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Malnutrition in Pakistan: cause and consequences

② Outline

① Introduction:

Indeed, malnutrition is a significant problem in Pakistan, stemming from multiple causes and resulting severe consequences. It can be addressed through some pragmatic measures.

② Major causes of malnutrition in Pakistan:

- i) Poverty and weak socio-economic condition
- ii) Poor hygiene and sanitation mechanism
- iii) Rise of uncontrollable food insecurity.

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- iv) Illiteracy and lack of awareness among public
- v) Risk of natural disasters and climate change
- vi) Inadequate policies and governance issues regarding food safety
- vii) Insufficient micronutrient supplementation programs

(3) Severe consequences of malnutrition in Pakistan:

- i) Foster the spreading of chronic diseases
- ii) Increase in child mortality rate
- iii) Stunted growth and weak mental condition of the people
- iv) Aggravating aging process

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ii) Hinders strategic development goals (SDGs)

v) Exacerbates poor academic performance of children

vi) Recycle weak socio-economic conditions of the public.

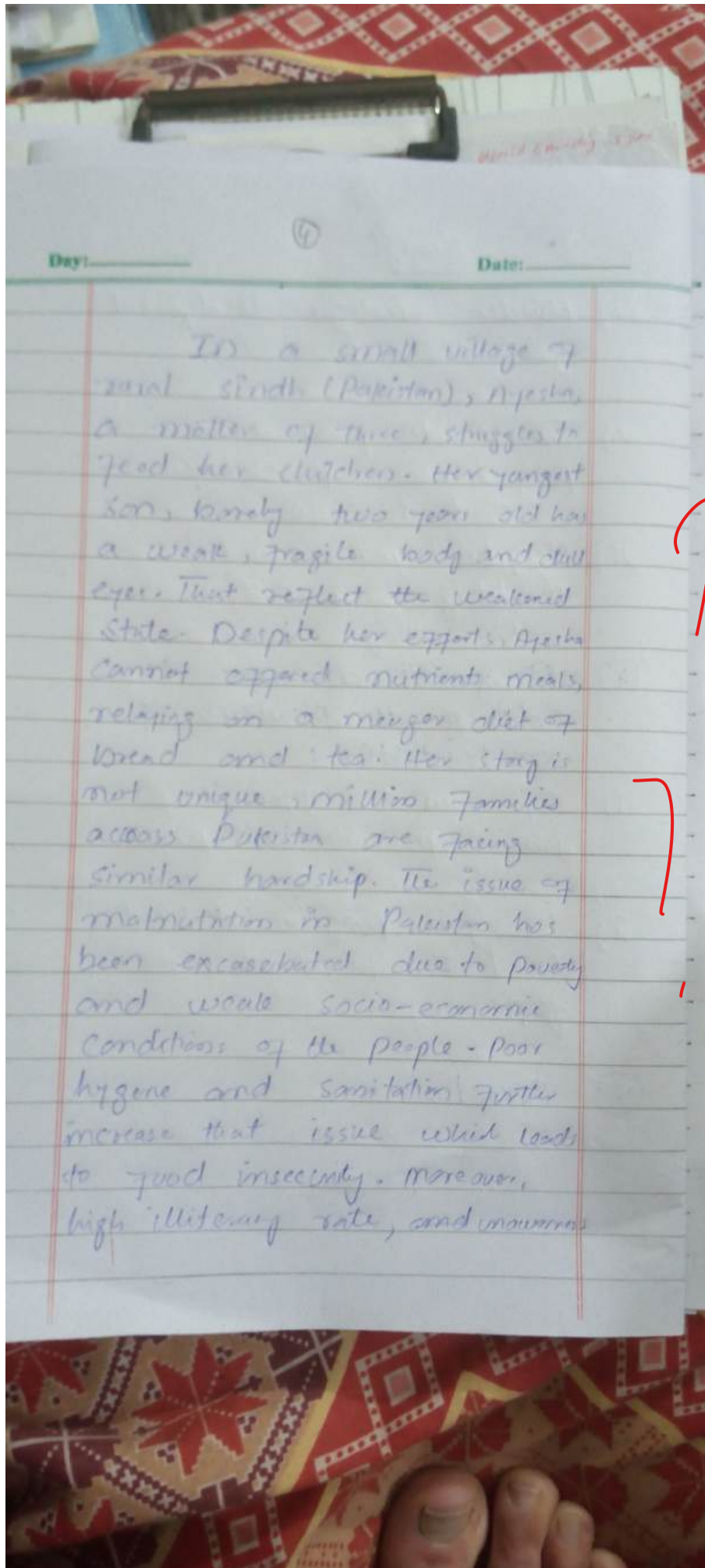
④ Pragmatic measures to address the problems of malnutrition:

i) Government effort to provide jobs opportunities to public

ii) Designe program at local level to fulfill the nutrition gap.

