	Bmc public health	2012, Feb	1st	Yes	2.781
10.	Association between self-reported general and mental health and adverse outcomes; a retrospective cohort study of 19,625 Scottish adults.	Plos one	2014, April	1st	Yes	4.015
11.	Gender differences in the association between adiposity and probable major depression: a cross-sectional study of 140,564 UK Biobank participants	Bmc psychiatry	2014, May	1st	Yes	2.963
12.	Water-Pipe Smoking and Albuminuria: New Dog with Old Tricks	Plos one	2014, Jan	3 <sup>rd</sup> Author	Yes	4.015
13.	Association between physical and mental health-related quality of life and adverse outcomes; a retrospective cohort study of 5,272 Scottish adults.	Bmc public health	2014	1st	Yes	2.781
14.	Prevalence and characteristics of probable major depression and bipolar disorder within 2 UK Biobank: Cross-	Plos one	2013, Nov	5 <sup>th</sup> Author	Yes	4.015

	sectional study of 172,751 participants					
15.	Cognitive function and lifetime features of depression and bipolar disorder in a large population sample: Cross-sectional study of 143,828 UK Biobank participants.	European Psychiatry	2015	7 <sup>th</sup>	Yes	3.912
16.	Chronic multisite pain in major depression and bipolar disorder: cross-sectional study of 149,612 participants in UK Biobank.	BMC Psychiatry	2014	5 <sup>th</sup>	Yes	2.613
17.	Heaviness, Health and Happiness: A Cross-Sectional Study of 163,066 UK Biobank Participants	JECH	2014, April	1st	Yes	3.667
18.	Association between body mass index and mental health among Scottish adult population: a cross-sectional study of 37,272 participants	Psychological medicine	2013, Nov	1st	Yes	6.491
19.	Meta-analysis of the association between body mass index and health-related quality of life among adults, assessed by the SF-36	Obesity	2013, Mar	1st	Yes	4.938
20.	Meta-analysis of the association between body mass index and health-related quality of life among children and adolescents assessed, using the pediatric quality of life inventory index	Journal of paediatrics	2013, Feb	1st	Yes	4.281
21.	Areca nut chewing and systemic inflammation: evidence of a common pathway for systemic diseases	Journal of inflammation-London	2012, Jun	Lead author	Yes	2.485
22.	Teaching microscopy effectively through a combine Peytons four step approach and Gagnes instructional model	Pak Armed Force Med J	2017	2 <sup>nd</sup>	Yes	
23.	Clinical and Histopathological Parameters of the Patients with Breast Cancer from North West Pakistani Population	Journal of Islamic International Medical College	2017	Lead author	Yes	



24.	Effects of Circuit Class Versus Individual Task Specific Training on Balance in Post-Stroke Patients	Journal of the Dow University of Health Sciences Karachi	2017	6 <sup>th</sup>	Yes	
25.	Prevalence of exclusive breast feeding and associated factors, a cross sectional study in saidu sharif, district swat	Saidu Medical College swat Journal	2017	2 <sup>nd</sup>	Yes	
26.	Epidemiology of spinal cord injuries due to bomb blast attacks, managed at paraplegic centre Peshawar, Pakistan: a nine years retrospective study	KMUJ	2017	3 <sup>rd</sup>	Yes	
27.	Systematic review and meta-analysis of association of $\beta$ 2-adrenergic receptor gene polymorphisms with nocturnal asthma	J Postgrad Med Inst	2017	2 <sup>nd</sup>	Yes	
28.	Self-medication and non-adherence with antibiotics: the current situation in Pakistan	J Pharm Practice Res	2015	6 <sup>th</sup>	Yes	
29.	Association of Teenage Pregnancy with Low Birth Weight: Tertiary Care Hospitals Based Case Control Study in Peshawar	KMUJ	2015	2 <sup>nd</sup>	Yes	
30.	Hand injuries and its associated factors: a cross-sectional study among industrial workers at Hayatabad, Peshawar	JKCD	2018	Lead author-5 <sup>th</sup>	Yes	
31.	Morphologic characteristics of eighty four patients with total anomalous pulmonary venous connection	KJMS	2017	3 <sup>rd</sup>	Yes	
32.	Public Private partnership and utilization of maternal & child health services in district Abbottabad, Pakistan	Journal of Ayub Medical College	2017	3 <sup>rd</sup>	Yes	