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# Malnutrition in Pakistan: Causes and Consequences.

## Thesis statement:

Malnutrition is a prevailing problem in Pakistan. It is caused by various political, economic, social and other factors. Resultantly, multiple consequences people are facing multiple consequences. Therefore, certain measures are required to deal with malnutrition in Pakistan.

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# Outline.

## I. Introduction

## II. Causes of malnutrition in Pakistan:

A. Lack of ambitious health policies

e.g. diverted political priorities

B. Inflation and High taxes

e.g. Skyrocketing price of basic food items.

C. Lack of equitable access to health care

e.g. Absence of even primary care hospital in rural areas

D. Negligence of health due to limited awareness in masses

e.g. Ignorance about balanced diet.

E. Poor regulation of personal eating habits

e.g. Use of junk food

F. Food insecurity due to natural disasters

e.g. Destruction of wheat crops in Flood, 2022.

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### III. Consequences of malnutrition in Pakistan:

- A. High maternal mortality rate
- B. Increase in infant mortality
- C. Greater ratio of child diseases.
- D. Increased health risks due to obesity and over-eating
- E. Unhealthy and inefficient workforce.
- F. Poverty elevation due to expensive treatments.

### IV. Some suggested measures to combat with malnutrition in Pakistan:

- A. Financial support to low income households
- B. Equitable access to health care services
- C. ~~Ad~~ Health awareness programs in remote areas

### V. Conclusion.

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World is entering into a revolutionary phase of technological transformation. Every nation state on this updating planet is in a race of technological upgradation. However, developing nations are still surrounded by the dark cloud of basic problems. One such grave issue is malnutrition which is still prevalent in multiple struggling countries. Pakistan is also included in the list of these countries, striving against malnutrition. In Pakistan malnutrition is the result of weak health care policies coupled with high inflation and taxes. The people in Pakistan are unable to access basic health care services. In addition, mass ignorance about health care leads to negligence of health and poor regulation of eating habits. Moreover, natural disasters cause food

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insecurity in the country. As a result, Pakistan is facing the challenges ~~at~~ challenges of high maternal and infant mortality along with increased ratio of child diseases. Furthermore, health risks multiply in obese population. All of this results into ~~into~~ inefficient workforce and poverty elevation due to expensive treatments. However, financial support to poor families, equitable access to health care and mass awareness could reduce the crisis of malnutrition upto a significant extent. In fact, malnutrition is caused by various factors due to which people are facing multiple challenges in Pakistan.