

FROM FOOD SCARCITY TO FOOD SECURITY IN ORDER TO PROVIDE THE BALANCED NUTRITIONAL DIET

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Abstract

Industrial growth is upside-down, but per capita revenue does not have to adjust in relation to economic growth. In order to fill the nutritional level with a properly balanced diet, one needs the availability of the food along with the power to buy it, so it is necessary to take some steps that enable individuals to fully fill their need for a diet with proper nutritional value. This paper discussed both the aspect of food security and the nutritious diet importance. Even after passing so many years after independence, the question of food security to provide a healthy nutritious diet to the people has been sustained in India. As India is placed second in the population worldwide, the rising population is also an addition to this problem. In view of the nutritional level and protein intake, the dilemma has turned into a major one when the question is the solution.

Keywords: *Food Security, Malnutrition, Population, Farming, Indicators.*

I. INTRODUCTION

India has been battling the issue of malnutrition among children and adolescents since independence. Many schemes and proposals have been put forward by the Indian government to curb the issue of malnutrition in India. Different metrics are used to verify the status of the nutritional level among the masses apart from another human disease due to the food habit. The food habit relationship depends on the geographical region, but the quality of that food depends on that region's economic growth and with the rate of economic growth, this food quality has been improved. It is therefore evident that economic growth is directly related to the quality of the intake of food from that particular region.

In the Indian sense, because of their income and purchasing power parity, the socio-economic situation is not the same for all people. Much of the Indian population relies on agriculture

for their lives, and agriculture in India is not an occupation that generates good or adequate income to satisfy their requirements. One requires an amount of sufficient money for nutritious food to achieve the high quality of the food in sufficient quantities. Therefore, the rising rate of economic development directly determines the growth of children in that region. India today faces the co-existence among a large portion of the population of inadequate calorie intake and under-nutrition, excess dietary energy intake leading to obesity and related health issues among another portion of the population, and widespread micronutrient deficiency, known as the triple burden of malnutrition.

Good health is not an individual's sole responsibility, but it is also the government's responsibility. There are many countries around the world that have been fighting a war against people's ill health and malnutrition. Many experts have researched to find out the reason for this and have discovered that people's living standards and per capita income are the main reason behind this problem, even though there is some proof that people earn so well, but because of their complexity in their lifestyle, they have encountered the health-related complications [1]. Although the issues related to health have been raised by many governmental and non-governmental organizations and they have been indulging themselves to find a better solution to alleviate this problem.

The health status of an individual depends upon some factors such as economical status, social values, dietary habits, lifestyle patterns, environmental factors, demographic variation, institutional values, and most importantly awareness status of an individual. The health status of an individual is a result of the confluence of these all mentioned factors, therefore it is important to keep a balance between these factors. Although, the main problem is to establish a balance between these factors because developing and underdeveloped countries have been facing the issues of the scarcity of resources, Many People in the different countries have died because of hunger despite the best effort of the government organization. In this situation, the government and other organizations have to go miles for solving the problem of malnutrition and food scarcity. Fig.1 has been showing the different determinants for malnutrition [2].

