

THE MALAISE OF MALNUTRITION

GS PAPER II:-Health

famines are caused not by shortages of food, but by inadequate access to food. – **AMARTYA SEN**

<p>WHO DEFINE MALNUTRITION</p>	<p>WHO has defined Malnutrition in the following words: “Malnutrition refers to deficiencies, excesses or imbalances in a person’s intake of energy and/or nutrients. The term Malnutrition covers 2 broad groups of conditions. One is ‘under nutrition’—which includes stunting (low height for age), wasting (low weight for height), underweight (low weight for age) and micronutrient deficiencies or insufficiencies (a lack of important vitamins and minerals). The other is overweight, obesity and diet-related noncommunicable diseases (such as heart disease, stroke, diabetes and cancer).”</p>
<p>PRESENT CONTEXT</p>	<p>A new report, ‘Food and Nutrition Security Analysis, India, 2019’, authored by the Government of India and the United Nations World Food Programme raises concerns such as:</p> <ul style="list-style-type: none"> ✓ After 70 years of independence, still condemns hundreds of millions of its poorest and vulnerable citizens to lives of hunger and desperation. ✓ Despite rapid economic growth, declining levels of poverty, enough food to export, and a multiplicity of government programmes, malnutrition amongst thepoorest remains high. ✓ poorest sections of society caught in a trap of poverty and malnutrition, which is being passed on from generation to generation. ✓ A developing brain that is deprived of nutrients does not reach its full mental potential. ✓ Lancet notes, “Undernutrition can affect cognitive development by causing direct structural damage to the brain and by impairing infant motor development.” This in turn affects the child’s ability to learn at school, ✓ <i>today’s poor hungry children are likely to be tomorrow’s hungry,</i>

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	<i>unemployed and undereducated adults.</i>
GOVERNMENT INITIATIVE	<ul style="list-style-type: none"> ✓ MAA initiative - Which aims to promote exclusive breastfeeding by mothers during the initial few months after childbirth. ✓ To promote institutional deliveries, supporting pregnant and lactating mothers, providing information related to nutrient intake to mothers following schemes are run by the govt - PM Surakshit Matriva Abhiyan, PM Matru Vandana Yojana, Kilkari project, IGMSY, etc. ✓ To increase immunization among children and women, mission Indradhanush is launched ✓ To address the issue of hunger among children from poor families, schemes like National Food Security Mission, Mid Day Meal etc are run by the government. ✓ To address the issue of deficiency of micronutrient Government is promoting research on the field of biofortification of crops. ✓ To promote clean, hygienic and sanitary health practices, a joint initiative between and MoDWS and MHFW called Swachha Swastha Sarvatra is also launched ✓ National nutrition mission
DISMAL PERFORMANCE OF STATE	<ul style="list-style-type: none"> ✓ A year after National nutrition mission was launched, State and Union Territory governments have only used 16% of the funds allocated to them. ✓ Fortified rice and milk were to be introduced in one district per State by March this year. But the minutes of a recent meeting showed that this had not been done. ✓ Anganwadis are key to the distribution of services to mothers and children. But many States, including Bihar and Odisha, which have large vulnerable populations, are struggling to set up functioning anganwadis, and recruit staff
CONCLUSION	<p>A lot of attention has focussed on the government's aim of turning India into a \$5 trillion economy in the next five years but still malnutrition is at its high.</p> <p>As one part of the country lives in a 21st century economy, ordering exotic cuisines over apps, another part struggles with the most ancient of realities: finding enough to eat to tide them over till the next day.</p>

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QUES:- DEFINE MALNUTRITION AND ITS IMPACT ON THE INDIAN SOCIETY.SUGGEST A WAY FORWARD TO CURB THE MALAISE OF MALNUTRITION.

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