

MALNUTRITION IN UNDERFIVE CHILDREN: GLOBAL & INDIAN SCENARIO

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Abstract

Children are gifts from god. They represent the future and wealth of the nation. Though the country is blessed with natural resources and having high economy growth, the nation will never feel the real growth if the children are left behind malnourished. India has 1/3 of world's stunted children. Nutrition related factors contribute to about 45% of deaths in children under 5 years of age

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Introduction

Malnutrition is a manmade disaster which targets the small ones of the developing nation and it is one among the several factors accountable for high mortality and morbidity in underfive children. Developing countries are face challenges due to malnutrition in terms of severity and lack of awareness and solutions to restrain malnutrition. There are several international, national and voluntary organizations operational for the welfare of children.

What is Malnutrition?

Malnutrition is getting too little or too much of certain nutrients or faulty nutrition intake and unbalanced dietary intake by the children. It is very rightly defined by WHO that, *“Malnutrition refers to deficiencies, excesses or imbalances in a person’s intake of energy and/or nutrients”*.

It can happen in two forms.

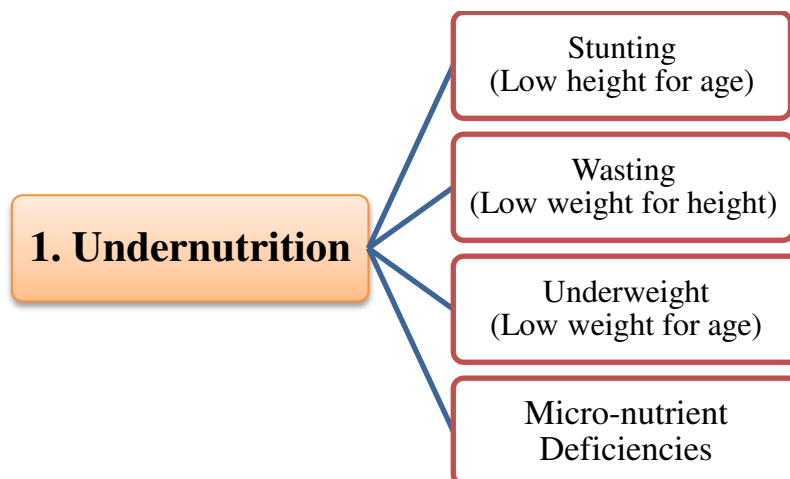


Figure 1: Forms of Undernutrition

The common perceptive of the population is that, malnutrition is only about undernutrition and showing inappropriate physical parameters. But it is high time to sense the maternal and paternal groups that poor nutrition not only causes the child malnourished and also over nourished.

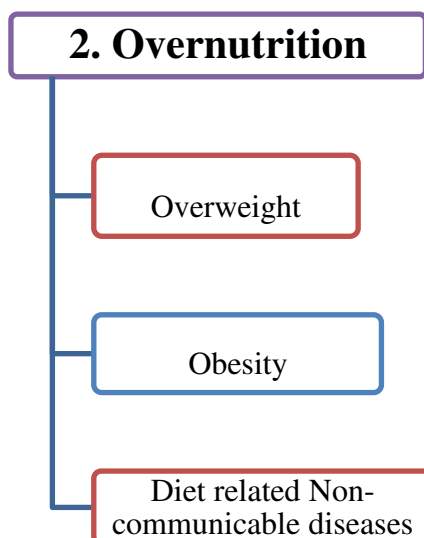


Figure 2 : Forms of overnutrition

TRIPLE BURDEN OF GLOBAL MALNUTRITION

Malnutrition is not a problem of one nation rather it is a worldwide issue. Reports say that the factors supply to the development of malnutrition can play a critical role and threatens the global children as triple burden disease.

