Committee on World Food (and Nutrition) Security
Managing vulnerability and risk

Starved for Attention: the neglected crisis of childhood malnutrition

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36 countries account for 90% of the burden
21 countries with wasting > 10% + stunting > 40%
A public health issue

33% of the deaths associated to nutrition

2.5 millions deaths/year

High malnutrition rates correlated to high mortality
The burden of under-nutrition

178 millions children stunted in the world (32%)
55 millions children wasting at any time
The Window of Opportunity for Improving Nutrition is pre-pregnancy until 24 months.
A. Guideline: Feed a variety of foods to ensure that nutrient needs are met. Meat, poultry, fish or eggs should be eaten daily, or as often as possible. Vegetarian diets cannot meet nutrient needs at this age unless nutrient supplements or fortified products are used (see #9 below). Vitamin A-rich fruits and vegetables should be eaten daily. Provide diets with adequate fat content (see Table 3). Avoid giving drinks with low nutrient value, such as tea, coffee and sugary drinks such as soda. Limit the amount of juice offered so as to avoid displacing more nutrient-rich foods.
Young children need calibrated diets

Medical Position Paper

Complementary Feeding: A Commentary by the ESPGHAN Committee on Nutrition

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- Infants and young children receiving a vegetarian diet should receive a sufficient amount (~500 mL) of milk (breast milk or formula) and dairy products.
- Infants and young children should not receive a vegan diet.
In high burden areas malnourishment is the norm

Conclusion

• under-nutrition is a public health issue and needs to be tackled as such

• It affects young children, mainly under 2s

• The consequences are high and multiple (mortality, morbidity, cognitive impairment, educational attainment etc.)

• In high burden areas most young children are affected

• Food is central but its not only about production, it is about access and quality: need of animal source food protein and nutrient dense food

• Seasonality and poverty affect access to food/quality diet
There is a need to find ways to deliver good quality diets to population at risk of malnutrition, specifically targeting young children of food insecure family, finding models that will ensure they will access and consume diets that meet their nutritional needs.

Nutritional interventions should be linked to other key interventions for young children such as health, education, agriculture and safety nets.