

/by do we need to address malnutrition?

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Why do we need to address malnutrition?

KEY FACTS RELEASED BY WHO:

- Welcome

- Malnutrition, in all its forms, includes undernutrition (wasting, stunting, underweight), inadequate vitamins or minerals, overweight, obesity, and resulting diet-related noncommunicable diseases.
- 1.9 billion adults are overweight or obese, while 462 million are underweight.
- Globally in 2020, 149 million children under 5 were estimated to be stunted (too short for age), 45 million were estimated to be wasted (too thin for height), and 38.9 million were overweight or obese.
- Around 45% of deaths among children under 5 years of age are linked to undernutrition. These mostly occur in low- and middle-income countries. At the same time, in these same countries, rates of childhood overweight and obesity are rising.
- The developmental, economic, social, and medical impacts of the global burden of malnutrition are serious and lasting, for individuals and their families, for communities and for countries.



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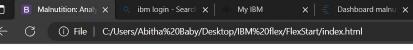
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VARIOUS FORMS OF MALNUTRITION

Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients. The term malnutrition addresses 3 broad groups of conditions:

- undernutrition, which includes wasting (low weight-for-height), stunting (low height-for-age) and underweight (low weight-for-age);
- micronutrient-related malnutrition, which includes micronutrient deficiencies (a lack of important vitamins and minerals) or micronutrient excess; and
- overweight, obesity and diet-related noncommunicable diseases (such as heart disease, stroke, diabetes and some cancers).



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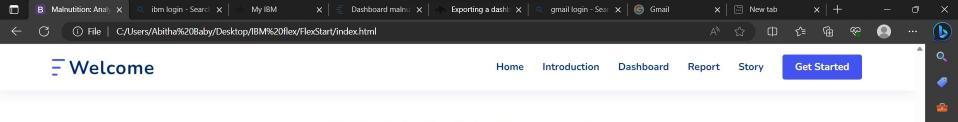
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A Quick Guide for you!

KEYWORDS

- Wasting:
 - Low weight-for-height is known as wasting.
- Stunting:

Low height-for-age is known as stunting.

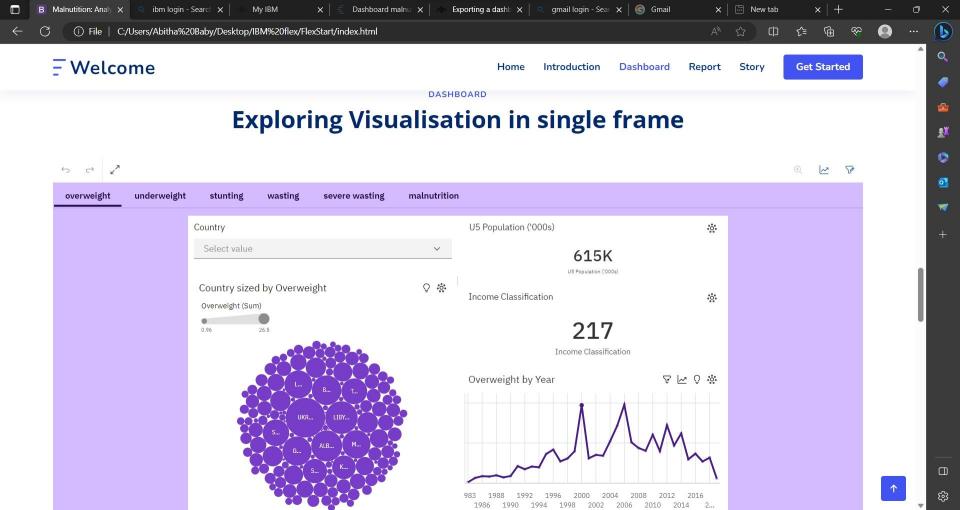
· Underweight:

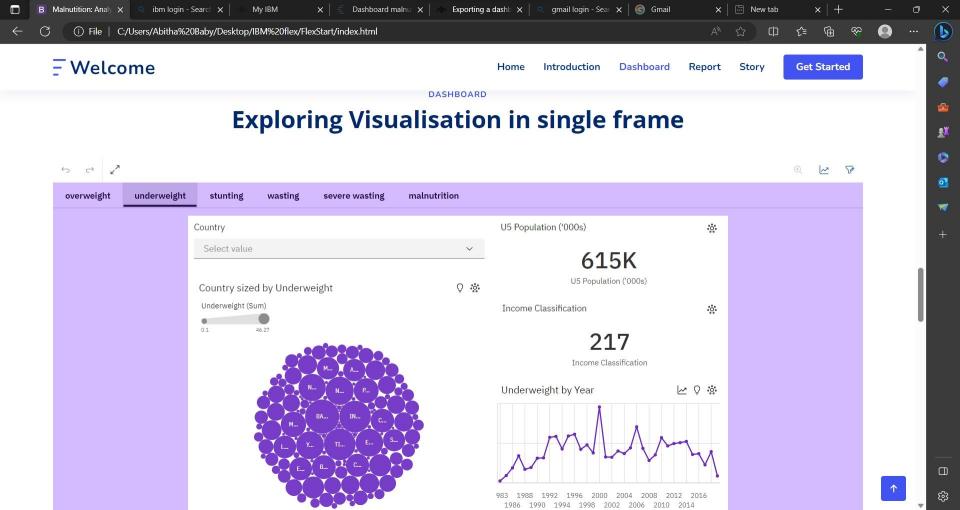
Children with low weight-for-age are known as underweight.

