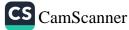
Question no. 2 (a): Define the term malnutrition, elaborate its major causer and consquences? Definition According to World Health Organization (WHO), "Molnutrition refers to defeciencies in nutrient intake, imbalance of ssential nutrients or impared nutrient utilization?" Causes of malnutrition Limited access to nutritions food Limited access to nutritions food cause to malnutrition. Insufficient or limited access may be due to poverty food scarcity of poor distribution of food alongwith famine. 2 Illness and disease Certain diseases and conditions can affect the body's ability to absorb or utilize food. It can cause to malnutrition. Some innesses such as tuberclosis, gastrointestinal disorders can lead to malfinitrition by affecting apetite or digestion. 3 Limited financial resources Limited financial resources and economic hardship can limit acess to diverse range of foods, particularly those that are nutrient-dinse. As per UNICEF, over 7 permillion childern under the age of Fremain under-nourished across Ethiopia, Kenya and



Leave a line space between headings for neatness Somalia (countries of Africa) due to economic factors. 4 Social and calcural factors Alcural practices and social norms can influence dictary habits. In some cultures, some foods might be restricted which cause health issues and leading to malnutrition. 5 Mental health conditions According to the American Dictetic Association, people tend to eat too much or too little when depressed or under stress. In these mental health situations, chances of malnutrition increase because intaking of food is not normal as usual. Canceauences of malnutrition restricted which cause health issues and not normal is usual. Consequences of malnutrition I Cognitive and developmental impairments Marnultrion can negatively impact brain development and cognitive functions leading to lethargics irritability and irrational thinking. It may also cause to learn new inings difficultly. 2 Reduced immunity, wounds heating and infection fighting Reduce intakes lead to reduced metabolic activity. metabolic activity. Without getting enough food intake, body cannot develop enough energy to keep human in a healthy state. 3 Socio-economic impact Malnutrition can perpetuate cycles of poverty as affected individuals are



not able to work properly and earn enough money to live a good Ufe. So, it cause to poverty and disturb socio-economic factor. 4 Anemia Mitribional - defeciency anemia is a common cause that can happen it the body does not absorb enough nutrients. Anemia is a severe disease which can also cause to other diseases and this happens due to malnutrition. Increased mortality rates Severe malnubrition can lead to 5 complications that significantly increase mortality ratio particularly amony valuerable populations like young childern and elder people. According to which nearly half of deaths among childen under 5 years of are linked to malinetrition. Good structure and arguments

