

## Malnutrition in Pakistan: Causes and Consequences

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**Thesis Statement:** Malnutrition is a complex challenge to Pakistan. It has been caused by various social, economic and environmental factors, and has resulted in severe consequences. However, various measures can be used to mitigate the problem.

### Outlines:

- I. Introduction
- II. Current Situation of Malnutrition in Pakistan — an Overview
- III. Causes of malnutrition in Pakistan:
  - A. Inefficient working of public welfare institutes
  - B. Pathetic healthcare system of country
  - C. Hostile attitude of public towards government initiated programs
  - D. Absence of long-term planning policies
  - E. Mismanaged allocation of resources
  - F. Unfair priorities of government spending

G. Injustice towards allocation of wages

H. Impacts of climate change on the health of child

I. Impacts of mother's deficiencies on baby's health

J. Effects of war on the impoverished areas

K. Absence of devolution of power at local government level.

L. Idealistic promises of political leaders compromising fundamental rights of citizens

#### IV. Consequences of Malnutrition in Pakistan:

A. Pathetic lifestyle of children

B. Increased trend of social disorganization

C. Delayed motor and cognitive development of child

D. Direct loss of human capital

E. Enhanced rate of economic gap

F. Continued trend of poverty

G. Rise in the level of illiteracy

#### V. Some suggested measures to mitigate malnutrition, in Pakistan:

A. Community based programs to provide proper

modification to affectives.

- B. Enforcement of fundamental laws of individuals as provided by constitution
- C. Increase awareness regarding hazardous effects of malnutrition.

### VII. Conclusion

While walking through the streets of Lahore, it was noticed that the streets were filled with children playing cricket. They were very smart and skinny, but they they were smiling and having fun. One little boy tried to hit the ball, but fell down instead. Getting up, brushing himself off, and grinning, the comment he made, "Not weak, just on a special diet!" The other kids laughed, and it was a funny moment, but it also showed a bigger problem that needed attention - the state of malnutrition in Pakistan. Pakistan being an agricultural country, face this serious problem. The absence of long term planning, inefficient public welfare institutes, pathetic system of healthcare, and hostile attitude of public towards government policies, contribute to enhanced job of malnutrition. Moreover, the disturbed ratio of resource allocation to population size also leads to inflation. Furthermore, the impact of material deficiencies on child, idealistic promises of political leaders and absence of devolution of powers

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to local government contribute to malnutrition in Pakistan. Consequently, the affected child has a pathetic lifestyle, and increased level of poverty and illiteracy in society. Moreover, it contributes to the direct loss of human capital and also widens the economic gap. Therefore, community based program, provision of fundamental laws, and rise of awareness of consequences of malnutrition in Pakistan. Infact, the current situation of malnutrition in Pakistan is very ~~se~~ destructive. It has been caused by various social, economic and environmental factors, and has resulted in severe consequences. However, some suggested measures can contribute to mitigate the problem.