



Impact of Malnutrition on Global Health

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Description

Malnutrition is a significant public health issue that affects people in both developed and developing countries worldwide. Malnutrition is defined as a lack of proper nutrients or an excess of nutrients that result in health issues. Malnutrition includes both undernutrition, which is the lack of essential nutrients, and overnutrition, which is the excess intake of nutrients that lead to obesity and other health issues. The impact of malnutrition on global health is severe and far-reaching, and it affects individuals, communities, and nations. Malnutrition has several causes, including poverty, lack of access to proper healthcare, and inadequate education on nutrition.

The lack of proper nutrients in the body can lead to several health problems, such as stunted growth, weakened immune systems, anemia, and developmental delays. Malnutrition also increases the risk of death from infectious diseases such as malaria, pneumonia, and tuberculosis. Overnutrition, on the other hand, can lead to obesity and non-communicable diseases such as heart disease, stroke, and diabetes. The impact of malnutrition on global health is significant, with more than 800 million people worldwide suffering from chronic hunger or undernutrition. In developing countries, children are the most vulnerable to malnutrition, with one in four children experiencing stunted growth due to inadequate nutrition.

Stunting can have long-term consequences, including developmental delays and reduced cognitive function, leading to poor educational and employment outcomes in adulthood. Malnutrition also has a significant impact on maternal and child health. Women who suffer from malnutrition are at a higher risk of complications during pregnancy, including premature delivery and low birth weight. Low birth weight can lead to stunting and developmental delays in children, which can have lasting effects on their health and wellbeing.

Malnutrition also has economic consequences, with individuals suffering from malnutrition being less productive in their work and having lower earning potential. The cost of malnutrition is estimated to be up to \$3.5 trillion per year, equivalent to 3.5% of global GDP. There are several initiatives underway to address the impact of malnutrition on global health. One of these is the Scaling Up Nutrition (SUN) Movement, a global initiative that aims to improve maternal and child nutrition by promoting increased access to nutritious food and improving education on nutrition.

The World Food Programme (WFP) is also working to address malnutrition by providing food assistance to vulnerable populations, supporting nutrition education programs, and implementing initiatives that address the root causes of malnutrition. The private sector also has a role to play in addressing malnutrition. Food companies can reformulate their products to make them more nutritious and provide consumers with healthier options. Companies can also work with farmers to improve agricultural practices and promote sustainable farming methods that increase the availability of nutritious food.

In conclusion, malnutrition has a significant impact on global health, affecting individuals, communities, and nations. It is a complex issue that requires a comprehensive approach to address. Addressing malnutrition requires a combination of education, increased access to nutritious food, and healthcare. Addressing the underlying causes of malnutrition, such as poverty and lack of access to healthcare, is also crucial. By working together, we can ensure that everyone has access to the proper nutrition they need to live healthy and productive lives.

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