

COMBATING GLOBAL NUTRITION INSECURITY IN DEVELOPING NATIONS



THERE ARE 7 BILLION PEOPLE ON EARTH.

2 BILLION+ are lacking in essential vitamins and minerals needed for growth and good health

1.4 BILLION are overweight or obese

870 MILLION take in less calories than the minimum dietary requirement (98% live in developing nations)

783 MILLION lack potable drinking water

456 MILLION are very poor (live on < US \$1.25 / day)

THE IMPACT OF POVERTY, BAD WATER & POOR SANITATION ON NUTRITION SECURITY

POVERTY IS LARGELY A RURAL PROBLEM

- **70% OF THE WORLD'S POOR** populations (approx. 1 billion) live in rural areas.
- **80% OF HUNGRY PEOPLE** are small-scale food producers (i.e. farmers, herders, fishers or laborers), yet they go without food.

POOR DRINKING WATER, SANITATION & HYGIENE

- **1/10 OF DISEASES** and 6.3% of all deaths are caused by poor drinking water, sanitation and hygiene.
- **DIARRHEAL DISEASE IS THE 2ND** leading cause of death among children under 5.
- **1/5 DEATHS AMONG CHILDREN** under 5 are caused by diarrhea. That's about 1.5 million deaths per year.

GLOBAL NUTRITIONAL STATUS

MACRONUTRIENTS: Examples include protein, carbohydrates and fat, which are needed for energy, growth and other bodily functions. As growth slows down, brain development also lags (i.e. stunted children are more likely to learn poorly).

GLOBAL NUTRITIONAL STATUS OF CHILDREN UNDER 5

30% are stunted (90% reside in Africa and Asia) **18%** are underweight (15% are born underweight)

MICRONUTRIENTS: Five micronutrient deficiencies of concern are iron, folate, vitamin A, zinc and iodine. Deficiencies result in fatigue, reduced learning ability, brain damage, pregnancy complications, reduced immunity and higher risk of mortality from disease.

MAIN CONTRIBUTORS TO MICRONUTRIENT DEFICIENCIES:

- **LACK OF DIVERSE FOODS TO CONSUME**
- **FREQUENT ILLNESS**

HOW CAN WE IMPROVE NUTRITION SECURITY WORLDWIDE?

Improve global nutrition security by getting involved in promoting and implementing effective and sustainable policies, systems, programs and practices that support individual, community and national efforts.