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The effect of malnutrition and malnourishment on the youth of the world like South Asia, particularly in Pakistan

The aims of presentation consist of malnutrition, malnourishment, youth of the world, were studied and reported that malnutrition and malnourishment are the major source of the disease and death of the youth of the world like South Asia particularly in Pakistan. The study reported that malnutrition is the lack of proper nutrition, caused by not having enough to eat, not eating enough of the right things, or being unable to use the food that one does eat. It was also reported that malnutrition is a group of conditions in children and adults generally related to poor quality or insufficient quantity of nutrient intake, absorption, or utilization. According to WHO, Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients. The term malnutrition covers 2 broad groups of conditions. One is 'undernutrition'—which includes stunting (low height for age), wasting (low weight for height), underweight (low weight for age). The other one is micronutrient deficiencies or insufficiencies (a lack of important vitamins and minerals). The other is overweight, obesity and diet-related noncommunicable diseases (such as heart disease, stroke, diabetes and cancer) The WHO, 462 million people worldwide are malnourished, and stunted development due to poor diet affects 159 million children globally. WHO also reported that malnutrition is the gravest single threat to global public health. Globally, it contributes to 45 percent of deaths of children aged under 5 years. This study will focus mainly on under nutrition. Many families cannot afford or access enough nutritious foods like fresh fruit and vegetables, legumes, meat and milk, while foods and drinks high in fat, sugar and salt are cheaper and more readily available, leading to a rapid rise in the number of children and adults who are overweight and obese, in poor as well as rich countries.

Biography

Muhammad Usman is the Former Director General of Agricultural Research System, Government of Pakistan who retired from service after a spotless career of about 35 years with senior level experience on research and development of integrated agricultural production, food science. He is an Agricultural Scientist and established Prominent Agro Based Industries, Agro Based Industries and Consultancy SDN BHD in Malaysia and Foundation for Rural Development in Pakistan, with aim to work on integrated agricultural project for rural development through improvement in agriculture and consultancy services to the formers at Malaysia.

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