



Some definitions



Under nutrition

- Under nutrition is a composite form of a deficiency in nutrient intake and/or absorption in the body.
- There are four forms of under nutrition:
 - Acute malnutrition
 - Stunting
 - Underweight and
 - Micronutrient deficiencies.

The 4 forms can appear isolated or in combination but most often they overlap in one child or in a population.



Acute malnutrition

- It is rapid weight loss due to illness or inadequate consumption of food and is characterised by
 - Wasting
 - Bilateral pitting nutritional oedema



Types of Acute Malnutrition

-**Severe acute malnutrition (SAM):** Defined by the presence of bilateral pitting oedema or Severe wasting, and other clinical signs such as poor appetite. A child with SAM is highly vulnerable and has a high risk of death.

MUAC <115 mm or 11.5 cm

Bilateral pitting nutritional oedema

WHZ score <-3

-**Moderate Acute malnutrition (MAM):** Defined by moderate wasting.

MUAC ≥ 115 mm to <125 mm

WH Z score ≥ -3 and < -2 z-score

-**GAM:** SAM and MAM combined

