

WHAT

Pakistani adolescents

"Undernutrition is not eating... not eating good food"

"Overweight is anything when eaten in excess causes harm"

Pakistani adolescents note that experiencing emotional distress was related to nutritional status: "undernutrition is due to tension".

Pakistani adolescents feel peer pressured to eat unhealthy food. Family also appears to influence participants' food choices greatly.



According to them, weakness is an undesirable consequence of malnutrition: someone thin, fat or deficient in calcium or iron becomes weak and therefore falls ill.

This project is part of Dr Sara Estecha Querol's doctoral thesis. To find out more about it:



<https://warwick.ac.uk/fac/sci/med/about/centres/wcfgh/phdstudents/sequerol/>

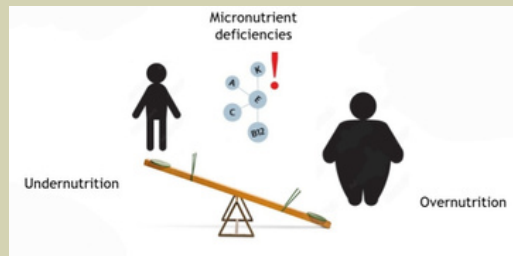
IS MALNUTRITION

The scientific community

Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients.

Adolescent malnutrition has three forms:

- Undernutrition: low weight for age.
- Overweight/obesity: high weight for age.
- Micronutrient deficiencies: lack of important vitamins and minerals.



Malnutrition is calculated using height and weight measurements as well as blood and urine tests.

Malnutrition is a very complex health issue which is present across all continents. It has multiple causes such as socioeconomic context and education as well as many consequences such as loss of productivity and higher risk of adulthood malnutrition.

FOR

IES Matarraña students

"Malnutrition is when a person has a lack of, or an excess of, food, nutrients, and vitamins that are necessary for our body and essential for having an optimal health".

IES Matarraña students noticed that malnutrition not only affects people physically (cardiovascular diseases, unhealthy weight, diabetes...) but also emotionally.



"Malnutrition depends on the country that you live in. If you live in a developed country, you will have access to lots of types of foods, but if you live in a developing country you don't have the same opportunities".

IES Matarraña students pointed out that malnutrition occurs because of unhealthy eating and poverty.

Thank you so much for participating in this workshop.

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