

GS SCORE

An Institute for Civil Services

**GIST OF IMPORTANT
REPORT**

**GLOBAL
NUTRITION
REPORT**

REPORT BY: WORLD HEALTH ORGANISATION

For Civil Services Examination

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GLOBAL NUTRITION REPORT

- **Introduction:** The Global Nutrition Report is the world's leading independent assessment of the state of global nutrition. It is data-led and produced each year to cast a light on where progress has been made and identify where challenges remain.
- **Aim:** The report aims to inspire governments, civil society and private stakeholders to act to end malnutrition in all its forms. It also plays the important role of helping hold stakeholders to account on the commitments they have made towards tackling malnutrition.
- **Goal:** To inform, shape and inspire action with data and evidence on policy, practice and financing which result in greater accountability and progress in tackling poor diets and malnutrition globally.

THE 2021 GLOBAL NUTRITION REPORT (GNR) :

- This year's report provides a concise data-focused update on the state of diets and nutrition around the world, which will be released annually thereafter.
- The report's findings lay bare the unsustainability of the status quo and how we continue to face a global nutrition crisis.
- Poor diets and resulting malnutrition in all its forms are unacceptably high across the world, creating one of the world's greatest current societal challenges.
- The need for bolder, sustained and better coordinated action on nutrition that goes far beyond the nutrition community has never been greater.

The Covid-19 pandemic and the global nutrition crisis:

- The strong links between poor metabolic health, including obesity and diabetes, and worse Covid-19 outcomes have highlighted the importance of improving nutrition for good health worldwide.
- World is witnessing constrained public resources and shifting spending priorities due to Covid-19; yet investments in nutrition are vital for sustainable economic development. While the nutrition crisis pre-dates the pandemic, it is made only more urgent by the potential damage that the loss of resources can inflict on global food security and people's health.
- Financing for pandemic recovery must have nutrition as a key component if the world is to 'build back better', with significant economic returns to be gained from nutrition investments.
- Innovative approaches and greater action from the private sector will be necessary to boost financing available to levels required to meet nutrition goals and end malnutrition in all its forms.

GLOBAL NUTRITION TARGETS:

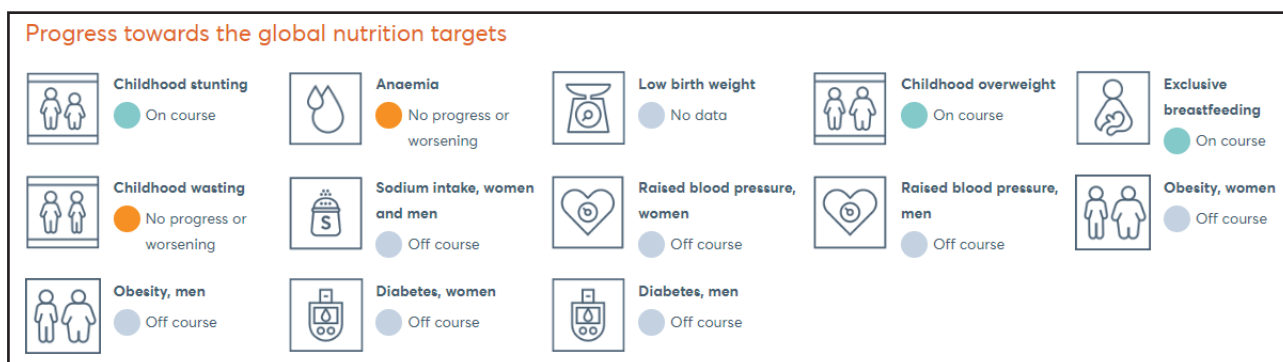
- In 2012 the World Health Assembly Resolution 65.6 endorsed a Comprehensive implementation plan on maternal, infant and young child nutrition, which specified a set of six global nutrition targets that by 2025 aim to:
 - ▶ achieve a 40% reduction in the number of children under-5 who are stunted;
 - ▶ achieve a 50% reduction of anaemia in women of reproductive age;
 - ▶ achieve a 30% reduction in low birth weight;
 - ▶ ensure that there is no increase in childhood overweight;
 - ▶ increase the rate of exclusive breastfeeding in the first 6 months up to at least 50%;
 - ▶ reduce and maintain childhood wasting to less than 5%.

