

# PAKISTAN MEDICAL ASSOCIATION



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Prof. Muhammad Ashraf Nizami

**Hon. President Elect**  
Dr. Ikram Ahmed Tunio

**Hon. Immediate Past President**  
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**Hon. Chairman E.B. JPMA**  
Dr. Sarwar Jamil Siddiqui

**Hon. Editor The Medical Gazette**  
Dr. Muhammad Nasir Sulaiman

November 16, 2018

## **PRESS CONFERENCE**

Dear Journalist Friends,

Thank you very much for your presence here to cover this important press conference. Today we are going to highlight three important issues regarding healthcare in our country.

### **1. Malnutrition in Pakistan:**

The foremost socio-economic problems faced by Pakistan i.e. Malnutrition. Major nutritional problems are low birth weight due to poor maternal nutrition, protein energy malnutrition, anemia, and iodine deficiency. National dietary guidelines for better nutrition have also been prepared to provide nutrition-related information for healthy living to the masses. The food fortification strategy has also been revised to take sustained action for overcoming micronutrient deficiency.

### **Reasons of malnutrition in Pakistan:**

- Insufficient or imbalanced nourishment, poor sanitary conditions and hygiene practices.
- High poverty rate.
- Political and economic instability
- Burden of refugees and internally displaced people
- Lack of political will and leadership, implementation and sustainability of health programs are under question mark?
- Population growth

### **Recommendations of PMA:**

1. The government needs to create a sense of ownership.
2. Capacity-building and skill development of the people at all level.
3. Development and use of nutritional surveillance system.
4. Cross-sectoral linkages (multisectoral approach)
5. Entire health care system will be made resilient to disasters (climate change, natural disasters, disease outbreak etc).

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## **2. Food Adulteration:**

Food adulteration is a serious threat to the health of people of Pakistan. Every edible product like water, milk, meat, juices, biscuits, flour, chili powder and many others are not fresh and pure but adulterated. Animals fodder is adulterated, vegetables are grown and washed with chemically contaminated water at time with industrial waste and fruits are ripened with chemicals.

The recent incident took place in Karachi in which 2 children died due to food poisoning after consuming substandard food. PMA is very much concerned and offer condolences, to aggrieved family. We should learn lesson from such incidents and make our food departments answerable for every kind of adulteration and quality of food items. We should make our food authorities more functional with having food laboratories and proper human resource to check adulteration and maintain the quality standards. Food departments should work on priority and regular basis to monitor and check every requirement regarding purity of food. Every food item that is soled weather in market or streets should be registered.

## **3. Pakistan Medical & Dental Council (PMDC):**

Pakistan Medical Association (PMA) has always stressed upon the need to resolve the issues of PMDC on priority basis. The negligence of the governments and the vested interest groups in PMDC has destructed the Medical Education in the country. We were expecting good change after the dissolution of PMDC but the present state of the affairs of PMDC is creating a lot of unrest and disillusion in the medical fraternity across the country.

We believe and demand that government should immediately dissolve adhoc committee and a true representative PMDC should be formed with the elected members after promulgation of an ordinance. We believe that the new government in Pakistan will give top priority to health, medical education, training and research in the country.

### **Speakers:**

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|--------------------------------|-------------------------------|
| 1. Dr. Muhammad Ashraf Nizami, | President PMA Centre          |
| 2. Dr. S.M. Qaisar Sajjad,     | Secretary General PMA Centre  |
| 3. Dr. Qazi Muhammad Wasiq,    | Treasurer PMA Centre          |
| 4. Dr. Khalil Mukaddam,        | President PMA Karachi         |
| 5. Dr. Abdul Ghafoor Shoro,    | General Secretary PMA Karachi |

