



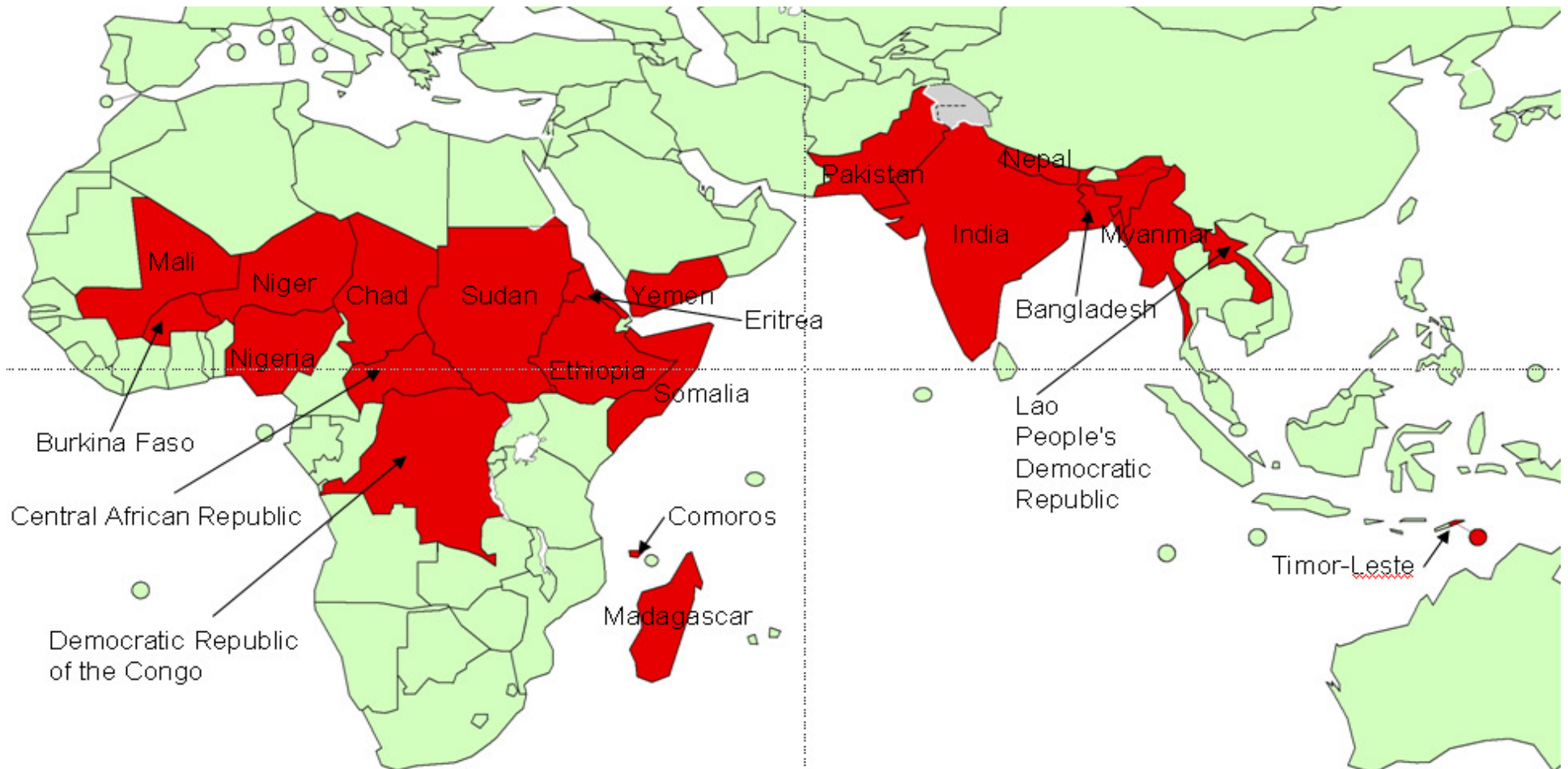
Committee on World Food (and Nutrition) Security Managing vulnerability and risk

