

Topic: Malnutrition in Pakistan: Causes and Consequences

OUTLINE

1. Introduction

Thesis statement: Malnutrition remains one of the most pressing issues in Pakistan. There are several causes behind malnutrition, which have severe consequences on people's health and well-being. A comprehensive way forward is needed to address the causes of malnutrition in order to avoid its critical consequences.

2. Defining the term 'malnutrition'

3. Causes of malnutrition in Pakistan

a) Adulteration in food for

personal gains or to deceive someone

b) Poverty - making people unable to buy food

c) Unawareness among public regarding nutritious diet

c) Inflation; cost of quality food being high

d) Flawed policies and inefficient food quality checks

e) Poor Sanitation; contaminated water sources and lack of proper waste disposal

9. Consequences of malnutrition on Pakistan

3/5
a) Increased risk of disease and infection

b) Poor digestion and weakened immune system

c) Stunted growth in children, delayed physical development and low body weight

d) Hair and skin problem - fall of hair and deteriorated skin health

e) Fatigue and inactivity; lack of energy and reduced physical performance

f) Reduced workforce productivity and poor cognitive development

5. Way forward; addressing the root cause of malnutrition in Pakistan

1) Introducing strict law regarding food adulteration to ensure nutritious food

2) Spreading awareness among public about the importance of nutrient-rich diet

3) Improving sanitation system and policies related to nutritious food

6. Conclusion

In 1947, as Pakistan gained its independence, the nation faced the challenge of rebuilding and nourishing its population. Despite the vast agricultural resources of the country, 77 years later, Pakistan continues to struggle with malnutrition. The vision of prosperity has been hindered by the persistent issues of hunger and undernutrition. A powerful reminder of this is the 1970s famine in East Pakistan (now Bangladesh), where food insecurity contributed to the tragic events of the separation. Decades later, millions of Pakistan's children still suffer from malnutrition, proving that this battle against hunger is not just a historical struggle, but a continuous fight that haunts the nation's future.

Therefore, causes of malnutrition are adulteration, poverty, lack of awareness, inflation, flawed policies of food, and poor sanitation. These causes result into dire consequences of increased diseases, poor digestion, stunted growth in children, hair and skin problem, fatigue, reduced workforce productivity, demanding a solid solution.

In short, malnutrition is one of the most pressing issues in Pakistan. There are several causes behind malnutrition, which have severe consequences on people's health and well-being. A comprehensive way forward is needed to address the causes of malnutrition in order to avoid its critical consequences.

Causes

- ① Poor sanitation
- ② adulteration in food
- ③ Poverty - making people unable to buy food
- ④ Inflation - cost of quality food being high
- ⑤ unawareness among public
- ⑥ Flawed policies - Food authority

Malnutrition in Pakistan

Consequences

- ① Stunted growth
- ② hair and skin problem
- ③ Poor digestive system
- ④ weak immune system
- ⑤ Increasing disease and infection
- ⑥ Fatigue and inactivity
- ⑦ Reduced workforce productivity

Way Forward

- ① Laws regarding food adulteration
- ② Awareness among public -
- ③ Solid policies and proper sanitation system