

TOPIC:

Malnutrition In Pakistan: Causes and Consequences

OUTLINE:

- Thesis Statement: Malnutrition in Pakistan stems from socio economic disparities and inadequate health policies resulting in severe consequences on country's progress. However, proper measures can mitigate this issue.
- 1 Introduction
 - 2 Malnutrition as a national issue.
 - 3 Causes of malnutrition in Pakistan.
 - a) Poor health facilities availability in remote areas: Government Policy failure
 - b) Rise in Poverty due to economic crisis in Pakistan
 - c) Food insecurity and poor Sanitation as major causes
 - d) Deficiency of adequate nutrition in Mothers: Maternal Malnutrition
 - e) Presence of chronic illnesses such as Tuberculosis
 - f) Lack of awareness in society
 - g) Poor dietary practices: Increased use of processed food.
 - 4) Consequences of malnutrition in Pakistan
 - a) Deteriorated global image of the country
 - b) Huge economic burden: Increased

Cost of healthcare

- c) Health issues: birth defects in children, cognitive impairment
- d) Increased mortality rate: Maternal and child mortality.
- e) Deepen social inequalities in vulnerable communities
- f) Psychological issues in the youth
- g) Affecting educational system: Increased drop outs, low literacy rate and skill development

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Remedies to curb the issue of Malnutrition in Pakistan

- a) Implementation of strict policies for nutrition and food safety and distribution
- b) Addressing poverty by promoting employment and social protection programs.
- c) Spreading awareness about disastrous consequences of Malnutrition

6-

Consequences.

ESSAY:

In a small village of Pakistan, Fatima, a five year old girl struggles to walk to school everyday. Her frail body, weakened by constant hunger, tells the silent story of the country battling a hidden crisis. Her story is not unique but represents the harsh reality of faced by millions suffering from malnutrition - a challenge that goes beyond hunger to impact health development and the future of nation. There are various causes of malnutrition such as inadequate health facilities, economic crisis, food insecurity, poor sanitation, maternal malnutrition, chronic illnesses, poor dietary practices and lack of awareness. As a result it leads to severe consequences including deteriorated global image of country, huge economic loss, health issues, increased mortality rate, social inequalities, psychological issues among youth and decreased literacy rates. However by taking certain measures such as implementing strict government policies, addressing poverty and spreading awareness regarding malnutrition can curb the issue.

of malnutrition from the country. Malnutrition in Pakistan stems from socio economic disparities and inadequate health policies resulting in severe consequences on country's overall growth. However by taking proper measures this issue can be resolved.

Brainstorming

Malnutrition in Pakistan: Causes and Consequences

(17) - 3

Causes (7)	Consequences (7)	Remedies
Poor healthfulnut	GPEST	
① Poverty → ↑ ^{use} ↓ ^{availability}	① Global <u>un</u> age	① Strict Governance policies ^{regard}
② Inadequate resources	② mortality rate ↑	② Awareness ^{clean water to}
③ Lack of awareness in pregnant mothers	③ Birth defects / diseases	③ Curbing Poverty
④ Inflation Maternal malnut	④ huge economic burden	
⑤ poor ^{low} quality food ^{food insecurity}	⑤ social inequalities	
⑥ Poor life style ^{sanitation}	⑥ cognitive impairment	
⑦ Chronic illness	⑦ psychological issues	

Crunch paragraph:-

~~Existence~~ ^{Overview} of malnutrition as a national issue

issue