



Signs and prevention of malnutrition

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Prevention of Malnutrition

Children who are always falling sick, tired easily and slow in understanding may be suffering from malnutrition. A child is especially prone to the dangers of malnutrition from the time of its conception till two years of age. This is a very important period for overall long-term growth. Poor nutrition starts before birth, generally continues into adolescence and adult life and can span generations. It is often irreversible. In order to avert irreversible cumulative growth and development deficits that compromise maternal health, child health and survival, it is critical to prevent under nutrition as early as possible, across the life cycle. Just as a dead plant cannot revive into a lush tree and grow normally without proper care and nourishment like soil, water, fresh air and sunshine so too a child cannot develop into a healthy adult without proper care and nutrition. Just as a damaged clay pot cannot be corrected after it is already set, the health of a child who has been a victim of malnutrition in its early stages of life cannot be fixed.

Objective

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The purpose of this video is to create awareness about the signs and alarming consequences of malnutrition and to encourage the community to take action and explains simple things one can do to prevent malnutrition. It is intended for the community at large.

Source: Ministry of Women and Child Development, Government of India with active support from UNICEF and other development partners

Source: https://data.vikaspedia.in/short/lc?k=XyrAGl-lvyH_ffgDJbcJng

