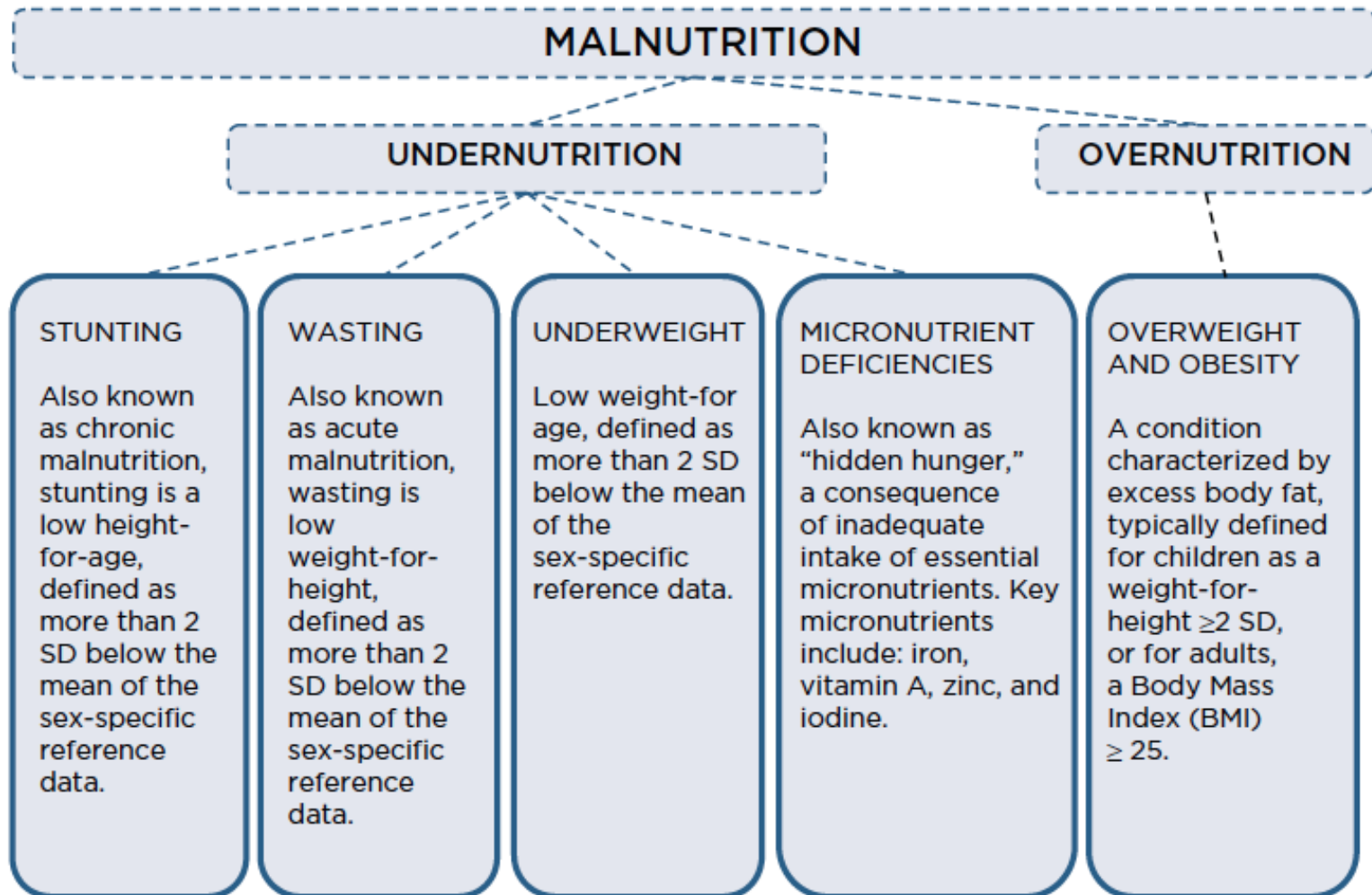


Definitions



Hunger

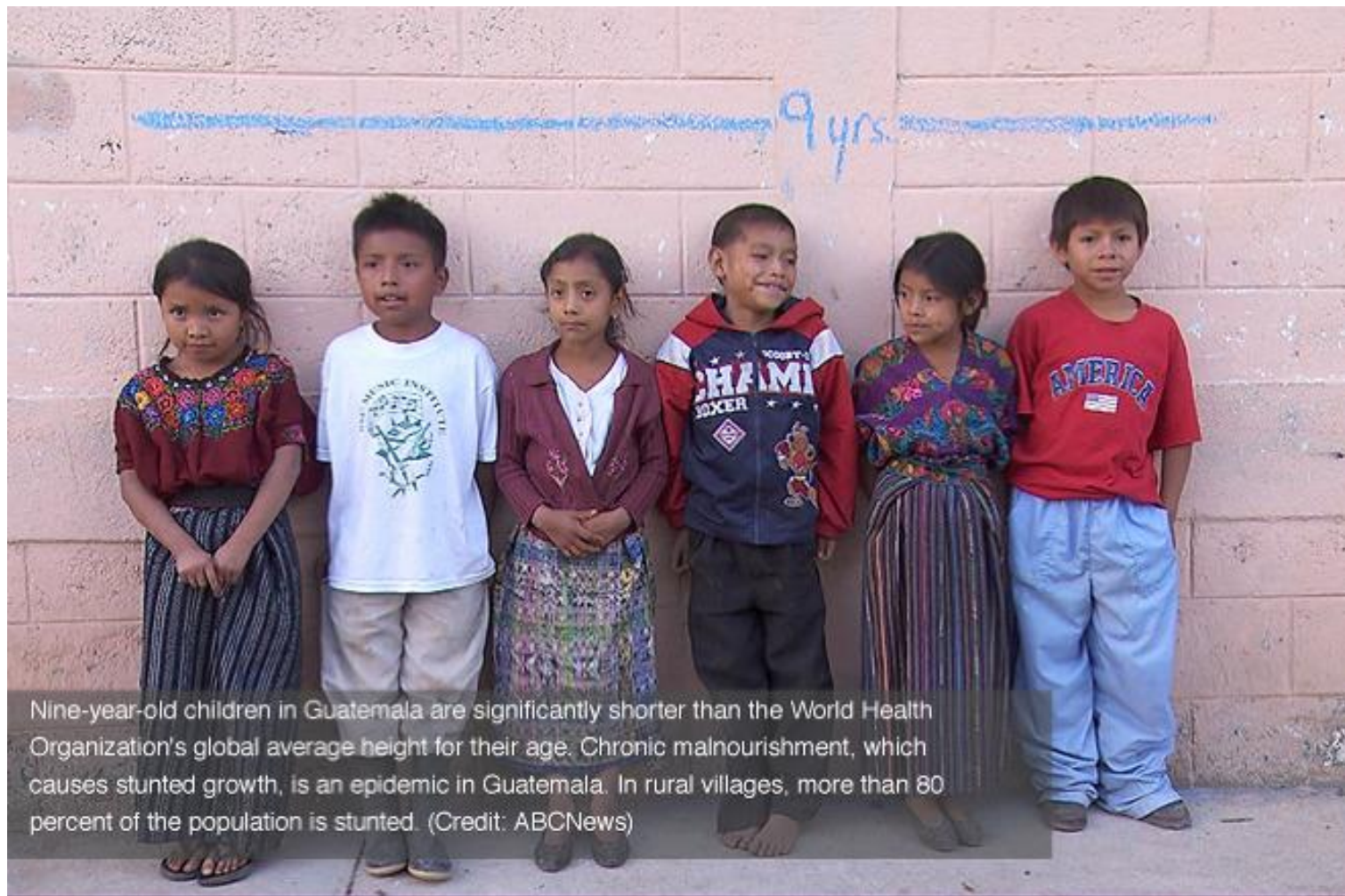
- Poverty is the principle cause of hunger
- A feeling of discomfort or weakness caused by lack of food, coupled with the desire to eat
- Measured as “undernourishment” – by caloric consumption

Underweight

- **Underweight (weight for age)** is a general measure that captures the presence of wasting and/or stunting.
- It is therefore a composite indicator, reflecting either acute or chronic undernutrition without distinguishing between the two.

