

# 26<sup>th</sup> World Nutrition Congress

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## 15<sup>th</sup> Euro Obesity and Endocrinology Congress

June 17-18, 2019 London, UK

### Malnutrition and micronutrient deficiencies in Pakistan-a reappraisal of the challenges and opportunities

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Malnutrition paradoxically distresses a substantial population fraction in Pakistan. Reportedly, one third of the children under five-year age have been suffering from nutritional deficiencies. Present review aims to centralize the magnitude of the prevalence of malnutrition and micronutrients deficiencies (MND), associated health and economic losses, determinants for massive nutritional issues and plausible solutions such as micronutrients fortification and supplementation being viable and pragmatic approaches to subdue stunting, wasting, underweight, low birth weight, decreased cognitive performance, frequent infections, anemia, goiter, pregnancy and common health compilations. Data pertaining to the prevalence of MND and malnutrition in Pakistan were electronically searched from databases with relevant key words. A total of 96 full text papers were downloaded and 86 were selected on the basis of their relevance to evaluate the level of prevalence of MND and malnutrition amongst all population tiers especially children <5 years. The results showed that MND and malnutrition extensively prevailed in Pakistani communities with children under the age of five years and pregnant women being more vulnerable population fractions. In the face of many cost-effective approaches including salt iodization, iron and zinc fortification of wheat flour, vitamin A fortification of fats and oils and supplementation of vitamin A drops among infants, no significant reduction in MND has yet been achieved in Pakistan. Global efforts to initiate integrated plans, compelling advocacy, resolute moves and political commitment are needed to underpin the existing nutritional ecology and landscape in Pakistan.

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