

Child Malnutrition

Malnutrition has become an urgent global health problem, with undernutrition killing or disabling millions of children each year. Severe malnutrition accounts for approximately 1 million deaths annually among children. Approximately 20 million children under the age of 5 suffer from severe malnutrition each year. In 2010, 7.6 million children across the world died before reaching their fifth birthday, while in 2011 an estimated 165 million children under the age of 5 were stunted (low height for age) and 101 million were underweight.

Despite the remarkable improvement in child malnutrition in Iran, it is still high in Hormozgan province (5.05%). However, a 4 months nutritional education intervention implemented in the province has decreased the burden by 1%.



TUMS-IC



Healthy Food, Healthy Children!

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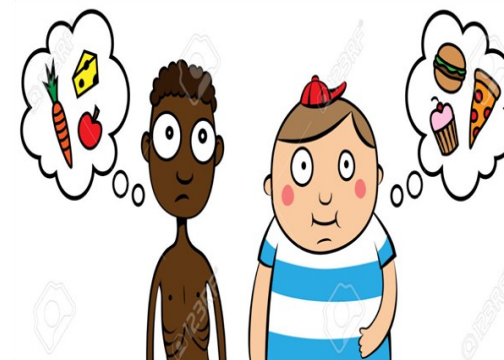
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What is Child Malnutrition?

Child is malnourished if his/her diet does not provide adequate nutrients for growth and maintenance or he/she is unable to fully utilize the food he/she eat due to illness (under-nutrition). Child also malnourished if he/she consume too many calories (over-nutrition).



Unbalanced Eating

Child Malnutrition

What is child undernutrition? It is the outcome of *insufficient food intake*, inadequate care and infectious diseases. It includes being underweight for one's age, too short for one's age (stunting), dangerously thin for one's height (wasting) and deficient in vitamins and minerals (micronutrient deficiencies)



Under-nutrition

Causes of Child Undernutrition

1. Lack of food
2. Living underprivileged condition
3. Difficulty eating due to painful teeth
4. Loss of appetite
5. Limited knowledge about adequate feeding
6. Poor attitude and practice
7. Eating disorders
8. Diarrhea or persistent vomiting
9. Chronic diseases such as childhood cancers, heart disease etc
10. Germs infection



Over-nutrition

Consequences of Child Undernutrition

1. Abnormal body growth
2. Easily fall sick from communicable diseases
3. Attention deficit disorder

4. Impaired school performance
5. Memory deficiency
6. Learning disabilities
7. Reduced social skills
8. Reduced language development
9. Reduced problem solving ability
10. Premature death

Child Undernutrition Prevention

Critical time to Prevent Child Undernutrition

The period from pregnancy to 2 years is a crucial period of opportunity to moderate undernutrition and its adverse effects. It is during this time that proven nutritional interventions can offer children the best chance to survive and reach optimal growth, health and development.

1. Adequate feeding during pregnancy
2. Exclusive breastfeeding for six months
3. Adequate child feeding
4. Providing complementary feeding
5. Prevention of communicable diseases
6. Immunization of children