

Hunger is a feeling common to any human and any animal who lives in this planet. Each and every one of us know how it feels. World hunger refers to hunger aggregated to the global level. It is also known as food insecurity and malnutrition.

There is more than enough food produced in the world to feed everyone on the planet. Yet more than 820 million people worldwide go to bed hungry each night. After steadily declining for a decade, world hunger is on the rise, affecting 11 percent of global population. There were an estimated 775 million undernourished people in 2014 – a record low - but that number increased to 820 million in 2018.

Small farmers, herders, and fishermen produce about 70 percent of the global food supply, yet they are especially vulnerable to food insecurity. Poverty and hunger are most acute among rural populations.

An estimated 17 million children under the age of five worldwide suffer from severe acute malnutrition, also known as severe wasting, yet only 20 percent of severely malnourished children have access to lifesaving treatment.

Hunger is strongly interconnected with poverty, and it involves interactions among a list of social, political, demographic, and societal factors. People living in poverty frequently face household food insecurity, use inappropriate care practices, and live in unsafe environments that have low access to quality water, sanitation, and hygiene, and inadequate access or availability to health services and education, all of which contribute to hunger.

Weather-related events, in part associated with climate change, have also impacted food availability in many countries and thus contributed to the rise of food insecurity. Economic downturns in countries dependent on oil and other primary-commodity export revenues has also affected food availability and decreased people's ability to access food.

There are different organizations working on projects to control or even end the world hunger. They have identified some short and long term solutions for the matter.

Improving agriculture to boost incomes. The extreme poor often rely on farming for their livelihoods. Farming empowers families to gain control over their own food source.

Food donations. Although ideally it would be better to get the entire world to a place of self-sustainability, it is not something that will happen overnight. In the meantime, it is important to lend a helping hand. The impact of donations, both cash and food, have had an immense impact on world hunger.

Access to education. Education is the best weapon against poverty and hunger. It is especially powerful in underdeveloped countries. Education means better opportunity and more access to income and food. Additionally, some countries have food-for-education programs where students are given free food for coming to school.

Social change. This is extremely hard and will not take place overnight. However, many social issues, such as war, pose a fundamental problem to halting world hunger. Ideally, this will happen when world's powerful countries choose to focus on solving these issues instead of exacerbating them. However, this can only start when people in developed nations begin to care about those issues as well and pressure their governments to be productive in ending conflict.

Another thing we all can do is stop wasting food. While some countries are suffering from food starvation other countries dispose food as waste in metric tons per day. That's simple thing we can do, managing our buying and cooking of food.

By paying attention to these solutions we may have a chance at ending world hunger.

Thank you.