

# Malnutrition in Pakistan: Causes and Consequences

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## 1- Introduction :-

### Thesis Statement :

Malnutrition is one of the biggest challenges that Pakistan is facing because of unawareness among individuals regarding balanced diet and structural injustices, leading to stunted growth and waste of human capital.

Prioritizing health of mothers, equitable resource distribution and equal economic opportunities can address the issue.

## 2- What is malnutrition?

## 3- Causes of Malnutrition :

3-1 Lack of awareness regarding balanced diet and unhealthy eating habits.

3-2 Women health is an forgotten challenge which leads to the birth of weak babies.

3-3 Unequal distribution of resources leaves the poor babies malnourished.

3-4 Inflation leads to price hike which makes food unavailable for low-income communities.

3.5 Food shortage crisis because of poor agricultural policies and hoarding makes food unavailable for all.

3.6 Climate change further impacts the agriculture sector exacerbating food crisis.

3.7 Political instability overshadows the real challenges leaving less focus of government on food and health.

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

4.1 Stunted growth and less developed mental faculties.

4.2 Malnutrition leads to weak immune system and overall poor health.

4.3 Malnourished workforce does not contribute to economic progress.

4.4 Divide between haves and have nots results in national disintegration.

4.5 Pakistan large young population becoming a liability for state.

4.6 Malnourished population fails to compete at global level.

5- Strategies to address the issue of Malnutrition :

5.1 Women health issues need to be addressed.

5.2 Provision of more economic opportunities.

5.3 Equal distribution of resources.

6- Conclusion :