

Malnutrition in Pakistan: Causes and Consequences.

Outline Introduction

- 1- Hook
- 2- General statement / supporting sentences
- 3- Thesis statement.

A. Causes of malnutrition in Pakistan

- 1- Mental health
 - a) Depression
 - b) eating disorders
 - c) dementia
- 2- Poverty
 - a) Unemployment
 - b) rising prices of staple food
 - c) leads to consumption of cheap food
- 3- medical conditions
 - a) Malabsorption disorders
 - b) cancer
 - c) Infections.
- 4- lack of knowledge
 - a) inadequate knowledge of nutrient food
 - b) insufficient knowledge about food storage
 - c) lack of knowledge regarding food

preparations methods.

5- Poor diet

- a) lacking essential nutrients
- b) not taking enough food.

B- Consequences of malnutrition

• in Pakistan

1- Poor immune system

- a) leads to atrophy of lymphoid organs
- b) reducing the numbers and function of immune cells.

2- tiredness

- a) deficiency in energy reserves
- b) disturbs metabolic system, which leads to weakness
- c) causes muscle loss

3- Impaired wound healings

- a) delay closure and reduce tensile strength
- b) disrupting crucial process like collagen synthesis.

4- Effects Brain

- a) causes apathy
- b) self neglect and deterioration in social interactions.

Reproductions

a) reduces fertility

b) causes diabetes and heart problem
in the baby in later life.

Conclusion

"The food one eats can be either the safest and most powerful form of medicine or the slowest form of poison." This saying by Ann Wigmore, highlights the profound impact of diet on health, emphasizing that food choices can either support or undermine well-being.

Malnutrition is an imbalance between the nutrients one's body needs to function and the nutrients it gets.

It encompasses both undernutrition and overnutrition. Undernutrition means not getting enough nutrients, which results in weight loss and overnutrition means getting more nutrients, which results in obesity.

So, it is highly important that one should get his diet in a proper way, so that his body gets enough nutrients which are necessary for proper functioning. Poverty, mental health, lack of knowledge, poor diet and medical conditions are among the main causes of malnutrition in Pakistan, which results in poor immune system, tiredness, impaired

wound healing, effects brain and reproduction.

First comes the cause of mental health which leads to malnutrition in Pakistan. For instance, depression, which is one of the mental illnesses. In this illness of depression, person's mind and metabolism does not work properly, and medication which is taken during the diseases, both these factors effects the food intake very badly which results in malnutrition. In addition to this, eating disorder due to mental health also cause malnutrition. Eating disorder is a mental disorder defined by abnormal eating behaviours that affects person's ~~ph~~ physical and mental health. These behaviours of a person include either too much or too ~~little~~ little, which also leads to a malnutrition. Moreover, dementia can increase the risk of malnutrition due to various factors, including change in appetite, difficulty eating. Further, it affects memory, problem solving skills, making it harder for an individuals to plan meal and ~~remembers~~ ~~to~~

remember to eat. People with dementia experience ^{change} in taste and smell or difficulty swallowing, leading to decreased food intake. Therefore, mental health has caused malnutrition in Pakistan.