Starved for Attention: the neglected
crisis of childhood malnutrition

Dr Unni KARUNAKARA
International President
Médecins Sans Frontières

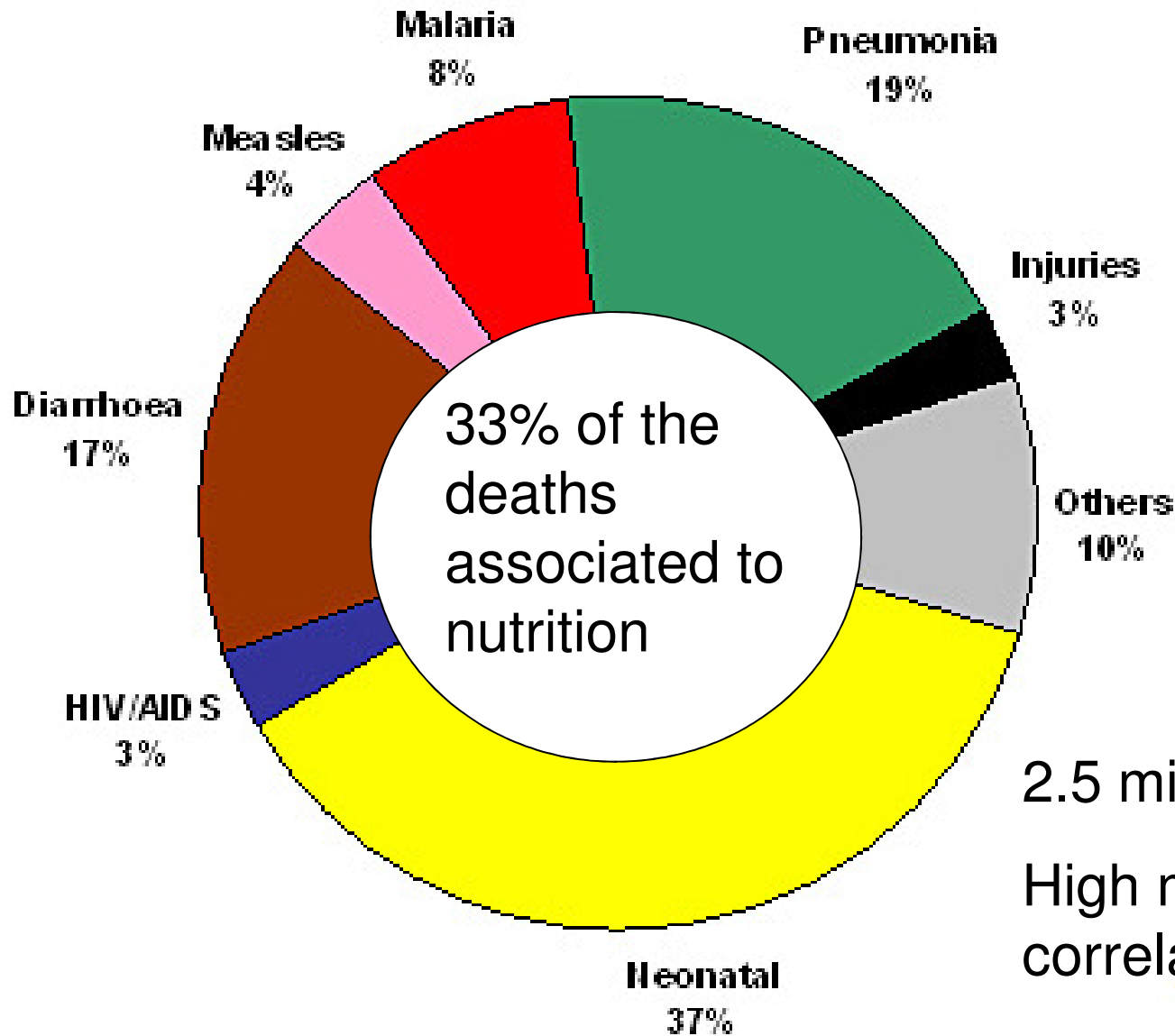


High prevalence countries



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

A public health issue



2.5 millions deaths/year

High malnutrition rates
