GLOBAL NUTRITION REPORT 2020 - AN ACTION ON EQUITY TO END MALNUTRITION

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INTRODUCTION

The global nutrition report is a report card which shows the nutrition level of states as, during this time when covid-19 hits all over the world the nutrition level of the individual must be high as this pandemic could be a new global threat that results in disaster, the reason behind is the malnutrition. In this pandemic, the covid-19 does not treat equally. Covid-19 is threatening the health of the human and almost one in nine people in the world are suffering from hungry and undernourished. Malnutrition is the biggest challenge for the world.

WHAT IS MALNUTRITION?

As per WHO (World Health Organization) malnutrition refers to deficiencies, excesses, or imbalance during a person’s intake of energy or nutrients. Malnutrition is a condition when there is a lack of proper nutrition caused due to not eating food properly with balanced nutrients. Malnutrition is divided into two categories-

1. Under nutrition (includes stunning, wasting, underweight, insufficiencies)
2. Over weight / Obesity

By seeing the consequence of malnutrition and solving the problem all over the world in 2016, the United Nations General Assembly adopted the UN decades of action from 2016 to 2025. The aim is to adopt this to ensure that each individual stays healthy and has a proper nutrient diet. In this pandemic, the most important to safeguard from this covid-19 is to have a healthy diet so to increase immunity.

ABOUT THE GLOBAL NUTRITION REPORT 2020

- The global nutrition report 2020 is a report card where the countries stand in nutrition as per the Growth Initiative Summit (N4G) in 2013. To look the global nutrition around the world with the aim of “A World Free from Malnutrition in All its Form.”

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• The global nutrition report 2020, tells the government, businesses, and civil society to step up or to address all forms of malnutrition to tackle injustice in the food and health system.

• According to the report, almost every country across the world almost 88 countries are likely to miss the global nutrition target by 2025 in that India is also included in it.

• This report also identifies that the foremost of the countries are having the highest rate in terms of inequality in malnutrition.

**HISTORY OF GLOBAL NUTRITION REPORT**

• In 2012 and 2013 the world health organization (WHO) has recognized the seriousness of malnutrition.

• To overcome malnutrition the WHO has adopted to target malnutrition and to reduce it in all forms of malnutrition by 2025.

• In the 2012 world health assembly the decision board of WHO made targets to complete in 2025.

• The Nutrition for Global Summit was made in 2013 which found SMART (Specific, Measureable, Achievable, Relevant, and Timely). In this, a tracking committee made to improve nutrition. The first report was published in 2014.

• This report also tracks global progress, improvement in status in nutrition level of countries identifies changes and difficulties and opportunities that tell bought strength and actions which has taken for improvement.

• These committees consist of stakeholder, stakeholder group, independent expert group, and report secretariat.

• This report targets some points – maternal, infant, and young children and on diet-related to non-communicable disease adopted by WHO and Government.

• The purpose of the report is to collect, comprehensive and credible data on nutrition. This is done so to make improvements in policies and track the data. As per the report of 2018 says that the burden of malnutrition is increased but not resolved.

**WHERE DID INDIA STAND IN IT?**

• As per the report of Global Nutrition Report 2020, almost 88 countries are likely to miss Global Nutrition Targets by 2025, and India is also included in it.
The GNR 2020 is a report which highlights the causes of malnutrition and inequality because of it. In this pandemic, covid-19 does not treat equal to everyone, at same as in India almost over there are lots of undernourished people, and their immune is low that hits the person metabolic health which causes or having high chances of getting effect by covid-19.

As per a report which was released, India is having the highest rate of malnutrition and domestic inequality. As per the report of UNICEF, it says out of three, one person in India suffers from malnutrition. And as per the National Family, Health Survey of 2015 which says one in every five Indians is suffering from underweight, and almost every second woman in India is suffering from anemic.

People who are poor or suffered inequality like minorities, refugees, or unsheltered people are having a high risk of getting affected because India is also identified in the list of worst countries in third place along with Nigeria and Indonesia.


There are four categories which India is having records out of six categories-
1. Stunting among under-five children
2. Anemia at the reproductive age of women
3. Childhood Overweight
4. Exclusive breastfeeding till 6 months

CRITERIA USED

The global nutrition report 2020 is a call on the government, businesses, and civil society to take a step up or plans regarding malnutrition and to solve the problem of injustice in the food and health system. Every person in this world has the right to get proper food and a proper health system. Malnutrition is not having progress but inequality amongst people in countries is also a reason to not get the target to fulfill.

It has six categories for all the countries to measure for the global nutrition target -

1. **CHILDHOOD STUNTING**- stunting means due to poor nutrition, repeated infection, or inadequate psychosocial stimulation the growth and development of children are impaired. This is directly caused because of malnutrition. The children are at high chances of getting sick. Due to these lots of chronic health problems occur. Reduce stunning by 40% in children
fewer than five is the target for all the countries. According to the 2018 GLOBAL NUTRITION REPORT, almost 149 million children are stunt.

