

FOOD SECURITY IN ORDER TO SOLVE MALNUTRITION PROBLEM

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Abstract: *The problem of food security to provide a balanced nutritional diet to the people has been sustaining in India even after passing so many years after independence. The growing population is also an addition to this problem as India is placed at the second position in population worldwide. The problem has turned in to big one when the problem is the address at the view of the nutritional level and protein intake. The industrial growth is upside but the per capita income has not to change proportional to the economical growth. One needs the availability of the food along with the power to buy it to fill the nutritional level with a properly balanced diet, so it is important to take certain measures that enable people to completely fill their need for a diet with proper nutritional value. This paper addressed both the food security aspect and the value of the nutritional diet.*

Keywords: *Food security, malnutrition, population, farming, indicators, Health care.*

INTRODUCTION

After independence, India has been fighting the problem of malnutrition amongst the kids and the adolescent. The Indian government has come up with many schemes and plans to curve down the problem of malnutrition in India. There are various indicators are used to check the status of the nutritional level between the masses apart from another disease which is got by the human because of the food habit. The relation of the food habit depends upon the geographical region but the quality of that food depends upon the economic growth of that region and this quality of the food has been increased with the rate of the economic growth. Therefore, it is obvious that economic development is directly associated with the intake quality of the food taken by that particular region.

In the Indian context, the socio-economic status is not the same for the entire citizens, because of their income and purchasing power parity. The great part of the Indian population depends upon the agriculture for their living and, agriculture is not an occupation in India which generate good or enough income for satisfying their requirement. For nutritional food, one needs a sum of enough money to procure the good quality of the food in a sufficient quantity. Thus, the growing rate of economic development is directly deciding the growth of the kids in that country. India today faces the coexistence of insufficient calorie intake and under-nutrition among a large portion of the population, excess dietary energy intake contributing to obesity and associated

health problems among another portion of the population, and pervasive micronutrient deficiency, which is known as the triple burden of malnutrition.

Good health is not the only responsibility of an individual but also is the responsibility of the government. There are many countries across the globe, which have been fighting the war against poor health and malnutrition of the citizens. Many experts have researched to found out the reason of this and they found out that living standard and per capita income of the people are the main reason behind this problem, even there is some evidence that people are earning so well but due to their lifestyle complexity, they also encountered with the health-related complication [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.

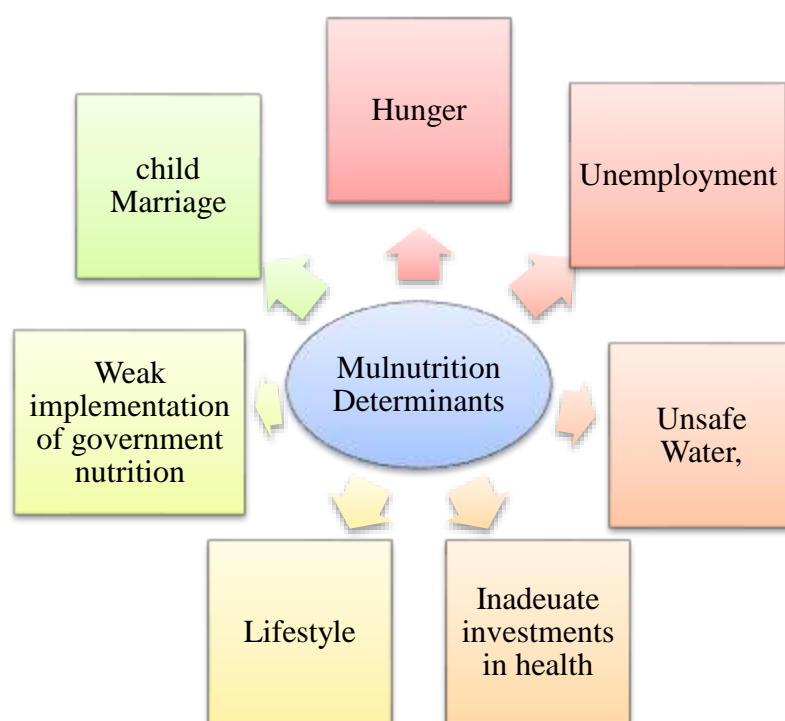


Fig.1 Determinants Cause the Malnutrition

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].

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 complications 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 has analyzed the data of underweight children at the time of birth from various countries including India. India has the maximum number of underweight children at the time of birth and the reason behind this is the populations of India giving low per capita income, even a significant number of families don't have the fixed and sustainable sources of income to meet their daily requirement of the food and nutrition. Malnutrition is a public health problem and needs to address with adequate seriousness and proficiency to mitigate the effect of food scarcity 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]. The health of an individual is determined by the interplay of various factors like social factors, economic factors, dietary factors, lifestyle-related factors, environmental factors, government policies, and political commitment etc.

The Foundation of an individual's health is laid in the early phase of life. It is a well-known fact that in some developing nations, India being one of them, nearly half of children under 5 years of age succumbs to death every year due to poor nutrition. It is quite difficult for the poor to bear the cost of treatment. Especially suddenly occurring out-of-pocket expenditures. A dissimilar trend is observed among individuals of the affluent society. Sedentary habits coupled with unhealthy food habits result in weight gain in them. 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].

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.

Although each dimension of the multiple burdens of disease is significant and needs specific attention, amid remarkable economic development, the persistence of under-nutrition and macronutrient intake deficiencies among massive amounts of people remains one of the most critical problems for policymakers. Under-nutrition is a result of a multitude of variables, but at the very heart of it lies agricultural production[9], as it is generally known. This concept of food security integrates the notion that access to food not only entails physical accessibility and quality but also allows people not to experience public obstacles to feeding themselves. Food protection implies plant nutrition and further recognizes that it encourages the actualization of individual capacities in its achievement.

The emphasis of this article is on some of the main challenges facing India in achieving food security. The latest debates in India have been framed by three problems. Last year saw the realization of a long-standing call by civil society organizations for a comprehensive regulatory structure as a result of a National Food Security Act (NFSA) to ensure food security[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.

CONCLUSION

This paper provided a summary of the principles involved in frameworks for monitoring food and nutrition security introduced in sub-Saharan African countries. It also recognized difficulties and problems that need to be addressed in the design of food security and nutrition control measures by planners and policymakers. The introduction of monitoring systems to enhance the well-being of the community should be seen as a complex mechanism that needs to be updated as more information is needed on the design and clinical judgments. To meet the judgment

needs, the inclusion or removal of detailed details to be produced through the ability to monitor the system will be done on an ongoing basis.

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