correlated to high mortality

The burden of under-nutrition



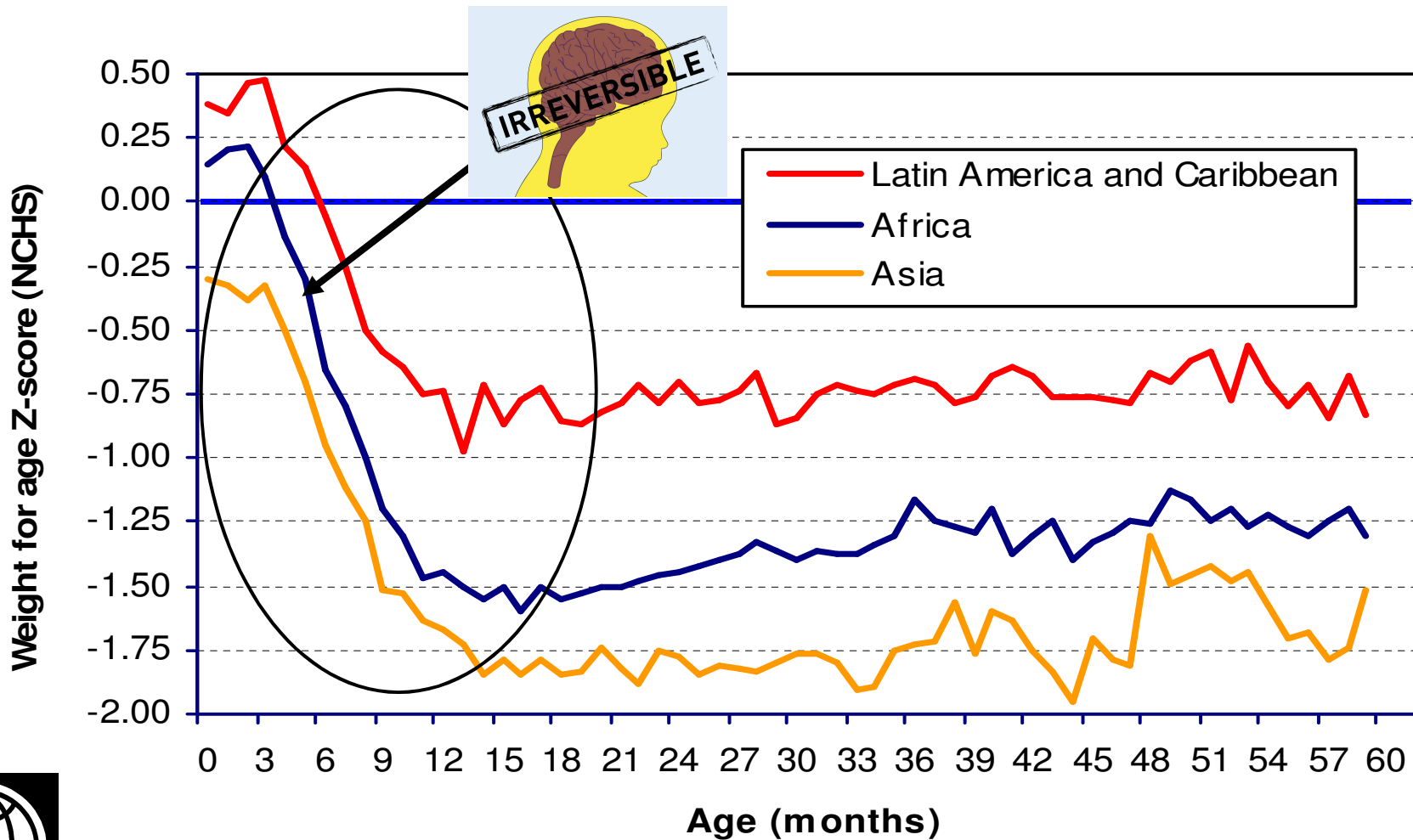
STUNTED
Retard de croissance

NORMALE

WASTED
Maigreur

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



WHO guidelines for infant and young child feeding

NUTRIENT CONTENT OF COMPLEMENTARY FOODS

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.