INDIA'S SCENARIO:

- According to the National Family Health Survey (NFHS) 2019-21, the 5th in the series India has seen no significant improvement in health and nutritional status among her population.
- The latest data shows, 7.7% of children are severely wasted, 19.3% are wasted and 35.5% are stunted.
- At the same time, 3.4% children are overweight which was 2.1% in NFHS-4.
- Anemia among children under-5 has become significantly worse with the current prevalence as 67.1% compared to 58.6% according to NFHS-4. 57% of women of reproductive age are anemic in the country.

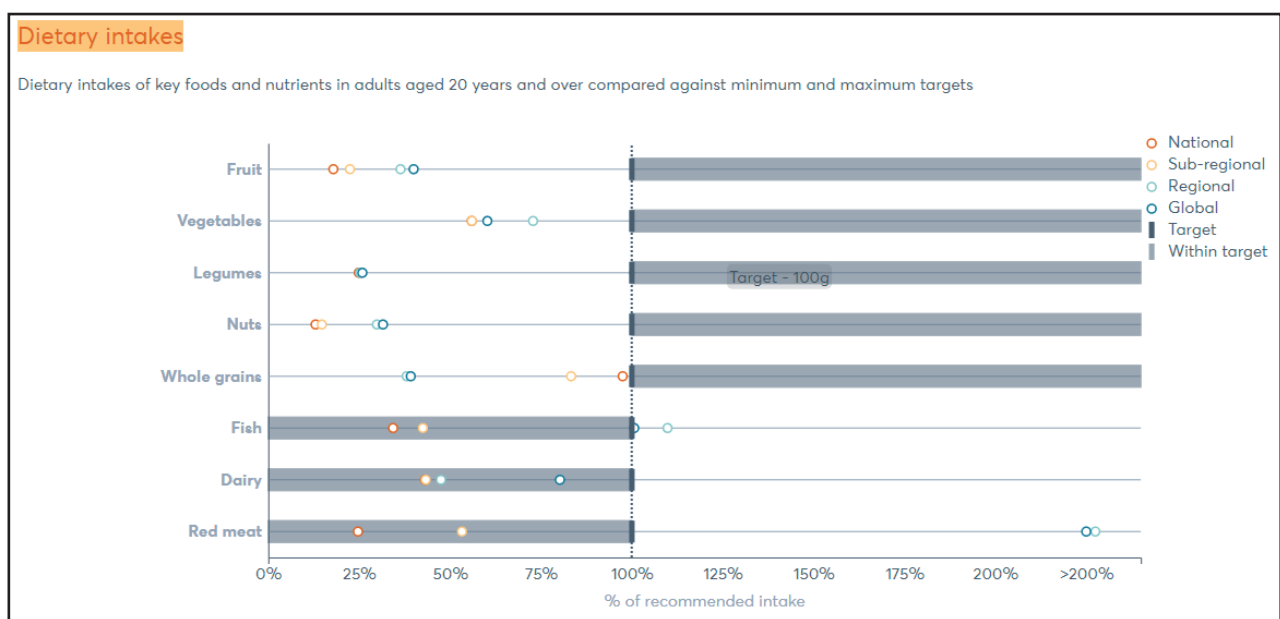
INDIA'S PROGRESS TOWARDS THE GLOBAL NUTRITION TARGETS:

- The 2021 GNR revealed that five out of six global maternal, infant and young children nutrition (MIYCN) targets to address stunting, wasting, anemia, low birth weight and childhood obesity are off track.
- At the same time, the global nutrition target (GNT) to combat the growing prevalence of non-communicable diseases (NCDs) is also off track.
- India is 'on course' in meeting the target for stunting but, 34.7% of children under 5 years of age are still impacted, much higher than the Asian average of 21.8%.
- There is no progress achieved towards achieving the GNT for wasting. In comparison to the Asian average (9.1%), India has 17.3% stunted children under 5 years of age.
- India has shown limited progress towards achieving GNT for diet related NCDs.
- According to GNR 2021, an estimated 6.2% adult (aged 18 and above) women and 3.2% adult men in India are living with obesity.
- Meanwhile, diabetes is estimated to affect 9% of adult women and 10.2% of adult men.



