

Make Malnutrition a History an Opinion

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Malnutrition signifies to inadequacies, immoderations or imbalances in an individual's consumption of nutrients or energy. Malnutrition may harmfully alternate the child's learning ability and intellectual development subsequently, health and productivity in advanced life. Nutritional status of under-five children is one of the markers of household well-being and the determining factor of child survival. Protein energy malnutrition (PEM) is a leading health obstruction in developing countries and the significant risk factor for morbidity and mortality especially among under five years children. The improved and balanced nutrition therefore, is the main necessity for the reduction or eliminating of infant and under-five death rates, the reassurance of social and mental development and physical growth of children as well as co-curricular and extra-curricular achievement. Many international and government agencies are working to reduce the malnutrition and risk associated with them. Since last two decades studies exhibited globally identified lack or absence of exclusive breast feeding, deprivation of colostrum, introduce pre-lacteals, maternal illiteracy, low economic household's status and food insecurity are the potential and directly contributing factors associated with child malnutrition. However short preceding birth intervals, low level of mother's edification and deprived socio-economic status were recognized as the key risk factors of malnutrition. In under developed countries like Afghanistan and Pakistan a dietitian should be attached with the polio team so that the dietitian could done nutritional screening and identify the children who are at risk or have already suffering from wasting, stunting or underweight. Furthermore, to check the hallmarks of normal growth and development patterns among children under five years of age. The reason to attach the dietitian with polio team is that because they approach every eligible household. This intervention may could help to combat the malnutrition and lessen the financial burden on health care department of under development countries.

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