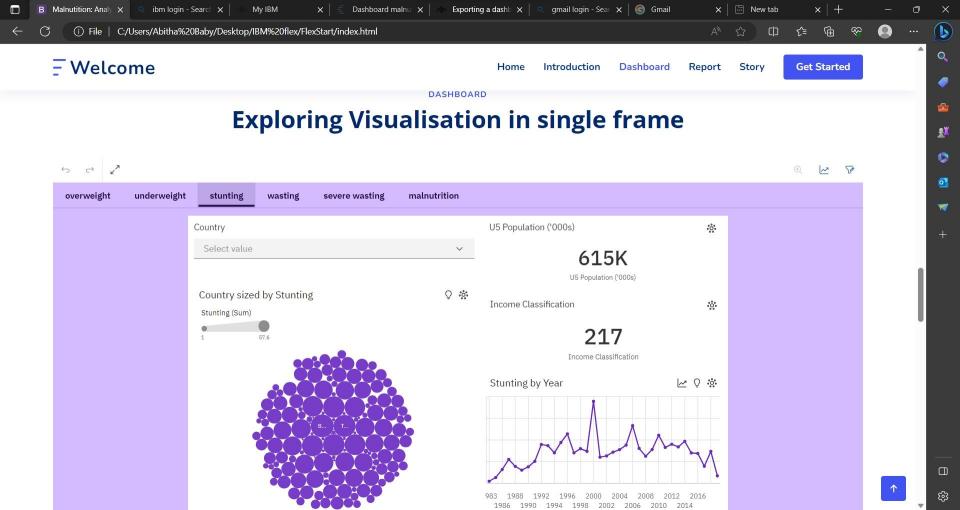
· Overweight:

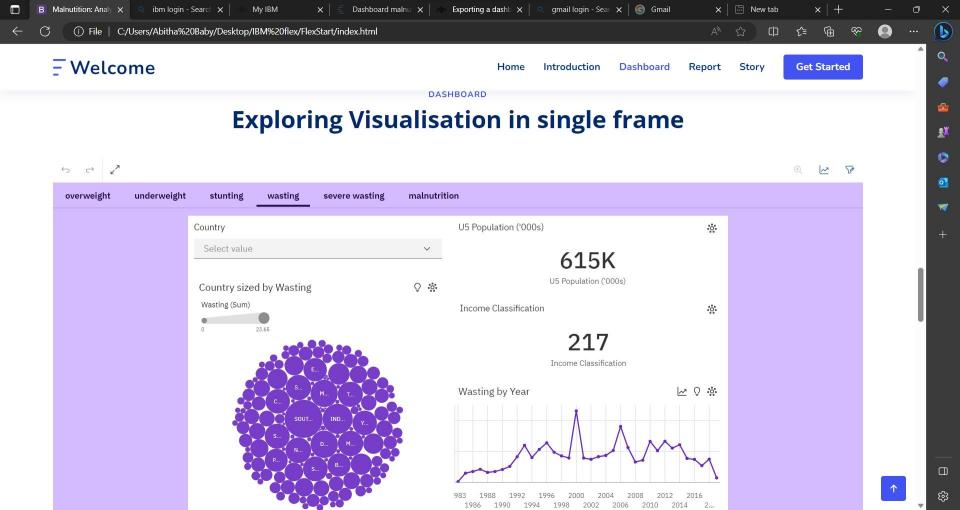
Overweight is when a person is too heavy for his or her height.