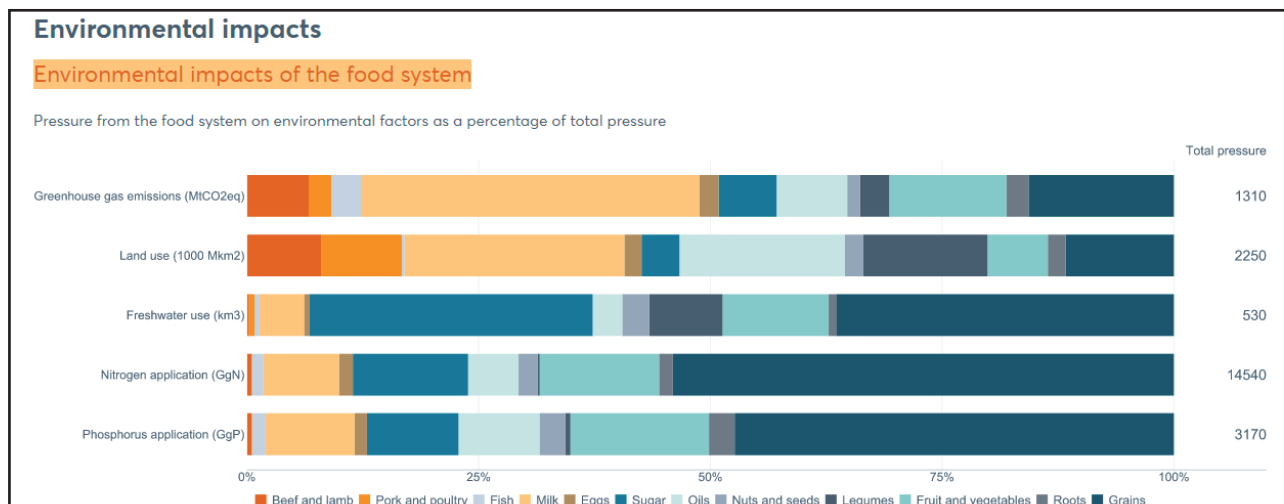
DIETARY INTAKE IN INDIA:

- GNR 2021 reported a comparison of the dietary intakes of key foods and nutrients among adults aged 25 years and over with the minimum and maximum targets.
- The data revealed that except for whole grains, adult Indians are not meeting recommended dietary target for essential food groups, determined by the EAT-Lancet commission on healthy diets from sustainable food systems.
- Indian diet is significantly low in fruits, legumes, nuts, fish, and dairy those are crucial for optimum growth, development and prevention of NCDs.



CHALLENGES:

- In 2020, India is home to nearly 200 million undernourished people. The COVID 19 pandemic and subsequent lockdown has made food insecurity worse by disrupting the food distribution system across large parts of India.
- In 2019, NITI Aayog's 'Strategy for New India @ 75' report found that India's main nutrition program platform, Integrated Child Development Services (ICDS) has inadequate focus on the first 1000 days of the child's life.
- This report argued that the program mainly delivers services to children aged 3 to 6 years old, whereas children under 2 to 3 years of age should be given the highest priority to ensure optimum growth and development among young children.
- Experts criticized ambitious Poshan Abhiyaan 2018 that could only reduce stunting among children aged 0 to 3 years of age only by one percentage point unlike its promise to reduce stunting by three percentage points per year.
- In a report, WFP revealed, almost 21.25% Indian population lives on USD 1.90/day with a huge spectrum of inequality and social exclusion.



