

Date: 1-1-2025

Day: \_\_\_\_\_

Q-1

Malnutrition in Pakistan: Causes & Consequences

### Outline

#### (1) Introduction

- (a) Opening
- (b) Outline reflections
- (c) Thesis statement-

#### (2) Causes of Malnutrition

- (A) Poverty
- (B) Poor diet
- (C) Food insecurity
- (D) Inappropriate lifestyle
- (E) Preventing breastfeeding
- (F) Junk Food

#### (3) Consequences

- (A) Growth Retardation
- (B) Weak immune system
- (C) Behavioral disorders
- (D) Daily routine impacted
- (E) Labour issue: Mother & child life risks
- (F) Healthcare cost increased

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(4) Reduction in work capacity

(4) Conclusion

## INTRODUCTION

Malnutrition is a global health issue, despite being an agricultural country Pakistan suffers it in a rank. It is a big challenge to this society's health, economics, education and productivity. Pakistan struggles with this issue with high rates as shown by national nutrition survey.

It is the problem caused by poor diet, low taking of complete biomolecules, poverty and many factors. It is important to revealed by National Nutrition Survey, to overcome this challenge and get better results. This affects more as not seen.

Malnutrition is combined drive of socio-economic system, cultures politics and affects badly in a whole life circle.