⑤ Conclusion:

productivity & capacity of natural resources



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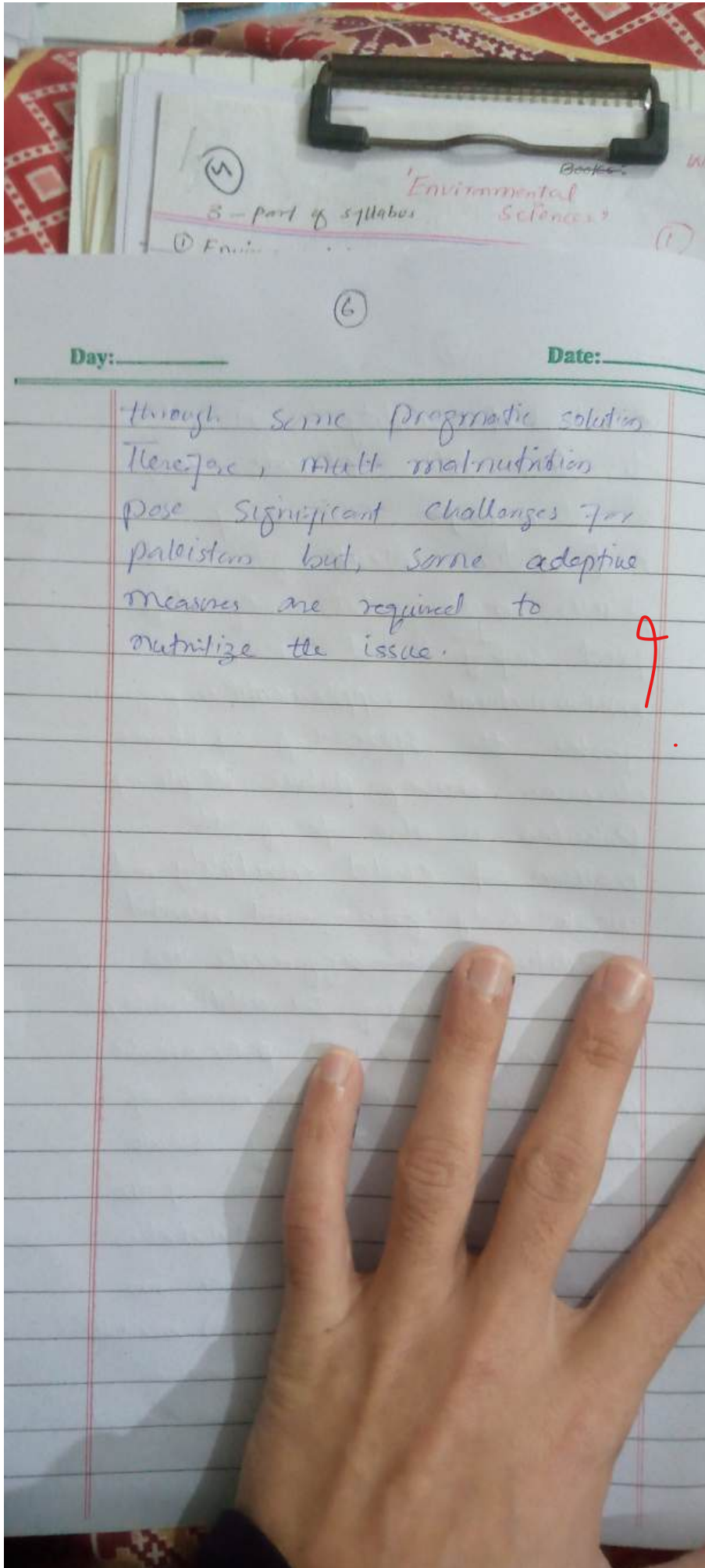
In a small village of rural Sindh (Pakistan), Ajeeta, a mother of three, struggles to feed her children. Her youngest son, barely two years old has a weak, fragile body and dull eyes that reflect the weakened state. Despite her efforts, Ajeeta cannot afford nutritious meals, relying on a meager diet of bread and tea. Her story is not unique, millions of families across Pakistan are facing similar hardship. The issue of malnutrition in Pakistan has been exacerbated due to poverty and weak socio-economic conditions of the people. Poor hygiene and sanitation further increase that issue which leads to food insecurity. Moreover, high illiteracy rate, and numerous

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and vulnerability to natural disasters like climate change are the major cause of malnutrition. Inadequate government policies implementation regarding food safety and insufficient micronutrient supplementations programs foster the spreading of chronic diseases among public. People of Pakistan is also facing the problem of child mortality and weak body growth and mental condition, which aggravate the process of aging. In addition to, it hinder SDGs, & exacerbate poor academic performance of children and recycling create socio-economic condition of the public. Indeed, malnutrition is a significant problem in Pakistan, stemming from multiple causes and resulting severe consequences. It can be addressed



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through some pragmatic solution.
Therefore, malnutrition pose significant challenges for paleoists but, some adaptive measures are required to utilize the issue.

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