SUGGESTIONS:

- The first step for India to combat the dual burden of malnutrition, nutrition inequality, and food insecurity is to fill the gaps in the nutrition composition of the daily diet.
- Ensuring sustainable eating by adding nutrient-dense, climate-smart crops such as millets to the Indian daily diet could be rewarding in preventing nutritional deficiency and diet related NCDs.
- Policy initiatives are urgently needed to transform the existing food system by involving all stakeholders. More finance is needed to meet additional requirements to address pandemic-induced nutritional loss.
- At the same time India needs a better data management system, greater accountability in the food distribution system, efficient resource management, adequate nutrition education, reinforcement of manpower and systematic monitoring to aim at achieving global nutrition targets by 2030.

Population density of health workers per 1,000 people

Type	Number	Year
Medical doctors	0.86	2018
Nurses and midwives	1.73	2018
Community health workers	0.58	2016

WAY AHEAD:

- The pandemic has shown us that the only way forward is to work together and not in isolation. There is a need for the same recognition of the nutrition crisis that faces everyone, in every country. The need to prioritise and invest in nutrition has never been greater. Poor diets and malnutrition should be addressed holistically and sustainably to create a healthy future for all.

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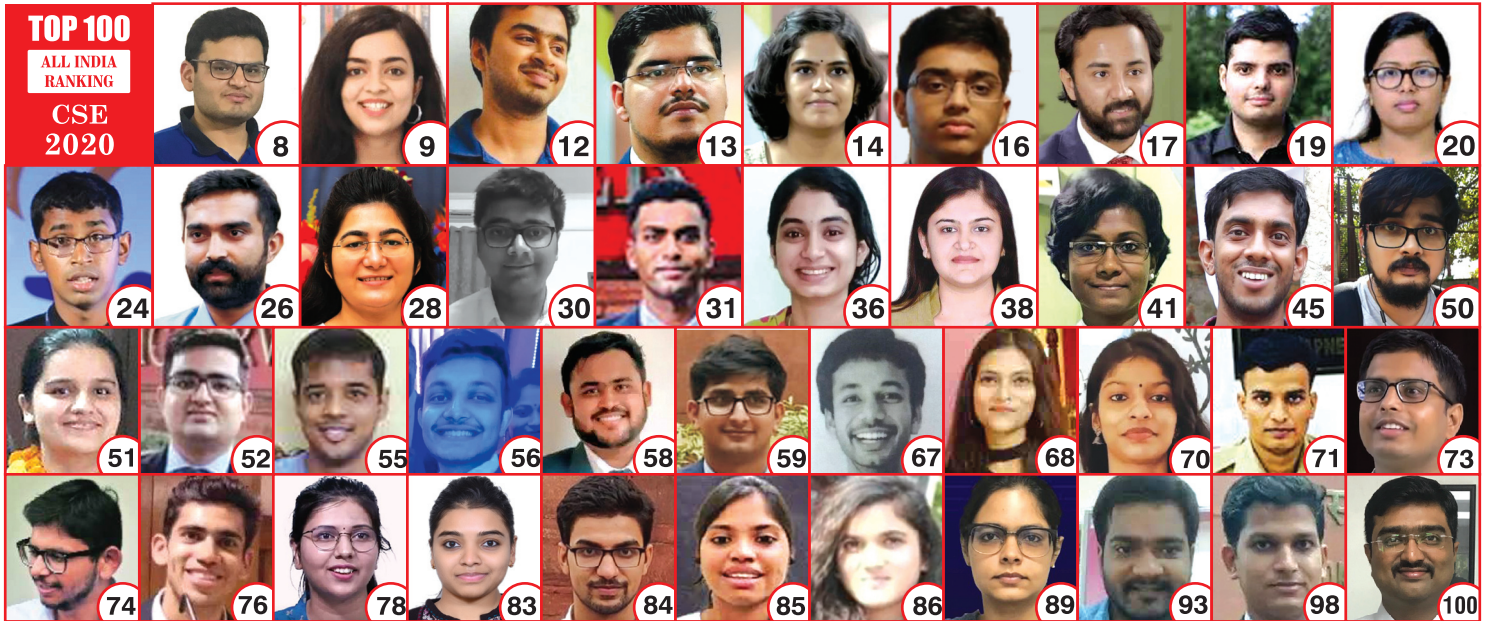
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