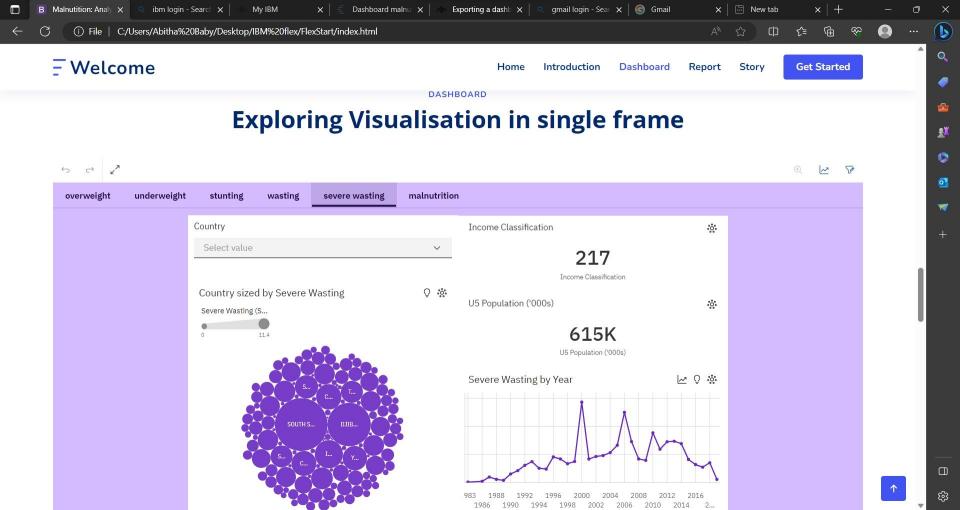


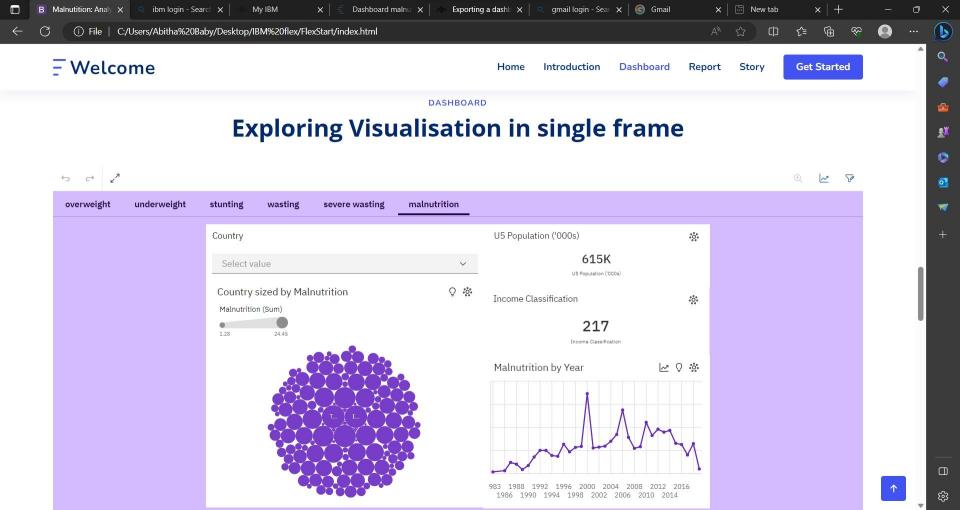


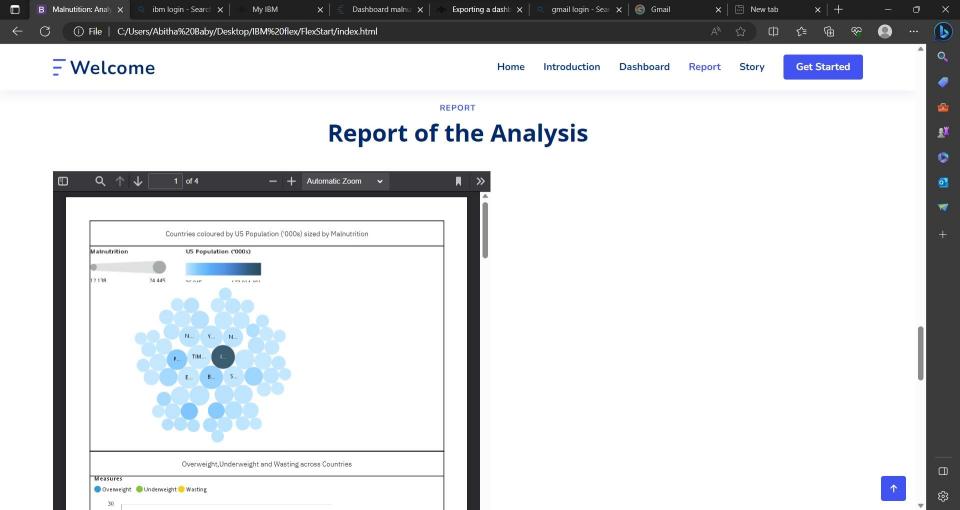