2. **ANEMIA** – it is a condition in which the hemoglobin of a woman goes low due to that the oxygen level goes down and almost 613.2 million women of reproductive age are affected by it. Because of this women got weakness, dizziness, and shortness of breath, for this the target was to reduce the prevalence of anemia by 50% among women in the age group of 19 to 49 years.

3. **LOW BIRTH WEIGHT**- as WHO defines the baby whose weight is less than 2500 grams is a baby with low weight. This signifies the health problem which occurred due to not having a proper health system. Almost 20.5 million children around the world are low birth weight. For that, the target is to Ensure a 30% reduction in low birth weight.

4. **CHILDHOOD OVERWEIGHT**- These are the main challenges which are faced. Almost 41 million children are in this category as in 2016 this can cause non-communicable diseases like diabetes, high blood pleasure at a young age causes heath issues so ensure no increase in childhood overweight in future is the target.

5. **EXCLUSIVE BREAST FEEDING**- away from which the infant can get ideal food for the healthy child as per global public health recommendation an infant should have almost 6 months breast feeding for the growth and development. According to the report of GNR, there is some progress and almost 42.2% of the rate has increased the target is for the healthy growth of infants so to Increase the rate of exclusive breast feeding in the first 6 months is the mission of global nutrition.

6. **CHILDHOOD WASTING**- almost 7.3% of children were wasted which means 49.5 million children as in 2018. To Reduce and maintain childhood wasting to less than 5% is the target for 2025. This is also like stunting which is caused by insufficient nutrition intake which can be caused low weight or height of a child. Wasting cause disproportion muscles and weakness also.

**POLICIES REGARDING NUTRITION IN INDIA**

To build the opportunities to improve the health and food system, the TINI has collaborated with the global nutrition report 2020 so India can overcome the burden of malnutrition. TATA Trust looks at over 22000 children and also under nutrition and malnutrition children,
adolescents, and women of reproductive age. Maternal malnutrition harms the human health system because it is multi-generation. This trust aims to change the mental and physical health of the population, improving nutrition parameters, and helping the country to reach a healthy food system with no inequality.

In India, the challenges are the deficiency of essential nutrition. As per the National Family Health Survey in India almost 1.3 billion populations out of which 66% the schemes for nutrition improvement have reached. In this country, the rural area is more affected by the lack of nutrition.

The challenges occur but there are schemes to fight malnutrition. A joint initiative or mission by trusts and government are taken The Swasth Bharat Prerak Programme for National Nutrition mission.

List of some policies which are made in India are-

1. Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016
2. National Rural Health mission
3. National Health Policy
4. National Plan of Action on Nutrition
5. National Nutrition policy
6. The National Food Security act

SCOPE OF IMPROVEMENT

Malnutrition and inequality in nutrition both are challenges. They both related to each other if a person’s diet healthy and the quality of food full of nutrition then the person will not be effect by malnutrition because it means not getting proper nutrition. But each individual deserves equality in nutrition. By developing the health and food system there is a need for sustainable development also. It can be improved by –

1. To tackle the injustice in the food system and health system.
2. To build an equitable and sustainable system.
4. Improving the quality of the food system.
5. By the government, schemes can be there for the action plans on the nutrition system.
6. Monitoring health and care and provide essential medicines.
7. Nutrition value should be labeled in the package so the people will be aware of it.
8. Access to fresh food at an affordable rate.
9. Promoting a healthy lifestyle with a healthy diet
10. Appropriate education as awareness of a healthy lifestyle.

CRITICAL ANALYSIS

In this scenario where countries are developing and growing in every aspect, there is a loophole that almost every country around this world is going to miss the Global Nutrition Target of 2025 per a recent report of GNR 2020. The covid-19 has hit the world population and many are affected by that as it hits the immunity of the person.

Malnutrition is caused due to lack of nutrients and in this time it unequal to poor people who are suffering from malnutrition, the reason is food and health system which is affected very worst.

Firstly, the in India TATA Trust has collaborated with the Global Nutrition Report so to uplift the food system as well as the sustainable system also. The main aim is to remove inequality and give proper nutrition.

Secondly, the report has three areas to achieve the goal is –

1. Food system
2. Health system
3. Financing

In the Constitution of India- Article 21 which guarantees the right to live with dignity and the right to food is included in it. Article 47 says the state has to raise the level of nutrition and standard of living and as right to food is a fundamental right then there is remedy Also Available Article 32 of Constitution.

CONCLUSION

The most important global issues are health, sustainability, equity, finance, and lifestyle of the population. To overcome these actions and policies should be there so malnutrition can be
treated equally. Awareness of health and giving proper implementation can change the scenario. In this critical situation of covid-19, only a healthy food system for everyone will help to survive.