

## English Essay (T-1)

### 1: Malnutrition in Pakistan

### Causes and Consequences

### Outline

#### 1. Introduction

(Malnutrition in Pakistan is driven by systemic issues such as food insecurity, inadequate health-care, poor breastfeeding practices, climate change, and sanitation deficiencies. This multi-dimensional crisis exacerbates child mortality, stunted growth, chronic diseases, economic stagnation, and hinders the country's socio-economic development).

#### 2. Understanding Malnutrition in Pakistan by Definition and its Scope:



### 3. Major Causes of Malnutrition in Pakistan:

#### (3.i) Poverty and Food insecurity as Root causes of Nutritional Deficiencies

(According to the World Bank 2023, around 21 million people in Pakistan are facing severe food insecurity)

#### (3.ii)

#### Inadequate Healthcare Services contributing to Malnutrition in Pakistan.

(According to WHO (2023), Pakistan has a maternal mortality rate of 140 deaths per 100,000 live births, reflecting the poor state of maternal healthcare)

#### (3.iii)

#### Exclusive Breastfeeding Practices as key Drivers of malnutrition.

(Only 37 percent of infants under six months are exclusively breastfed, falling short of global



recommendations (UNICEF, 2023)).

(3. iv)

Climate Change and Environmental Factors Driving Malnutrition in Pakistan

(In 2022, Pakistan's wheat production dropped by approximately 20 per cent due to excessive rainfall during the harvesting season. (FAO, 2022))

(3. v)

Poor Sanitation and Hygiene Practices as Contributing Factors in Deficiencies of Nutritions.

(The World Health Organization (2023) reports that nearly 30 per cent of Pakistan's population is at risk from waterborne diseases due to poor sanitation and hygiene).

4. Underlying Consequences of Malnutrition in Pakistan:

(4. i) High Rates of child Mortality and Morbidity as Major consequences of Malnutrition



(Approximately 100,000 children under the age of five die annually in Pakistan due to malnutrition related causes such as diarrhoea and pneumonia (UNICEF, 2023).

(4.ii)

Stunted Growth and Development Due to Nutritional Deficiencies

(4.iii)

Malnutrition Leading to Increased Risk of Chronic Disease in Adulthood.

(4.iv)

Lower Economic Productivity Resulting from Malnutrition.

(4.v)

Malnutrition causing weakened immune system and increased vulnerability to Diseases



## 5- Policy Recommendations for Reducing Malnutrition in Pakistan.

(5.i) Strengthening Maternal and Child Nutrition through The National Nutrition Program.

(5.ii) Improving Food Security and Access to Nutritious Food by Pakistan Food Security and Nutrition Project (PFSNP)

(5.iii) Improving Sanitation and Hygiene by The National Sanitation Policy (NSP).

(6) Conclusion



In a remote village in Pakistan, a mother named Amira struggles to feed her two children, one of whom was malnourished and constantly fell ill. Despite her best efforts, the lack of proper nutrition and healthcare led to her child's stunted growth, a fate shared by millions across the country. The heart-rending reality reflects a broader issue that has plagued Pakistan for years — malnutrition, which continues to devastate the lives of children and adults alike. With nearly 40 per cent of children under five suffering from stunted growth (UNICEF, 2023), Pakistan faces a crisis that is both preventable and devastating. The impacts of malnutrition are felt not only in individual health but also in the nation's economic productivity and development. Malnutrition in



Pakistan is driven by systemic issues and exacerbates in many ways. Only through comprehensive efforts can Pakistan hope to overcome this challenges and ensure a healthier future for its people.