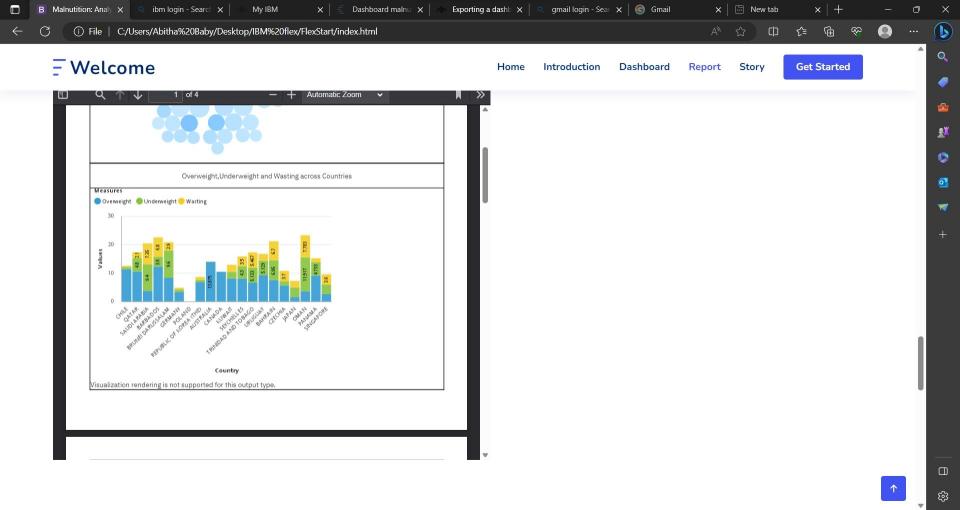


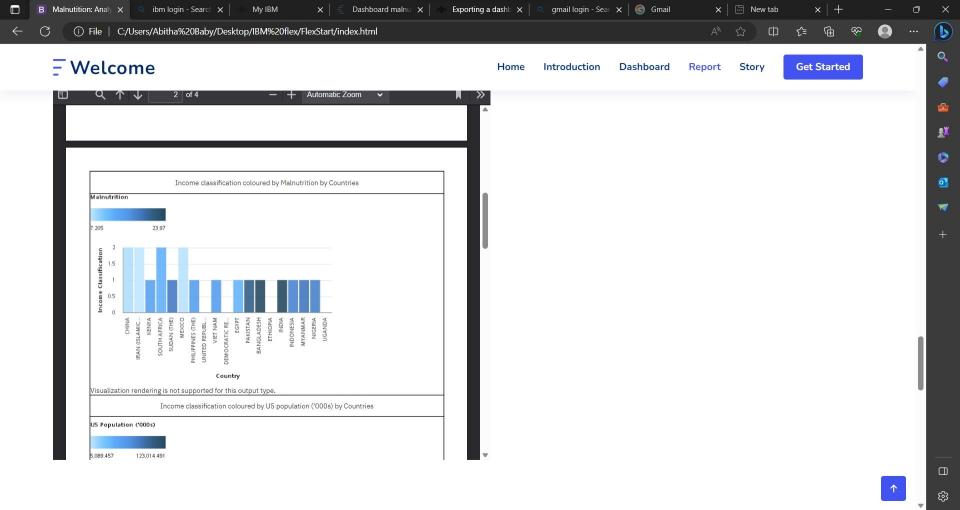


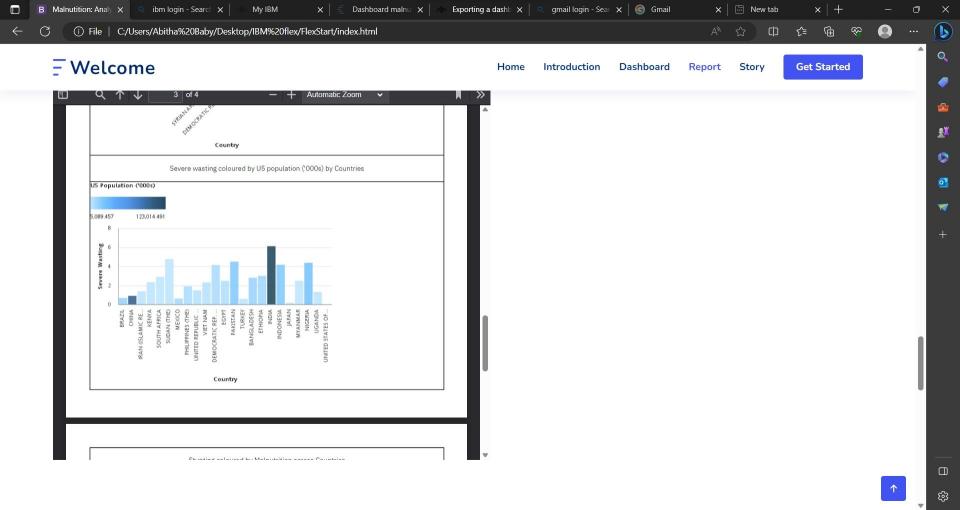


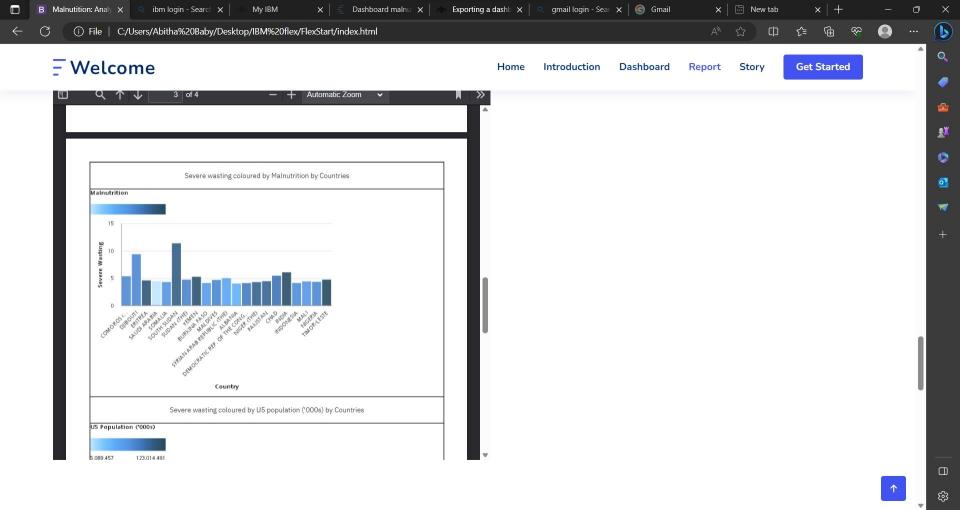