Stunting

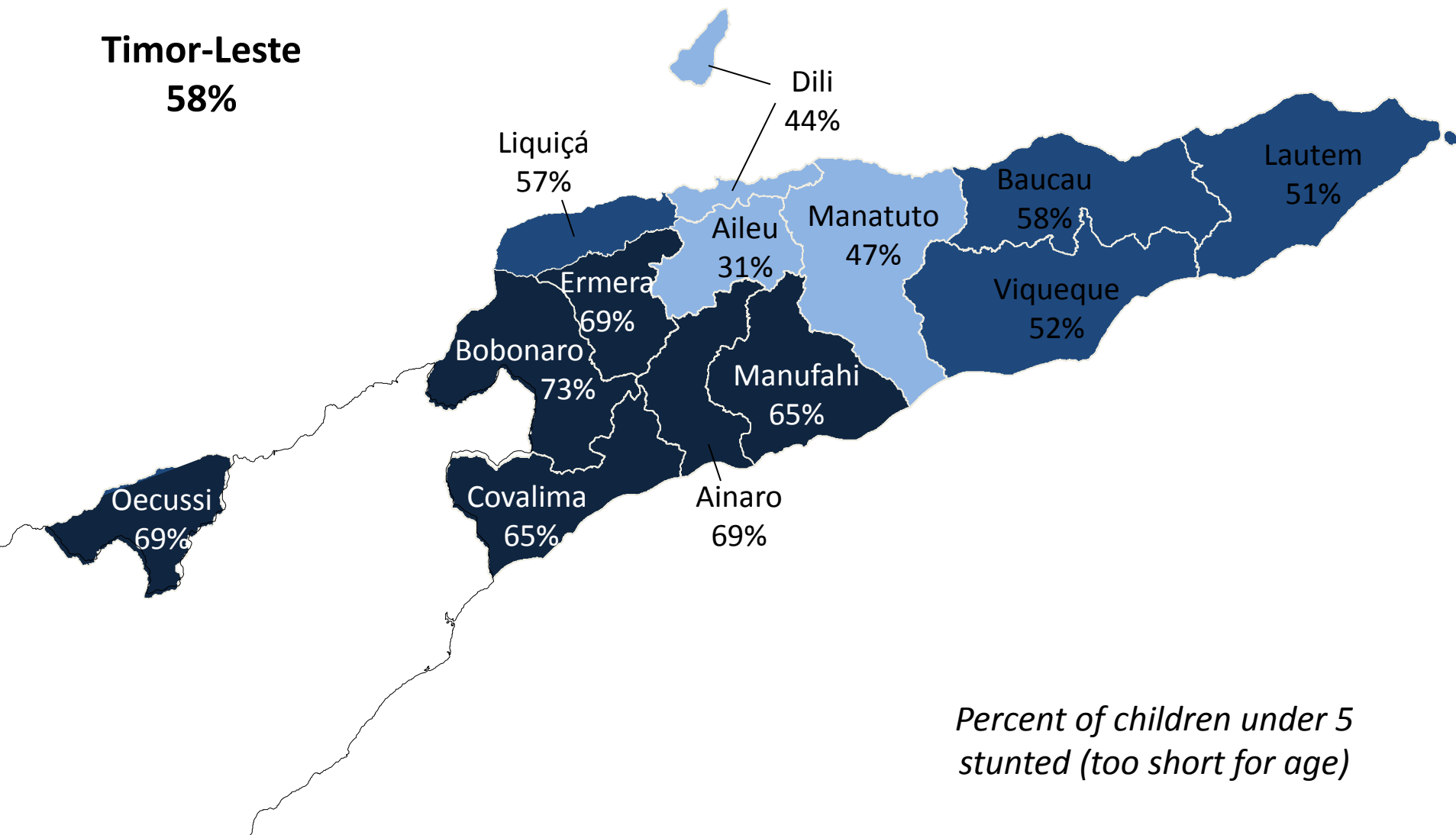
- **Stunting or chronic undernourishment** reflects the negative effects of nutritional deprivation on a child's potential growth over time.
- Stunting can occur when a child suffers from longterm nutrient deficiencies and/or chronic illness, so that not only weight but height is affected. It can also be an outcome of repeated episodes of acute infections, or acute malnutrition.
- Stunting is classified by low height-for-age, indicating a restriction of potential linear growth in children.
- Because it negatively and often irreversibly affects organ growth, stunting is strongly linked to cognitive impairment.



Nine-year-old children in Guatemala are significantly shorter than the World Health Organization's global average height for their age. Chronic malnourishment, which causes stunted growth, is an epidemic in Guatemala. In rural villages, more than 80 percent of the population is stunted. (Credit: ABCNews)



Children's Stunting by District







You might not even notice anything when you look at a group of children, but when you see two kids of the same age (one stunted and one not) next to each other, you can better determine stunting.

Wasting

- **Acute malnutrition or wasting** occurs when an individual suffers from current, severe nutritional restrictions, a recent bout of illness, inappropriate childcare practices or, more often, a combination of these factors.
- It is characterized by extreme weight loss, resulting in low weight for height, and, in its severe form, can lead to death.
- Acute malnutrition reduces resistance to disease and impairs a whole range of bodily functions.



Which?