36

Young children need calibrated diets

Journal of Pediatric Gastroenterology and Nutrition

46:99–110 © 2008 by European Society for Pediatric Gastroenterology, Hepatology, and Nutrition and North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition

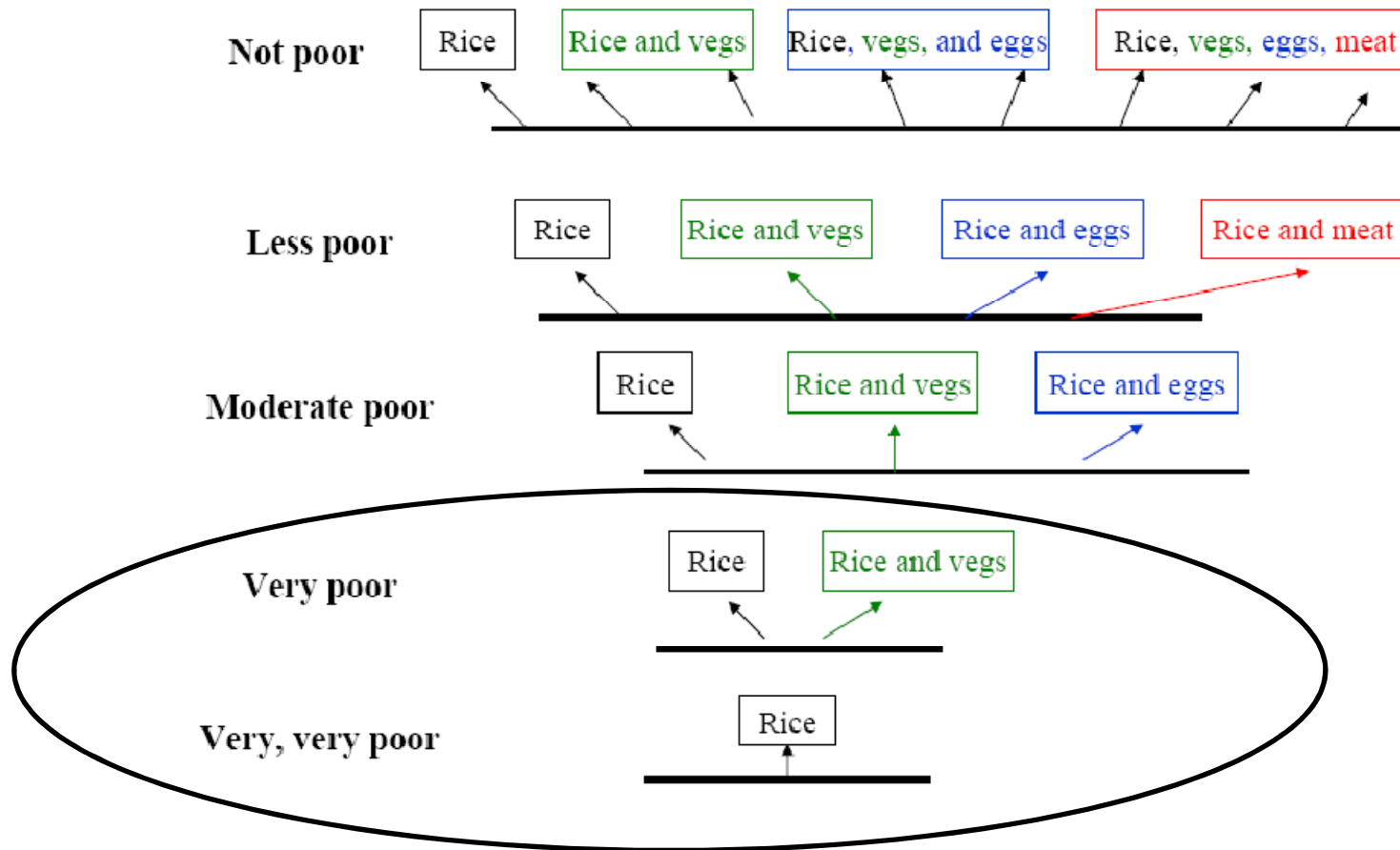
Medical Position Paper

Complementary Feeding: A Commentary by the ESPGHAN Committee on Nutrition