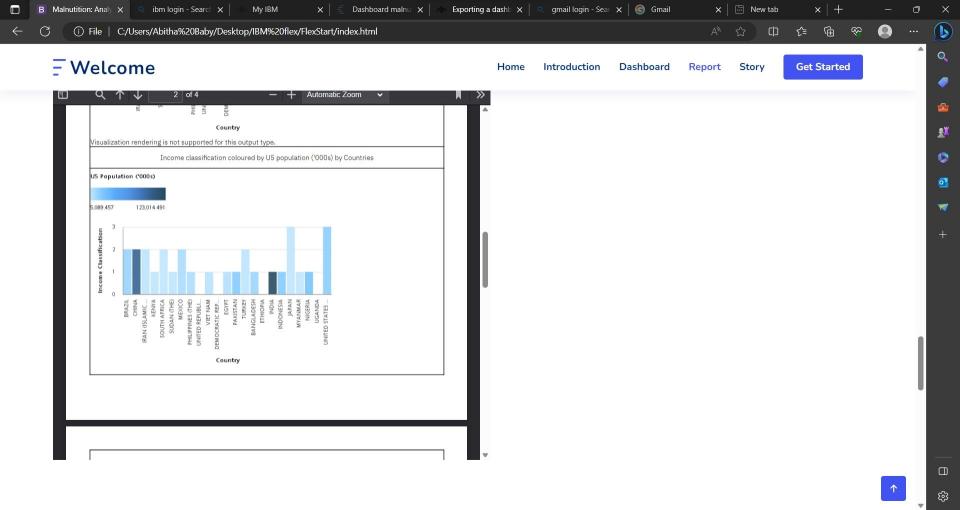


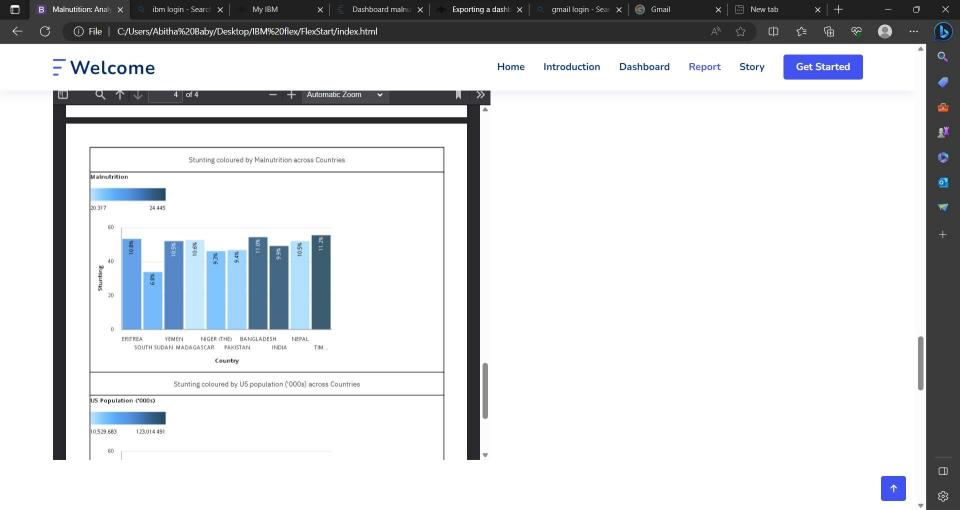


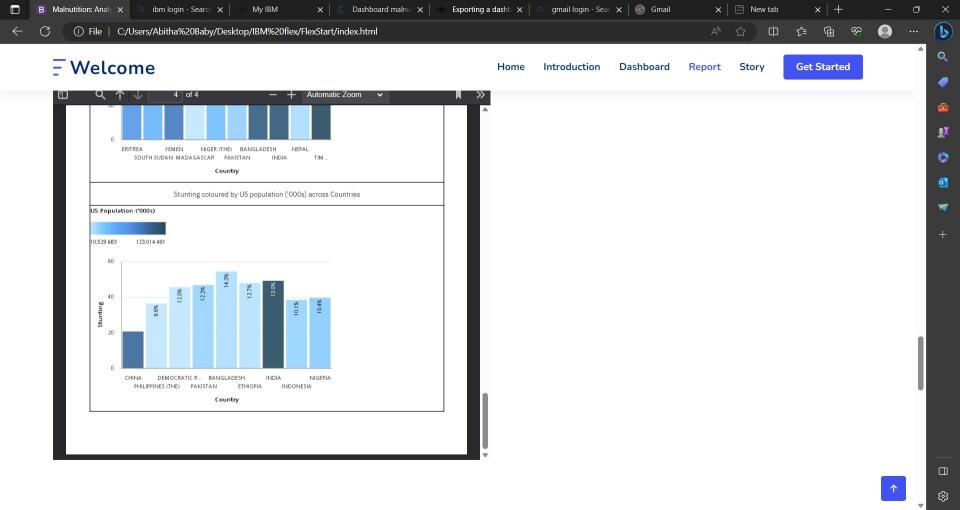