1. Undernutrition (Underweight, stunted or wasted)
2. Overnutrition (Overweight, obesity)
3. Micronutrient deficiencies

WABA STATISTICS (World Alliance for Breastfeeding Action)

4. internationally 155 million children under five years stunted
5. 52 million children are identified as muscle wasted
6. 41 million children are overweight
7. 815 million people suffer from chronic food insecurity and malnourished
8. 7.6 million babies each year are not exposed to breastfeeding

Under five mortality 2018 - WHO

- 5.3 million under five child deaths globally
- 8.8.lakhs death in 2018 (India)
- 39 deaths per 1000 under five population
- It matches the global average (39 per 1000)
- 15,000 children under five die each day
- 1 in 26 children die before they reach age 5
- Fund allocated during the three year period is over Rs.9000 crore (India)

GLOBAL SCENARIO of Malnutrition

- Malnutrition is a Global issue and 15 to 20 contributing factors responsible for this.
- Malnutrition is the Main obstruction to the national development
- In order to curb the malnutrition Millennium development goals – 2000 was formulated by United Nations and implemented in all the countries.
- Sustainable development goals - 2015 also formulated to eradicate malnutrition and still countries are working on it.

MDG 2000 – UNITED NATIONS - Eight goals for the year 2015

- Eradicate poverty and hunger
- Universal primary education
- Gender equality
- Reduce child mortality
- Improve maternal health
- Environmental sustainability
- Develop global partnership for development
- Combat HIV/AIDS Malaria

GLOBAL STATISTICS OF MALNUTRITION

The population affected with malnutrition in various parts of the world

- Nigeria – 2 million (SAM)
- Cambodia – 42% (Acute & chronic Malnutrition)
- Ethiopia – 44% (SAM)
- Sudan – 1.3 million (SAM)
- Phillipines – 4 Million
- Kenya – 26% (Acute & severe)
- Uganda – 2.2 Million (stunted)
- Congo – 5 million
- Somalia – 1.2 million (Acute)

INDIAN SCENARIO OF MALNUTRITION

India is developing in all aspects and despite of all these progresses it couldn't fight enough with malnutrition

- Fast growing economy
- Science Advancement – launching Satellites
- Country has launched several Anti-Malnutrition programmes
- Adequate number of Anganwadi centres
- Supply of foods through Public distribution system (PDS) for people under BPL scheme
- Observing National nutrition week annually

But still India is ranked as risky in managing and preventing malnutrition among underfive children.

GLOBAL HUNGER INDEX

- India ranks **102nd** out of 117 qualifying countries globally
- With a score of **30.3**, India suffers from a level of hunger that is **serious**

GHI SCORE CRITERIA

Global hunger index is calculated by using the following criteria:

- Undernourishment
- Child wasting
- Child stunting
- Child mortality

UNICEF REPORT

The State of the World's Children Report - 2019

- Poor eating and feeding practices start in the earliest days of a child's life.
- Only 42 % of children under six months of age are exclusively breastfed.
- The report finds that close to 45 % of children between six months and two years of age not eating any fruits or vegetables.
- As children grow older their exposure to unhealthy foods becomes alarming.

FAO REPORT

- 194.4 million people i.e. 14.5% of our population is undernourished
- 20.8% of children under 5 are underweight
- 37.9% of children under 5 years of age are stunted
- 51.4% women in the reproductive age (15-49 years) are anaemic

REPORT BY NATIONAL FAMILY HEALTH SURVEY -4

More than 40 per cent of the children stunted in the following states of India

- Bihar,
- Madhya Pradesh,
- Meghalaya,
- Jharkhand,
- Uttar Pradesh and
- Dadra & Nagar Haveli

MALNUTRITION STATISTICS IN GUJARAT

Gujarat government stated in the state assembly on july 10th 2019

- The word KuPoshan (Malnutrition) has been verbalised
- 1,18,041 children are underweight
- Of these 24,101 are identified as severely underweight
- The tribal districts of dahod has reported with 14,191
- Narmada district is having 12,673 malnourished children
- Anand district has over 6000 malnourished children

CONCLUSION

Nutritional program launched by our Indian Prime Minister Shri. Narendra Modi recently pledged for a KuposhanMukt Bharat or Malnutrition-free India by 2022 and it is the responsibility of every citizen to help in achieving this goal. The government has also determined to mark September as the 'Poshan' (nutrition) Month with a goal to get better the nutritional status of children up to 6 years, adolescent girls, pregnant women and lactating mothers.

ABBREVIATIONS

MDG – Millennium Development Goals

WHO –World health organization

WABA - World Alliance for Breastfeeding Action

UNICEF – United Nations International children's emergency fund

FAO – Food and Agriculture organization

GHI – Global Hunger Index

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