

Malnutrition Epidemic Causes, Effects, and Global Solutions

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Malnutrition has become an epidemic in the Third World and other poor countries where the economy is becoming rapidly depleted. Due to the declining economy, the government and other authorities are not able to invest in the availability of basic nutritious food supplies to their poor civilians. As a result, the epidemic has taken a toll in countries like Ethiopia, Africa, Sri Lanka, etc., where a significant number of children and females die due to being malnourished. The issue has been exacerbated by the conventional therapeutic exhortation that recommends an individual consume whatever he/she needs, and this has been known to elevate malnutrition, prompting a condition called cachexia. (World Health Organization, 2024)

The Food Research and Action Center states that according to the US Department of Agriculture, 38 million Americans experience the ill effects of craving and malnutrition in the world. In creating nations, it's a genuine issue that influences up to 55 million children in a year who, for the most part, experience the ill effects of undernutrition that makes them vulnerable to disease and infections like loose bowels, parasitic infections, and protein deficiency, and so on, leading to infant mortality. The real reason for malnutrition in the developing nations is the issue of individuals taking in food rich in calories and less nutritious with their increasingly less active lifestyle.

Guinea Worm Disease

Guinea worm disease is one of the most shocking and painful water-borne diseases. Also known as Dracunculiasis. A rankle normally shows up in the foot area of the body when the adult female worm is primed to oust its hatchlings into the earth. Different manifestations incorporate smouldering and tingling skin in the territory of the lesion, fever, queasiness, spewing, and loose bowels. When the infected body part is inundated in water, hatchlings are discharged into the water. The hatchlings are transmitted by the ingestion of infected drinking water or while swimming in infected lakes. Currently, the disease has spread in major sub-Saharan regions.

Heart Disease

Another chronic health issue that is being globally observed is cardiac or heart-related issues. These problems and health issues are commonly observed not only in adults but also in very young individuals. While adults are said to become victims due to tensions and stresses, youngsters are becoming heart patients due to a lack of exercise, improper diet, high-cholesterol food, etc. Heart disease is a sweeping term that portrays numerous types of heart disease brought about by blockage

of the arteries that supply blood to the heart.

Lack of sufficient blood is connected with a lack of oxygen, additionally called ischemia. Consequently, coronary heart disease is also called ischemic heart disease. Angina, heart attack, and heart disappointment are all clinical manifestations of coronary heart disease. In general, coronary heart disease is the leading reason for death in the Western world. In the UK, heart attacks are responsible for around 150,000 deaths consistently and cost the NHS more or less £719 million every year. Very nearly 50% of all heart attack sufferers pass on within 20 days of the attack.

Polio

While countries are striving hard to become polio-free, countries like Pakistan have again started to observe certain cases of the poliovirus despite having vigorous campaigns and policies for polio control and vaccinations. Polio is known as a virus that is capable of causing muscle loss of motion. With the number of poliovirus-infected people on the ascent around numerous nations in the world throughout the late nineteenth and early twentieth century, researchers and researchers were dead set more than at any other time to figure out how to stop the fast spread of this debilitating disease. The primary venture to stop this virus was to research each subtle element. The poliovirus comprises a positive-sense single-stranded RNA genome inside its icosahedral capsid.

The poliovirus follows a lytic life cycle. Nations with high population density, such as India, have living zones holding unsanitary water. The poliovirus is a waterborne disease. People who ingest water contaminated with poliovirus-laden fecal matter create polio. India is one of the few nations left in which polio is still endemic. With India's blasting populace, the eradication of polio will be a long and hard road. Then again, the number of cases reported each progressive year is keeping on dropping.

Maternal Health (Obstetric Fistula)

Similar to global issues like sanitation and malnutrition, maternal health care services and quality are also major problems. Due to the declining economy, the governments of poor countries are unable to invest in maternal health care. Maternal mortality is an issue that requires attention worldwide. This is a direct result of the imperative role ladies play in the family and public opinion on the loose. One of the real regenerative health difficulties facing women in Sub-Saharan Africa is obstetric fistula. In developed nations, obstetric fistula is practically nonexistent because of the change in crisis obstetric care facilities. Interestingly, ladies in creating nations are, as of now, experiencing the scourge of this therapeutic condition. (UNICEF, n.d.)

Obstetric fistula is common in low-resource nations, while it is uncommon in high-resource nations. The whole trouble of this disease is primarily kept to the "fistula sash," which extends across the northern a large portion of sub Saharan Africa to the south of Asia. Subsequently, worldwide morbidity and mortality from obstetric fistula have been increasing throughout the years. It has been assessed

that 50,000 to 100,000 ladies worldwide create obstetric fistula every year, adding to the pool of ladies who are living with the disease.

H.I.V./A.I.D.S.

The worldwide spread of the HIV/AIDS pandemic has represented a tremendous test for worldwide security. Since AIDS was initially diagnosed in the early 1980s, this pandemic has affected more than 25 million people worldwide, and nearly 33 million individuals living with HIV in 2007.

In response to this situation, the legislatures and different universal establishments have attempted to address the pandemic not just as an open health and advancement issue but also as a worldwide security issue. It was not until the selection of the United Nations Security Council (UNSC) Resolution 1308 in 2000, which conveys the HIV/AIDS pandemic keeping in mind the end goal to maintain global stability and security, that the venture to comprehensively securitize the HIV/AIDS pandemic.

Malaria

Malaria is a disease brought about by mosquitoes of the genus *Plasmodium*. It is one of the deadliest diseases and has ended up being a noteworthy danger to human health, particularly in children under the age of five. It is estimated that 247 million cases of clinical malaria occur consistently, and almost 1 million deaths because of malaria are accounted for each year, the greater part of them in children in tropical Africa. A large portion of malaria-related deaths are brought about by infection by *Plasmodium falciparum*, accounting for up to 91% of all malaria cases worldwide, with children under the age of five being the most affected, with an appraisal of 88%.

Safety from malaria gradually disappears when an individual moves far from the malaria endemic zone, and it has been recommended that susceptibility to malaria in children living in endemic territories is acquired just after a couple of infections. In Kenya, the pattern of malaria transmission fluctuates across the nation, with the Lake Victoria locale encountering high transmission while the good countries of western Kenya encounter low transmission intensities. (Clark et al., 2018)

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