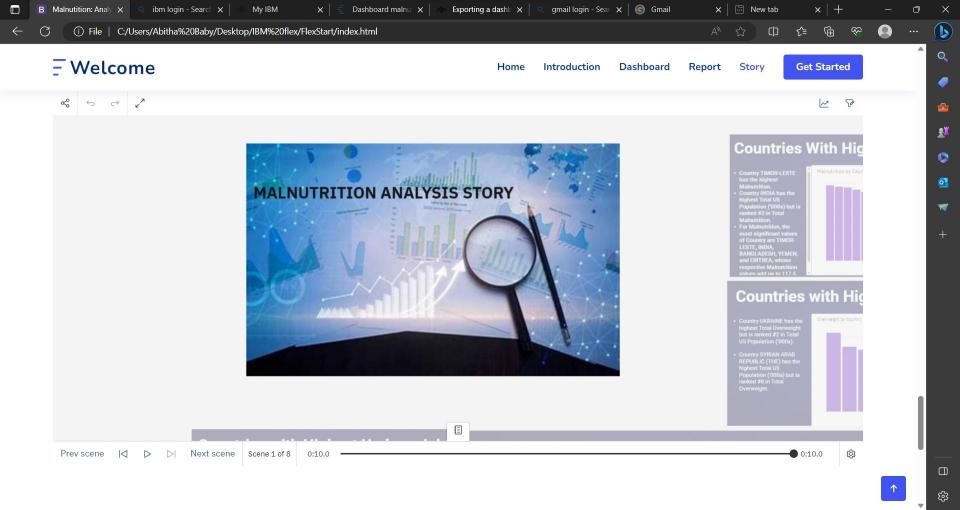


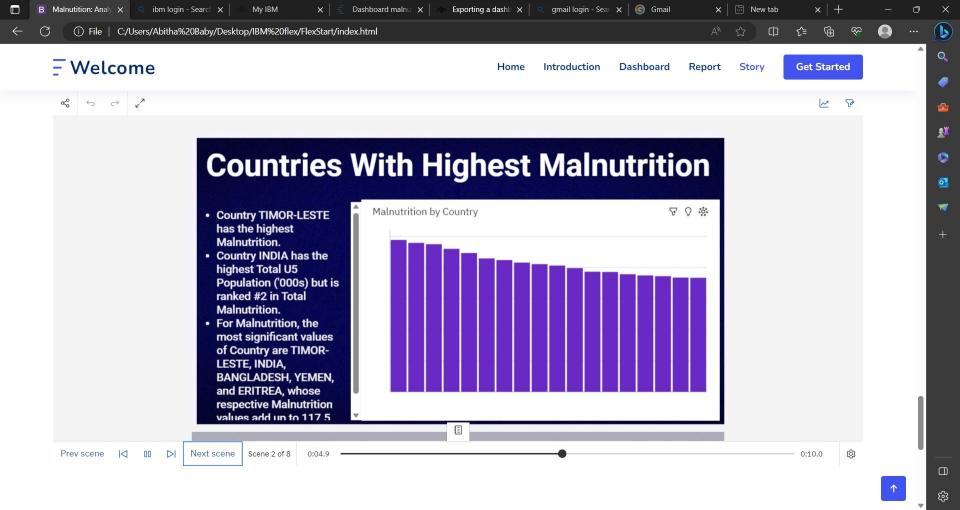


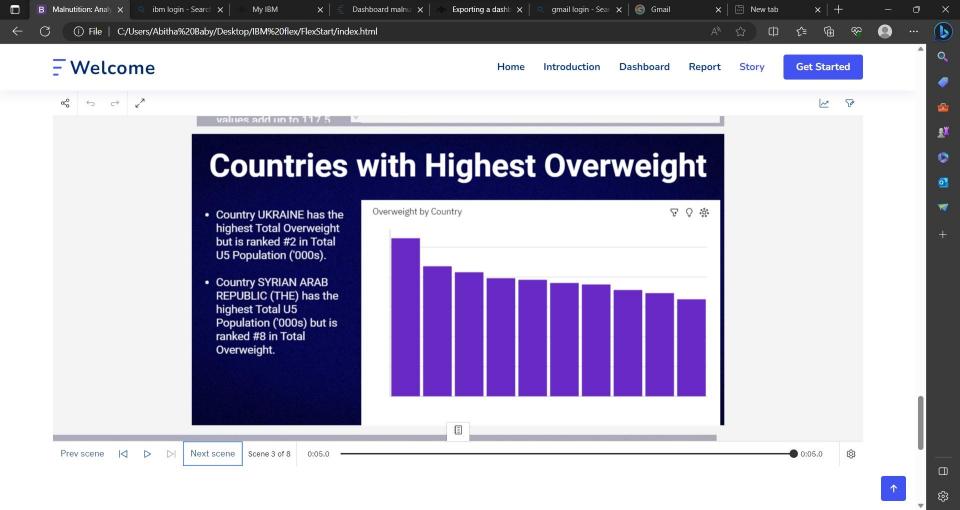


