

Date: 1st Jan 2025

ENGLISH ESSAY

TEST - 1

Malnutrition in Pakistan:
Causes and Consequences

Outlines :-

I - Introduction

Thesis Statement :

Malnutrition is a debilitating issue in Pakistan, caused by various factors including poverty, food insecurity, societal norms, which collectively have severe consequences for country's development and overall well-being.

II - Causes of malnutrition in Pakistan

- a - Poverty and food insecurity
- b - Inadequate health care and nutrition education
- c - Societal norms and cultural

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practices.

d- Environmental factors.

III - Consequences of Malnutrition in Pakistan.

a- Impaired cognitive development.

b- Reduced economic productivity and increased healthcare costs.

c- Increased Mortality rates.

d- Social and cultural consequences.

IV - Solution to address Malnutrition in Pakistan

a- Improving food security.

b- Enhancing healthcare and nutrition

c- education

d- Addressing societal norms and cultural practices.

d- Strengthening policy and governance frameworks to address malnutrition.

V - Conclusion

Denouement of all the narration including causes, consequences and possible solutions of malnutrition in Pakistan.

THE ESSAY

Malnutrition is a pervasive and debilitating issue that affects millions of people worldwide, with Pakistan being one of the countries most severely impacted. Despite being an agricultural country with immense natural resources, Pakistan struggles to provide its citizens with adequate nutrition, resulting in alarming rates of malnutrition, particularly among women and children. According to the World Health

Organization (WHO), nearly half of Pakistan's children under the age of five suffer from stunted growth due to malnutrition, while the country also has one of the highest rates of maternal mortality in South Asia. There are various factors that are involved in the serious causes of malnutrition including poverty and food security, inadequate health care and nutrition education, societal norms and culture practices. Such factors collectively leaves severe consequences like impaired cognitive development, reduced economic productivity and increase healthcare costs. There is a great need of solutions to address all those factors that contributes in causing malnutrition.