

# Malnutrition in Pakistan: Causes and Consequences

## Outline

### 1) Introduction:

- \* Hunger is a persisting challenge in undeveloped countries around the world
- \* Pakistan ranks poorly in terms of malnutrition globally.
- \* Inflation, high cost of living and scarcity of food are <sup>the</sup> ~~an~~ major causes of malnutrition
- \* Pakistan is facing extreme consequences from child mortality to child stunting

### 2) Current situation in Pakistan:

- \* Pakistan ranks 10th on the Global Hunger Index indicating serious hunger level
- \* ~~20~~ Approximately 20% of the population faced undernourishment

3)

\* Around 33% of children are underweight.

### 3) Causes of Malnutrition in Pakistan

3.1 Inflation and increased food prices

3.2 High cost of living and food insecurity

3.3 Inadequate healthcare facilities

3.4 Scarcity of essential food crops

3.5 Lower agricultural productivity

3.6 Reduced income and economic instability

3.7 Poor quality of food and lack of essential nutrients

### 4) Consequences of Malnutrition in Pakistan

4.1 Stunted growth among children

4.2 Increased children mortality rate

4.3 Increased vulnerability



- to infections and diseases
- 4.4 Loss of pregnancies and birth of undernourished babies
  - 4.5 Cognitive and physical developmental delays
  - 4.6 Decreased workforce productivity and economic losses

## 5) Addressing malnutrition in Pakistan:

- 5.1) Subsidizing essential food items
- 5.2 Strengthening food supply chains and agricultural produce
- 5.3 Expanding food programs to support vulnerable population
- 5.4 Access to clean water and hygienic conditions
- 5.5 Curb inflation and increase income and wages

6)

Conclusion:

\* The hunger situation in

Pakistan is alarming with children being the most vulnerable

- \* Financial, economic and social causes deteriorating the situation
- \* Effective governmental policies and implementation needed to curb the severe consequences.

In the present world, underdeveloped countries face many challenges that the developed countries have overcome long time ago. Hunger is one such persisting challenge for underdeveloped countries around the world. Pakistan, too faces this global challenge. It ranks very poorly in terms of hunger and malnutrition in global standing. Pakistan ranks 100<sup>th</sup> on the Global Hunger Index presenting severe hunger crisis in the country. With



a big portion of the population facing undernourishment and children being stunted. Pakistan faces severe consequences. From increased mortality rate to spread of diseases, loss of pregnancies and undernourished babies to delayed physical development, Pakistan is facing difficult challenges. There are a number of reasons behind the hunger and malnutrition in the country. Some of them being poverty, increased inflation, scarcity of food items, inadequate health facilities, poor food quality and insufficient income. Effective policies are required to abate the situation from getting worse.