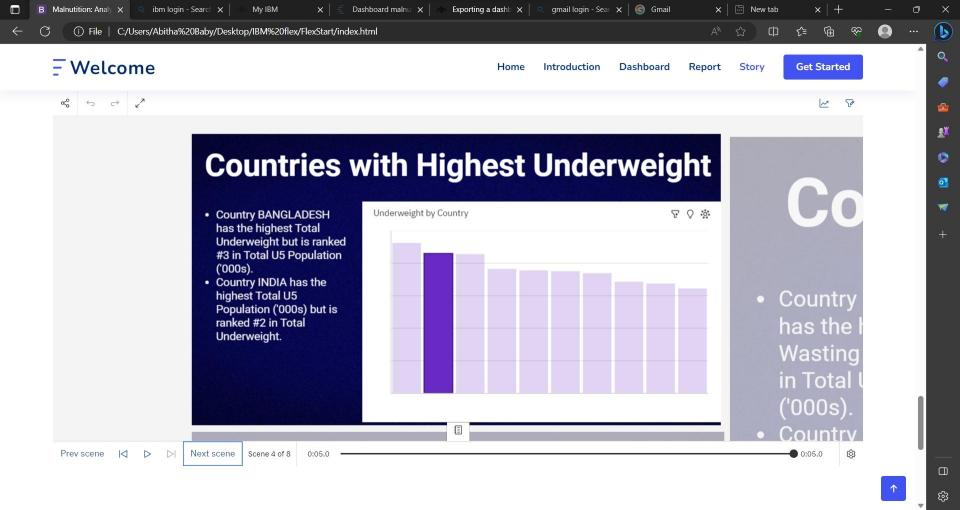


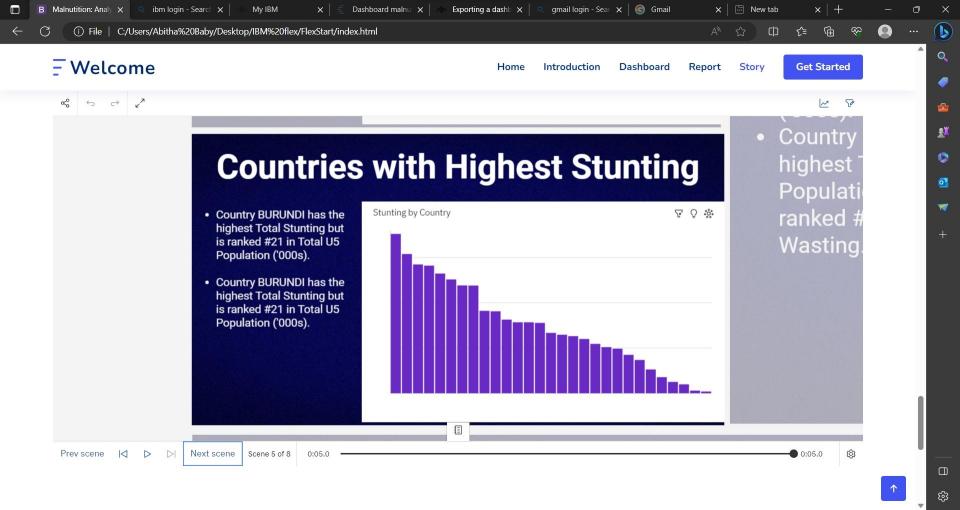


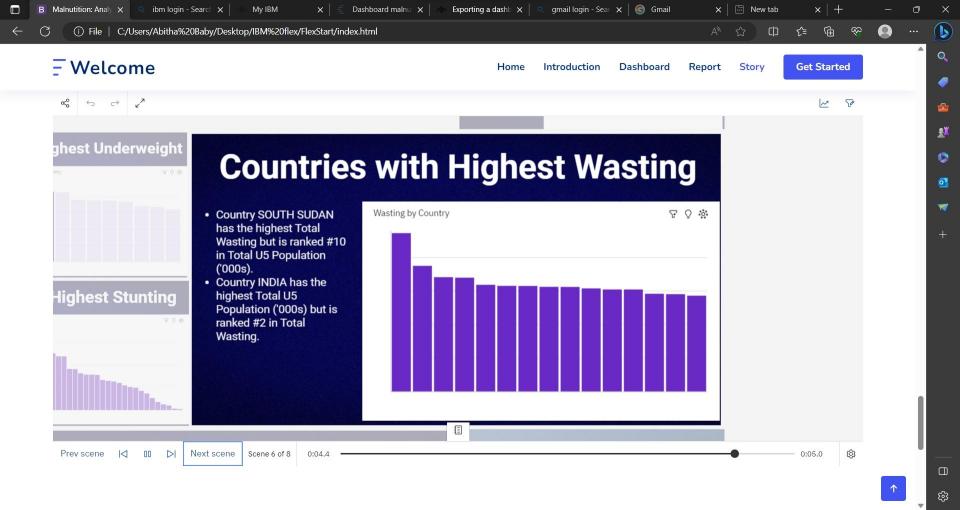


