



Nutrition Terminology and Hunger Situation Analysis

Presented by:

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Under-nutrition

- Under nutrition is the result of undernourishment, poor absorption and/or poor biological use of nutrients consumed
- There are four forms of under nutrition:
 - Acute malnutrition or **Wasting**
 - Chronic Malnutrition or **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

- **Wasting**. Low weight for height, generally the result of weight loss associated with a recent period of starvation
- 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
- Global Acute Malnutrition: SAM and MAM combined

Stunting or Chronic malnutrition

- Stunting. Low Height for Age, reflecting a sustained past episode or episodes of under-nutrition:
 - Severe chronic malnutrition: *HAZ score* < -3
 - Moderate chronic malnutrition: Defined by moderate stunting.
HA Z score ≥ -3 and < -2 z-score
 - Global chronic Malnutrition: Severe and moderate combined

Effects of stunting on brain development

Normal



Typical brain cells
Extensive branching

Stunting



Impaired brain cells
Limited branching
Abnormal, shorter branches

Underweight

- Underweight. Low weight for Age in children, and BMI <18.5 in adults reflecting a current condition resulting from inadequate food intake, past episodes of under nutrition or poor health conditions.

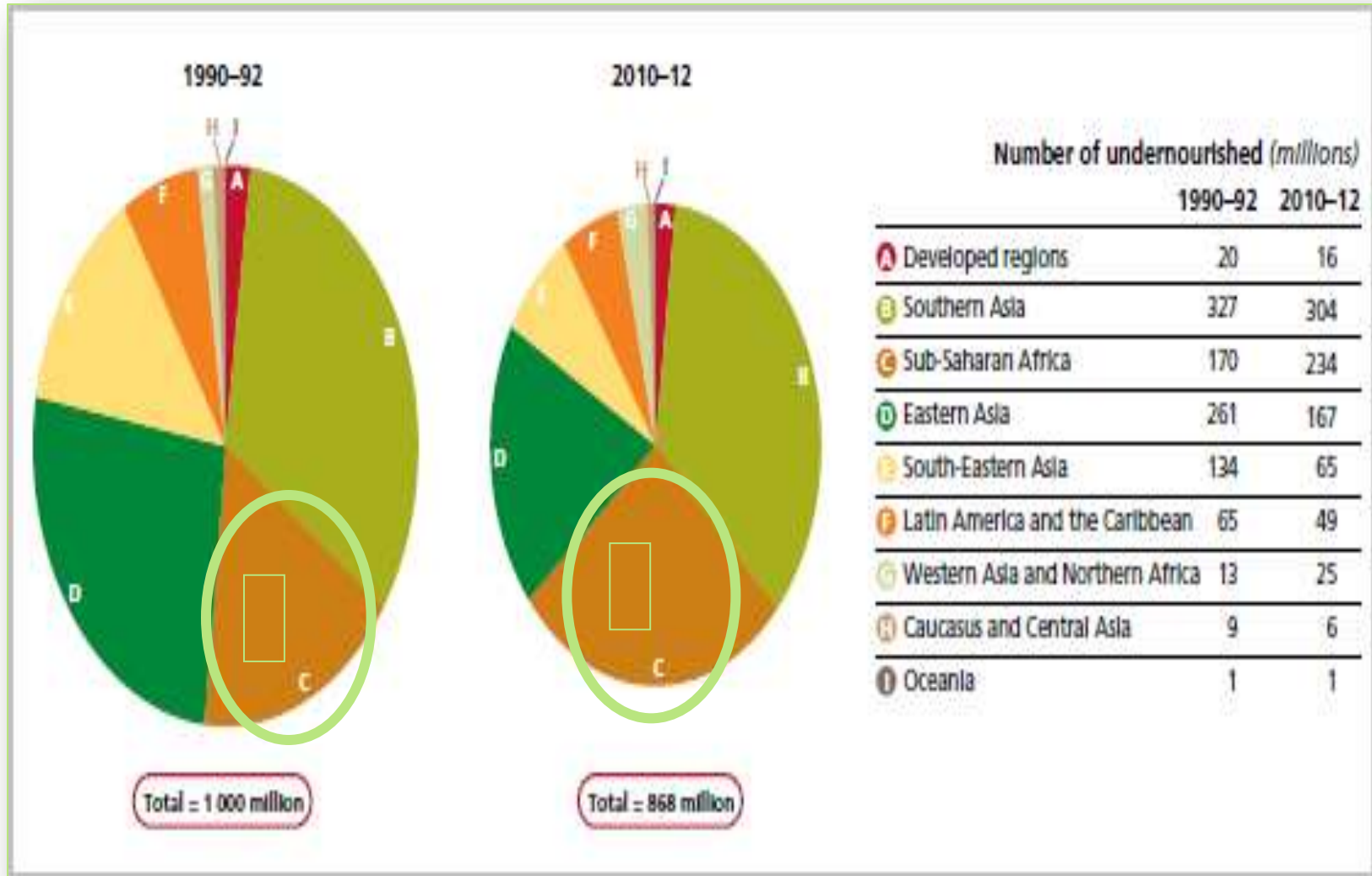
Undernourishment/chronic hunger

- Undernourishment. Food intake that is insufficient to meet dietary energy requirements continuously. The word is used interchangeably with chronic hunger

