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Conference Abstract

ALLEVIATION OF HUNGER IN PAKISTAN THROUGH FOOD SYSTEMS STRATEGIES

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Abstract

There is evidence of continued food insecurity and malnutrition in Pakistan despite significant progress made in terms of food production in recent years. According to "Vision 2030" of the Planning Commission of Pakistan, about half of the population in the country suffers from absolute to moderate malnutrition, with the most vulnerable being children, women, and the elderly among the lowest income group. Improved food system strategies present valuations of the health and climate-change costs associated with current food consumption patterns, as well as the potential cost savings if food consumption patterns were to shift towards healthy diets that include sustainability considerations. In the coming decades, feeding the expanded global population nutritiously and sustainably will require substantial improvements to the global food system worldwide. The main challenge will be to produce more food with the same or fewer resources. Food security has four dimensions: food availability, food access, food use and quality, and food stability. Poor nations are highly vulnerable to climate change and are at high risk. There is a deficit of mineral micronutrients in global food systems, known as hidden hunger, especially in the global south.

Keywords: Population, Food stability, Healthy diet, Sustainable food

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Declaration

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