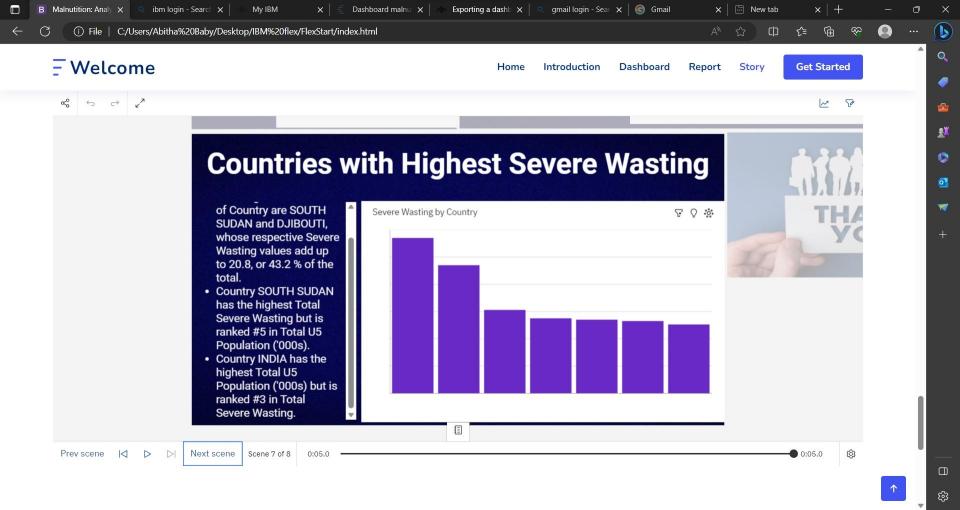


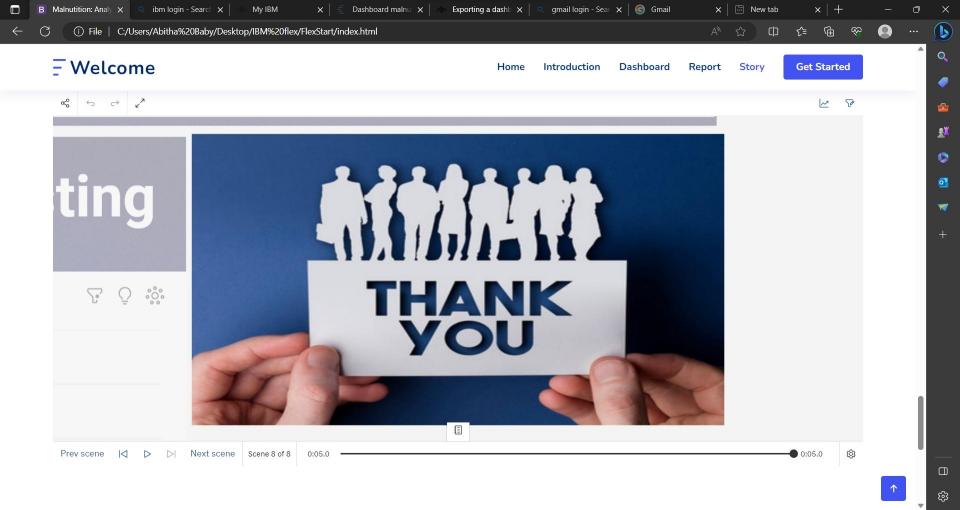














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