Overweight and obesity

- overweight and obesity. Body weight that is above normal as a result of an excessive accumulation of fat. It is usually considered as a manifestation of <<over- nutrition>>
- Overweight is defined as $BMI \geq 25-30$ and obesity as $BMI \geq 30$

State of food insecurity in the world improving but not in Sub-Saharan Africa



Changing in Diet Composition

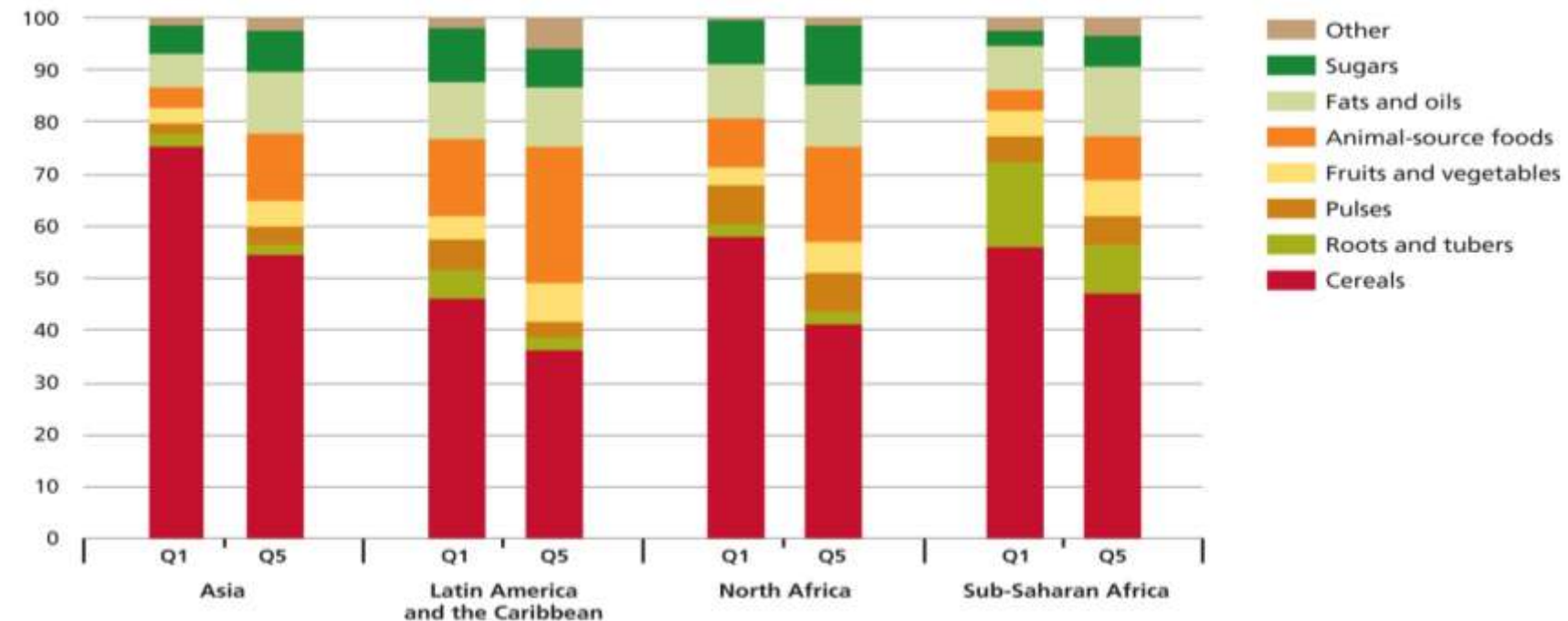
Consumption of cereals and mainly tubers (dietary energy) fell as % of total....

...Consumption of fats and oils increased significantly and those of sugar doubled

... Animal-source Foods, fruits and vegetables remain constant or show slight increase

As incomes rise, dietary diversity increases

Share of food groups in total dietary energy supplies (percentage)



Key issues

- **Improvement in hunger distribution in the world between 1990-92 and 2010-12 but not in sub-Saharan Africa**
- **Inadequate redistribution of food production and productivity**
 - limited linkages between agriculture and social protection
 - Low access to diversified food and markets
- **Changing in diet composition and differences between poor and rich people:**
 - **the consumption of fat and oils increased significantly and those of sugar doubled**
 - **Animal-source foods and fruits and vegetables show slight increase or remain constants**
- **Limited ownership of nutrition by agriculture sector**

Key messages

- Agriculture, as well as health, offers nutrition-specific actions and solutions;
- Agriculture is an important determinant for nutrition (i.e., health is not the only determinant);
- Food Safety – A pre-requisite for Food Security
- Sustainability is key goal
 - Sustainable diversified production : nutrition-driven agriculture within environmental limits.
 - Consumers choices promoting Dietary diversity /diversified consumption



AFROFOODS

CALL FOR ACTION FROM THE DOOR OF RETURN FOR FOOD RENAISSANCE IN AFRICA

Dakar - 10th December 2009.
Human Rights Day

Note that the degradation of ecosystems and the loss of food biodiversity is contributing greatly to the increases in poverty and malnutrition in Africa;

Recognize that returning to local crops and traditional food systems is a prerequisite for conservation and sustainable use of biodiversity for food and nutrition;

Acknowledge that local foods are the basis for African sustainable diets.



The Door of No Return
House of the Slaves
Gorée Island