



Global Nutrition Report 2018

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- In its **fifth edition**, the Global Nutrition Report highlights the worrying **prevalence and universality of malnutrition in all its forms**. About a **third of the world's children** suffer some form of malnutrition.
- According to the report there has been **some progress in reducing malnutrition**, but it has been too slow and not spread across all forms of malnutrition.

Global Nutrition Report

- This report has been produced by the Independent Expert Group of the Global Nutrition Report, supported by the Global Nutrition Report Stakeholder Group.
- The Global Nutrition Report was conceived following the **first Nutrition for Growth Initiative Summit (N4G) in 2013. The first report was published in 2014.**
- The Global Nutrition Report acts as a report card on the world's nutrition—**globally, regionally, and country by country**—and on efforts to improve it.
- It assesses progress in meeting Global Nutrition Targets established by the World Health Assembly.
- The **World Health Organization (WHO)** is a Global Nutrition Report Partner.

Key Findings

- **Stunting** in children under five years of age is declining at a global level but numbers in Africa are increasing.

Although, some progress is visible **only against stunting, India** still holds almost a third of the world's burden for stunting. Of the three countries that are home to almost half (47.2%) of all stunted children, two are in Asia, with India having 46.6 million (31%) and Pakistan having 10.7 million.
- India also accounted for 25.5 million children who are **wasted**, followed by Nigeria (3.4 million) and Indonesia (3.3 million). More than half of the world's children impacted by wasting (26.9 million) live in South Asia.
- Progress in addressing **underweight and anaemia among women** has been

extremely slow while **overweight ((body mass index (BMI ≥ 25) and obesity (BMI ≥ 30) among adults is getting worse**, with **higher rates of obesity among women** than men. Conversely, **diabetes is more common among men** than women.

- India also figures among the set of countries that has more than a **million overweight children**. The other nations are China, Indonesia, India, Egypt, US, Brazil and Pakistan.
- Different forms of **malnutrition continue to coexist** with each other. Of the 141 countries analysed, 88% experience more than one form of malnutrition.
- In situations of **crises arising from conflict, fragility, violence and environmental change** there is an urgent need to treat and prevent multiple burdens of malnutrition while also building nutrition resilience.

Recommendations

- **Break down silos between malnutrition in all its forms**- Different forms of malnutrition coexist which are being tackled at different rates, vary between populations, and overlap with each other in various ways. Therefore they **require integrated approaches and cohesive work to address them**.
- **Prioritise and invest in the data and capacity to use them**- The efforts made to improve the collection and analysis of diet data must continue, and the **gap in micronutrient data must be addressed** as a matter of urgency. However, data collection and analysis is not enough, all stakeholders also **need the capacity to use it** to make evidence-based decisions.
- **Increase financing for nutrition**- Although nutrition financing have increased over the years, especially in developing countries, they are **not adequate**. Building on this progress, domestic investments must continue to grow and international aid donors must keep investing.
- **Galvanise action on healthy diets**- Governments and business need to implement a **holistic package of actions** to ensure food systems and food environments are **delivering healthy diets** that are affordable, accessible and desirable for all.

Malnutrition

- Malnutrition refers to **deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients**. It is often split into **two broad groups of conditions**:
 - **Undernutrition**, including **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).
 - **Overweight, obesity and diet-related noncommunicable diseases** (heart disease, stroke, diabetes, cancer, etc.).
- 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. This involves promoting sustainable agricultural practices: supporting small scale farmers and allowing equal access to land, technology and markets.

Way Forward

- The Global Nutrition Report 2018 finds again that the problem of **malnutrition remains severe across all regions** and none of the countries are on course to meet all nine global nutrition targets.
- Malnutrition is **responsible for more ill-health than any other cause**. The health consequences of being overweight and obese contribute to an estimated four million deaths globally.
- The issue is **not the degree of crises** but why are **things not better when there is so much more information than before**. Therefore, the commitments designed for impact which can be continuously monitored and deliver will be fit for purpose to end malnutrition in all its forms.