



## Global Nutrition Report 2020

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### Why in News

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The **Global Nutrition Report 2020** stated that **India is among 88 countries that are likely to miss global nutrition targets by 2025.**

It also identified the country as one with the **highest rates of domestic inequalities in malnutrition.**

### Global Nutrition Targets

In 2012, the **World Health Assembly** (the decision-making body of the **World Health Organisation**) identified **six nutrition targets to be met by 2025.** These are:

- Reduce stunting by 40% in children under 5.
- Reduce the prevalence of anaemia by 50% among women in the age group of 19-49 years.
- Ensure 30% reduction in low-birth weight.
- Ensure no increase in childhood overweight.
- Increase the rate of exclusive breastfeeding in the first six months up to at least 50%
- Reduce and maintain childhood wasting to less than 5%.

### India's Status

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- India will **miss targets for all four nutritional indicators** for which there is data available, i.e.
  - Stunting among under-5 children,
  - Anaemia among women of reproductive age,
  - Childhood overweight and
  - Exclusive breastfeeding.

- **Stunting and wasting among children**
  - **Data:** 37.9% of children under 5 years are stunted and 20.8% are wasted, compared to the Asia average of 22.7% and 9.4% respectively.
  - **Inequity:**
    - **India is identified as among the three worst countries**, along with Nigeria and Indonesia, for **steep within-country disparities in stunting**, where the levels varied four-fold across communities.
    - For example, Stunting level in Uttar Pradesh is over 40% and their rate among individuals in the lowest income group is more than double those in the highest income group at 22.0% and 50.7%, respectively.
    - In addition, stunting prevalence is 10.1% higher in rural areas compared to urban areas.
- **Overweight and Obesity**
  - **Data: Rate of overweight and obesity continues to rise**, affecting almost a fifth of the adults, at 21.6% of women and 17.8% of men.
  - **Inequity:** There are nearly double as many obese adult females than there are males (5.1% compared to 2.7%).
- **Anaemia**

**One in two** women of reproductive age is **anaemic**.
- **Underweight children**
  - Between 2000 and 2016, rates of underweight have decreased from 66.0% to 58.1% for boys and 54.2% to 50.1% in girls.
  - However, this is still **high compared to the average of 35.6% for boys and 31.8% for girls in Asia**.
- **Link Between Malnutrition and Inequity**
  - The report emphasises on the link between malnutrition and different forms of inequity, such as those based on geographic location, age, gender, ethnicity, education and wealth in all its forms.
  - **Inequities in food and health systems increase inequalities in nutrition outcomes** that in turn can lead to more inequity, perpetuating a vicious cycle.
  - Coming at a time the world is battling Covid-19, which has exposed different forms of socio-economic inequities, the report calls for promoting equity to address malnutrition.

## Malnutrition

- Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients.

- The term malnutrition covers two broad groups of conditions.
  - One is **'undernutrition'**—which includes stunting (low height for age), wasting (low weight for height), underweight (low weight for age) and micronutrient deficiencies or insufficiencies (a lack of important vitamins and minerals).
  - The other is **overweight**, obesity and diet-related noncommunicable diseases (such as heart disease, stroke, diabetes and cancer).
- In April 2016, the United Nations General Assembly adopted a resolution proclaiming the **UN Decade of Action on Nutrition from 2016 to 2025**.
- The **Sustainable Development Goal (SD Goal 2: Zero hunger)** aims to **end all forms of hunger and malnutrition by 2030**, making sure all people – especially children – have access to sufficient and nutritious food all year round.

### **Global Nutrition Report**

- The **Global Nutrition Report** was conceived following the first **Nutrition for Growth Initiative Summit (N4G)** in 2013.  
The first report was published in **2014**.
- It acts as a report card on the world's nutrition—**globally, regionally, and country by country**—and on efforts to improve it.
- It is a multi-stakeholder initiative, consisting of a Stakeholder Group, Independent Expert Group and Report Secretariat.

**Source: TH**