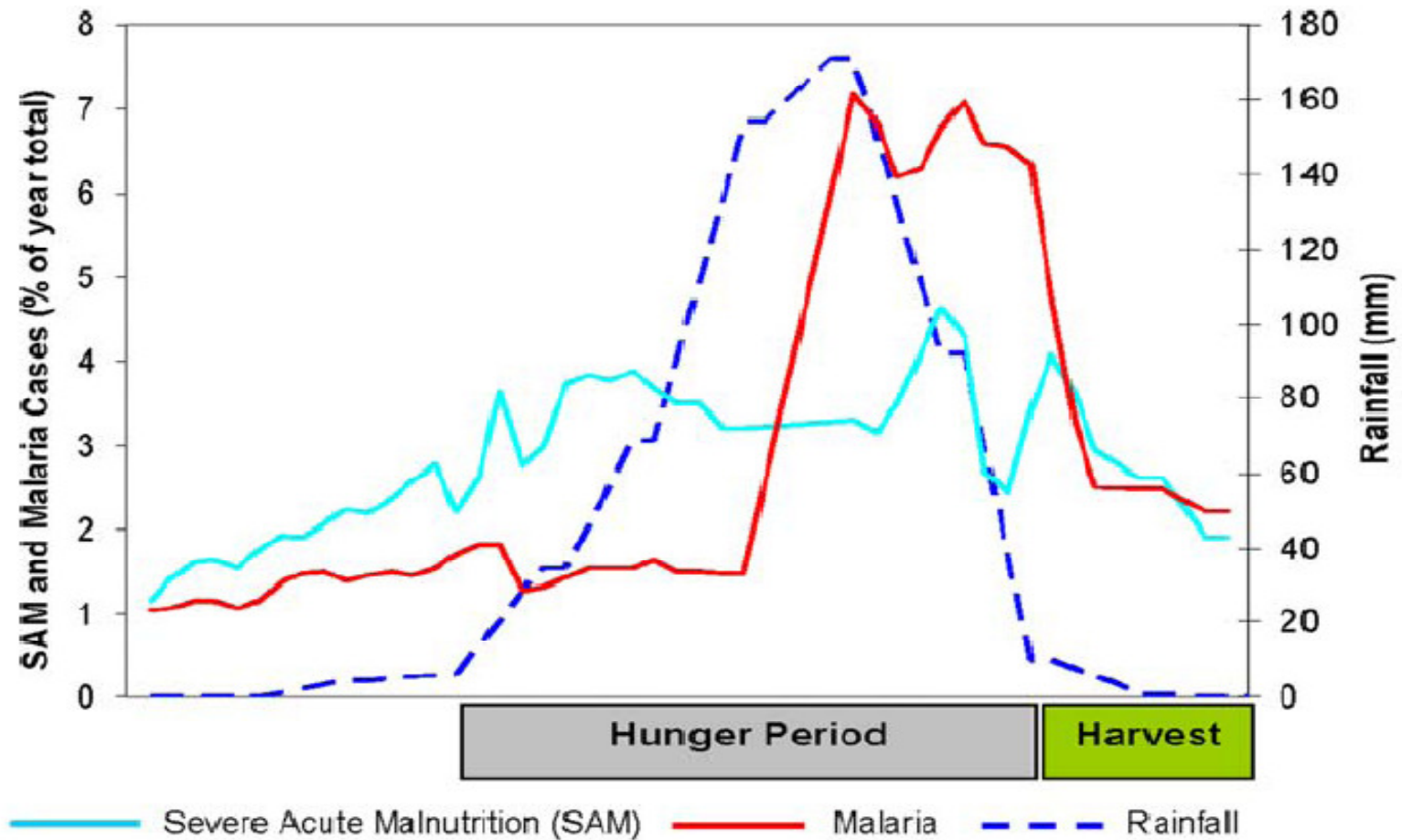
ESPGHAN Committee on Nutrition: *Carlo Agostoni, †Tamas Decsi, ‡³Mary Fewtrell, §Olivier Goulet, ¶Sanja Kolacek, ||¹Berthold Koletzko, **³Kim Fleischer Michaelsen, ††Luis Moreno, ‡‡John Puntis, §§Jacques Rigo, ¶¶Raanan Shamir, ||||²Hania Szajewska, ***Dominique Turck, and †††Johannes van Goudoever

- 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.

