

English Essay

Date _____

Malnutrition in Pakistan:
Causes and Consequences.

Outline

(1) Introduction

Thesis: Malnutrition has turned to be a dangerous problem for Pakistan. The statistics suggested by UNICEF show that almost 44% of Pakistan's children are stunted, almost 17% of the population faces acute malnutrition, and 33% of the population is underweight. Such a situation is very alarming for any country. There is a dire need for immediate actions to deal with this issue, so that the population of Pakistan ~~part~~ can participate in the economy with healthy bodies and active minds.

(2) Defining Malnutrition.

(3) Overview of Malnutrition in Pakistan.

(4) Causes of Malnutrition.

- (a) Poverty limits ^{the} access to healthy options.
- (b) Droughts and Floods destroy livelihood of people.
- (c) Lack of awareness about healthy eating.
- (d) Inflation: Price hike of proteinous options.
- (e) Eating disorders due to diseases.

⑤ Consequences

(a) Diseases

- (i) Stunted Growth
 - (ii) Rickets
- (b) weak and Inactive labour and leadership.
- (c) Increased women sufferings
- (d) Psy. Psychological Problems

(6) Way Forward.

(a) Government Initiatives.

- (i) School lunch
 - (ii) Milk Pockets
- (b) NGO involvement.
- (c) Awareness of Healthy diet.
- (d) Providing better medical facilities.

(7) conclusion.

The Essay

A country's future is not secure when most of the population is not physically active and not mentally sound. An active and energetic population is considered to be the life blood for the progress and prosperity of a nation. An unhealthy population comprising a comprised of stunted growth, fragile posture, and weak minds, is a liability all on the other hand. Such a liability is known as malnutrition in medical science. Pakistan falls in

the category of very few countries who face severe challenge of malnutrition. In fact, the phenomenon has taken an alarming turn. The UNICEF data has some shocking facts about malnutrition. According to it, 44% of the children in Pakistan are stunted, almost 17.7% of the population faces acute malnutrition, and almost 33% of the population is underweight. This is an alarming situation for Pakistan. There is a dire need for immediate actions to deal with this issue. It is very pertinent to ensure a healthy population in the country so that it hold the reins of future with ^{bright} vision and ~~eyes~~ full capacity.