Wasted
Stunted
Underweight

No
No
No

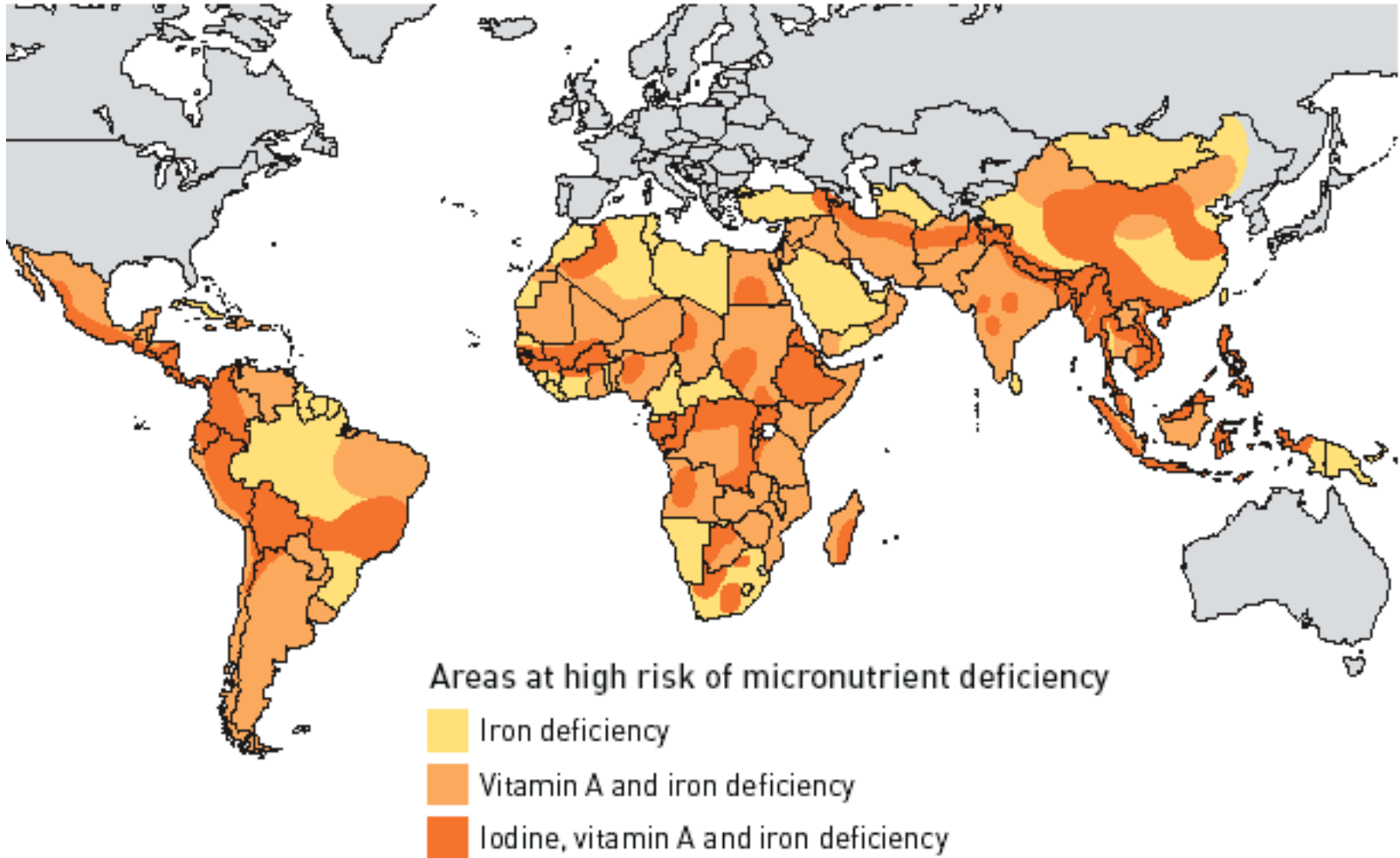
Yes
No
Yes

No
Yes
Yes

Micronutrient Deficiencies

- Micronutrients are minerals and vitamins that are needed in tiny quantities.
- Micronutrient deficiencies account for roughly 11% of the under-five death burden each year.
- It is now recognized that poor growth in under-fives results not only from a deficiency of protein and energy but also from an inadequate intake of vital minerals (e.g., zinc), vitamins, and essential fatty acids.
- **Vitamins are either water-soluble (e.g. the B vitamins and vitamin C) or fat-soluble (e.g. vitamins A, D, E and K). Essential minerals include iron, iodine, calcium, zinc, and selenium**

Macro and Micronutrient Deficiencies



Source: USAID

Major Causes of Malnutrition

FOOD

CARE

HEALTH