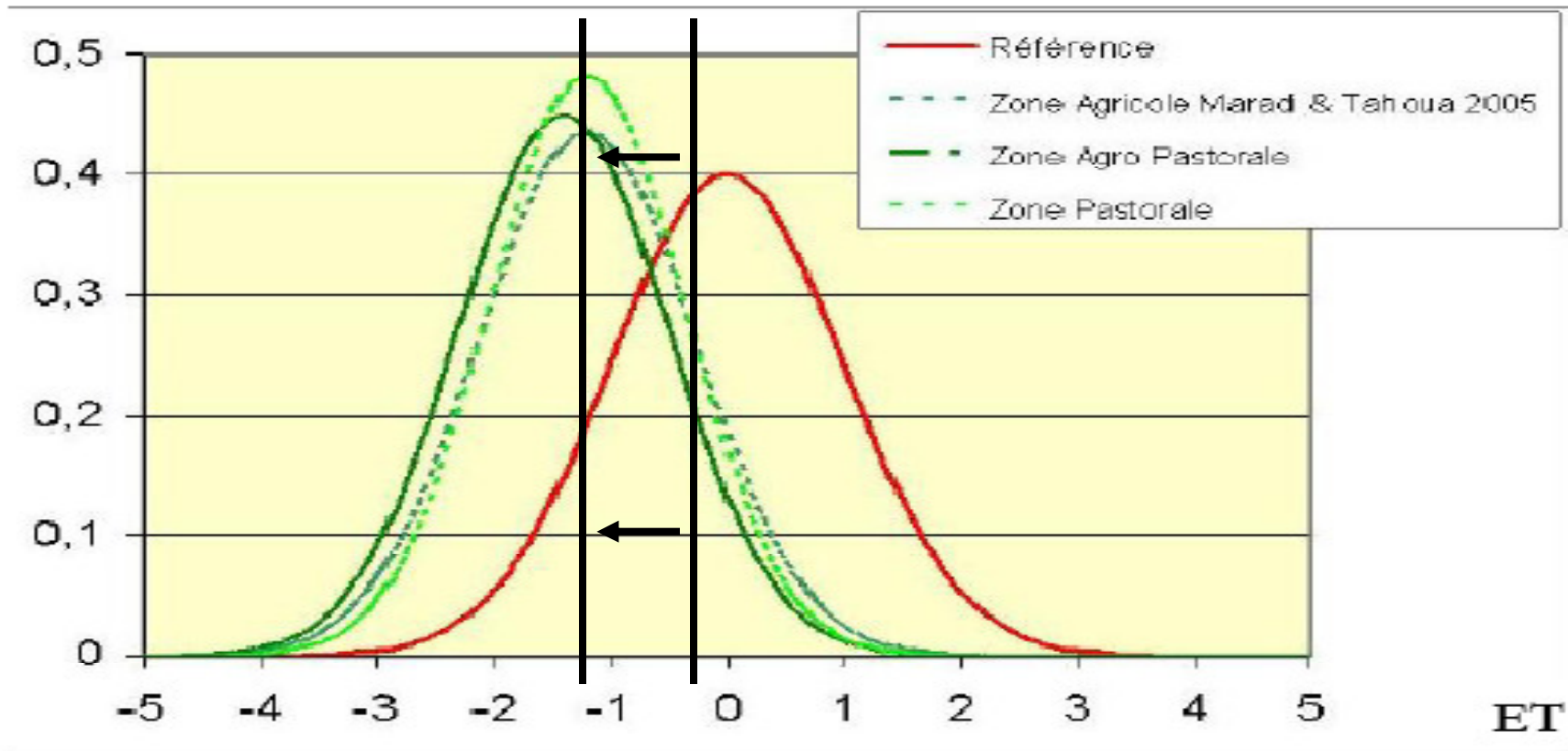
Price and quality of diet



Torlesse H, Kiess L and Bloem MW. **Association of Household Rice Expenditure with Child Nutritional Status Indicates a Role for Macroeconomic Food Policy in Combating Malnutrition.** J Nutr. 2003 May;133(5):1320-5.



In high burden areas malnourishment is the norm



Michiels D, Egg J, Blein R et Delpéuch F. **LES POLITIQUES DE PRÉVENTION ET GESTION DES CRISES ALIMENTAIRES ENSEIGNEMENTS DE LA CRISE DU NIGER DE 2005.** IRAM 2007



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 meets their nutritional needs

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