

# World Hunger

Introduction



# Definitions

## ▶ Hunger

- The uneasy or painful sensation caused by lack of food

## ▶ Food Insecurity

- Exists whenever the availability of nutritionally adequate and safe food or the ability to acquire acceptable foods in socially acceptable ways is limited or uncertain

# Definitions

## ▶ Malnutrition

- Impaired development or function

## ▶ Undernutrition

- Inadequate intake, absorption, or utilization of nutrients

## ▶ Protein-Energy Malnutrition

- Extremely deficient intake of protein and calories often exacerbated by accompanying illness

# A Few Statistics

- ▶ “Hunger and malnutrition remain among the most devastating problems facing the majority of the world’s poor and needy people, and continue to dominate the health of the world’s poorest nations.”
  - Diet, Nutrition and the Prevention of Chronic Diseases, WHO Technical report Series 916

# A Few Statistics

- ▶ Nearly 30% of humanity are currently suffering from one or more of the multiple forms of malnutrition
- ▶ 60% of the 10.9 million deaths each year among children under age 5 in the developing world is associated with malnutrition

# A Few Statistics

- ▶ Iodine deficiency is estimated to affect more than 700 million people, most of them in less developed countries
  - The biggest preventable cause of brain damage and mental retardation worldwide
- ▶ Over 2000 million people have iron deficiency anemia

# A Few Statistics

- ▶ Vitamin A deficiency remain the single greatest preventable cause of needless childhood blindness and increased risk or premature childhood mortality from infectious diseases
  - 250 million children under age 5 have subclinical deficiency

# A Few Statistics

- ▶ Intrauterine growth retardation resulting in low birth weight affects 23.8% or approximately 30 million newborns per year
  - Influences growth, survival, and physical and mental capacity in childhood
  - Has major public health implications due to increase risk of chronic disease in adulthood

# A Few Statistics

- ▶ Food insecurity and undernutrition persist in the same countries where chronic diseases are emerging as a major epidemic.
- ▶ The obesity epidemic is being seen globally, along with the chronic diseases that accompany it.

# A Few Statistics

- ▶ In 5 out of the 6 regions of WHO, deaths caused by chronic diseases dominate the mortality statistics
- ▶ 79% of all deaths attributable to chronic diseases are already occurring in developing countries

# A Few Statistics

- ▶ “Diseases of affluence” not a correct name for chronic disease
  - Are rapidly emerging both in poorer countries and in the poorer population groups in richer countries
- ▶ A major public health threat

# Position of WHO

- ▶ “The two facets of nutrition-related problems (undernutrition and chronic diseases) need to be brought together and treated in the context of the whole spectrum of malnutrition.”
- ▶ “The provision of safe and nutritious food is now recognized not only as a human need but also as a basic right.” report 916