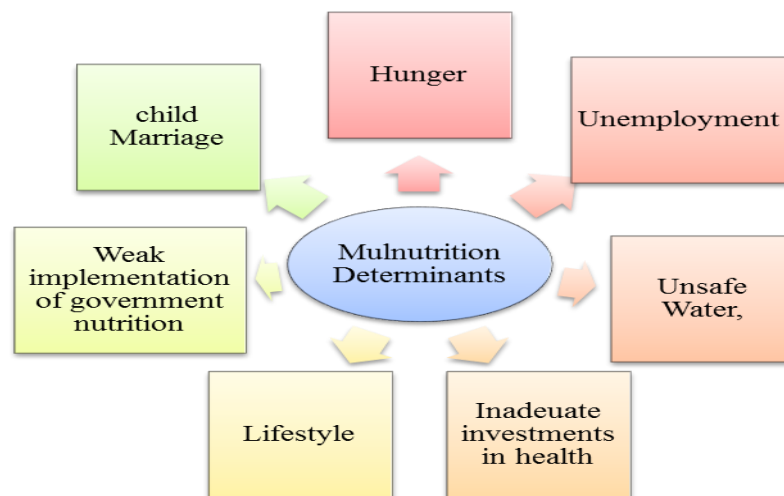


Fig. 1 Determinants Cause the Malnutrition

II. CHALLENGES IN FOOD SECURITY

The problem of malnutrition is a cyclic process because of the various reason associated with this problem. If a pregnant woman is a victim of undernourishment, then most probably her newborn also has the same problem. It might also possible that an infant who does not feed with proper nutrition likely to not survive for a long. A recent study published by the united nation revealed that in most of the developing and underdeveloped countries, half of the children under the age of 5 have died because of poor nutrition [3]. The children, who have survived the condition of malnutrition in their childhood, have to face some health-related complicacies in a later stage of life. The families in the average income group or below the poverty line have faced many problems to procure the food that fulfills their requirement of nutrition. On the other hand, the person belongs to a high class with handsome earning, have a deteriorating lifestyle which ultimately affects their health [4].

It analyzed data from different countries, including India, on underweight children at the time of birth. At the time of birth, India has the highest number of underweight children and the reason behind this is that India's low per capita income populations, even a large number of families do not have the fixed and reliable sources of income to fulfill their daily food and nutrition requirements. Malnutrition is a public health concern which needs to be handled with appropriate urgency and competence to mitigate the effects of food shortages and malnutrition [5].

Adequate nutrition is essential for human development. Malnutrition includes both under nutrition as well as over-nutrition and refers to deficiencies, excesses, or imbalances in the intake of energy, protein, and/or other nutrients [6]. Benefits of good health are perceived not only at the individual level but also at the level of society and country-level as well [7]. An individual's health is determined by the interplay of different variables, such as social factors, economic factors, dietary factors, lifestyle factors, environmental factors, government policies, political participation, etc.

In the early stage of life, the cornerstone of an individual's wellbeing is laid. It is a well-known fact that nearly half of children under 5 years of age succumb to death each year because of inadequate nutrition in some developing nations, India being one of them. For the poor, it is very difficult to bear the cost of care. Out-of-pocket expenses arise especially unexpectedly. Among people in the wealthy group, a different pattern is observed. Sedentary habits, combined with poor eating habits, lead to weight gain. Health experts refer to these conditions as malnutrition. The irony is, India is the world's second-largest food producer and yet is also home to a large number of undernourished children in the world [8].

III. STATICS OF THE MALNUTRITION

These phenomena are emphasized by proof from both national surveys as well as smaller research. For example, the 2005-06 National Family Health Survey shows that a third of young couples have a mass index below average, with 28 percent of the men falling into the same category. On the other hand, 15% of women are obese or overweight, as is the case with

12% of men. It is normal to have micronutrient deficiencies. For instance, 56% of ever-married people and 24% of ever-married men are anemic. India has been doing worse than those sub-Saharan African countries including South Asian neighbors in terms of infant nutrition and child mortality rates.

While each dimension of the multiple burdens of disease is important and requires special attention, the prevalence of under-nutrition and macronutrient intake deficiencies among large numbers of people remains one of the most critical problems for policymakers in the midst of remarkable economic growth. Under-nutrition is the outcome of a multitude of factors, but agricultural development lies at the heart of it [9][10], addressing early government hesitation to contribute to such an act. Second, current spells of rising food prices have been a cause for concern to the degree that the increase in inflation does not lead to a substantial improvement in incomes for pay rate net food buyers.

IV. CONCLUSION

This paper summarized the concepts involved in the food and nutrition security monitoring systems implemented in sub-Saharan African countries. It also noted the challenges and issues that need to be tackled by planners and policymakers in planning food security and nutrition control measures. The implementation of monitoring systems to improve the community's well-being should be seen as a dynamic process that needs to be revised as more information on the design and clinical decisions are needed. The addition or removal of specific information to be produced by the ability to track the system would be done on an ongoing basis to satisfy the decision needs.

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