

WELCOME

TOPIC-malnutrition and undernutrition

Malnutrition Malnutrition occurs when an organism gets too few or too many nutrients, resulting in health problems.

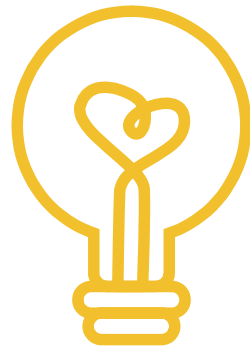


Specifically, it is a deficiency, excess, or imbalance of energy, protein and other nutrients which adversely affects the body's tissue and form,



Malnutrition is a category of diseases that includes |-

- Undernutrition
- Overnutrition



02 UNDER NUTRITION



Undernutrition can occur either due to protein energy wasting or as a result of micronutrient deficiencies.

It adversely affects physical and mental functioning, and causes changes in body composition and body cell mass.

Undernutrition is a major health problem, causing the highest mortality rate in children, and is responsible for a long-lasting physiologic effects

It is a barrier to the complete physical and mental development of children.

Undernutrition can manifest as stunting, wasting, and underweight. It occurs during pregnancy, or before two years of age, it may result in permanent problems with physical and mental development.

● Extreme undernutrition can cause starvation, chronic hunger, severe acute malnutrition (SAM), and for Moderate acute malnutrition (MAM).

● The signs and symptoms of micronutrient deficiencies depend on which micronutrient is lacking

● However, undernourished people are often thin and short, with very poor energy levels and swelling in the legs and abdomen is also common

● People who are undernourished often get infections and frequently feel cold.

03 MICRONUTRIENT MALNUTRITION



Micronutrient malnutrition results from inadequate intake of vitamins and minerals.

Worldwide, deficiencies in iodine, Vitamin A, and iron are the most common children and pregnant women in low – income countries are at especially high risk for micronutrient deficiencies.

Anemia is most commonly caused by iron deficiency, but can also result from other micronutrient deficiencies and diseases.

This condition can have major health consequences.

It is possible to have overnutrition simultaneously with micronutrient deficiencies, this condition is termed the double burden of malnutrition.

04 PROTIEN-ENERGY MALNUTRITION



- Undernutrition sometimes refers specifically to protein - energy malnutrition (PEM)
- This condition involves both micronutrient deficiencies and an imbalance of protein Intake and energy expenditure .
- It differs from calorie restriction in that calorie, restriction may not result in negative health effects.
- Hypoalimentation (underfeeding) is one cause of undernutrition.
- Two forms of PEM are kwashiorkar and marasmus ; bothe commonly coexist.



● Kwashiorkor is primarily caused by inadequate protein intake. Its symptoms include edema wasting, liver enlargement, hypoalbuminemia, and steatosis; the condition may also cause depigmentation of skin and hair.

● The disorder is further identified by a characteristic swelling of the belly, which disguises the patient's undernourished condition.

● Kwashiorkor means displaced child and is derived from the Ga language of coastal Ghana in West Africa.

● It means "the sickness the baby gets when the next baby is born in as it often occurs when the older child is deprived of breastfeeding and weaned to a diet composed largely of carbohydrates.

● Marasmus can result from a sustained diet that is deficient in both protein and energy.

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● This causes their metabolism to adapt in order to prolong survival. ▶



● The primary symptoms are severe wasting, leaving little or no edema; minimal subcutaneous fat; and abnormal serum albumin levels.

● It is traditionally seen in causes of famine, significant food restriction, or severe anorexia conditions are characterized by extreme wasting of the muscles and a gaunt expression

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FACTORS AFFECTING
MALNUTRITION



Poverty = May be unable to buy meat, milk, eggs are other high calorie foods. In addition they lack adequate housing, clean water supply and sanitation. All these factors predispose the community of lower socio economic group to infection and malnutrition.

Food taboos and cultural patterns =

In our male dominated society the best food like meat, eggs and fruits are first served to the adult male members of family and the left over are served by the women and children. Concept of 'hot food' usually results in withdrawal of eggs from diet, similarly the concept of cold food results in the withdrawal of banana, rice and citrus fruit from diet leading to malnutrition.

Lack of immunization = Lack of immunization against common infections disease may result in measles, whooping cough or tuberculosis snatching the energy required for the well being of the person leading to malnutrition.

LACK OF PRIMARY CARE = Repeated infections like diarrhoea , respiratory infections etc. Are the major factors leading to malnutrition . Lack of medical care results in vicious circle of infection, malnutrition and further infection.

LACK OF FAMILY PLANNING = Malnutrition is very common in large, poor families where family planning is not practiced. Mothers become weak after repeated pregnancies, overwork and lack of nutrition food. Malnourished mother in turn gives birth to low birth weight babies who become malnourished later on.

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OVERNUTRITION



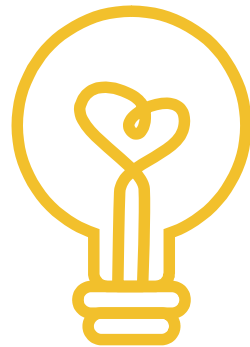
OVER NUTRITION = When nutrients became excess in the body.

Definition = Obesity is a state of excess adipose tissue mass.

- Obesity is a disease of caloric imbalance that results from an excess intake of caloric above their consumption by the body.

- The WHO definition is ;

A BMI greater than or equal to 25 is overweight.
A BMI greater than or equal to 30 is obesity.



CLASSIFICATION BMI (KG/M²)

- <18.5 UNDERWEIGHT
- 18.5-24.9 NORMAL WEIGHT
- 25-29.9 OVERWEIGHT
- 30-34.9 OBESITY CLASS 1
- 35-39.9 OBESITY CLASS 2
- 40-49.9 OBESITY CLASS 3
- 50 AND ABOVE ABOVE SUPER OBESITY



Types of obesity

There are two types of obesity.

1) **ANDROID OBESITY** -> Central region of body ((apple shaped))

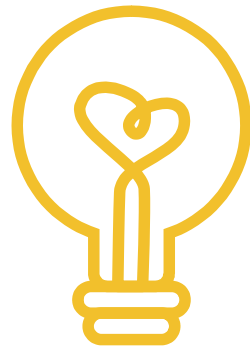
2) **GYNECOID OBESITY** -> Peripheral region (pear shaped)

APPLE / ANDROID

- Excess fat on the abdomen
- Common in men
- Significant correlation with metabolic syndrome.

PEAR / GYNECOID

- Excess Fat on the thighs and buttocks.
- Common in women.
- Non-significant correlation with metabolic syndrome.



CAUSES

- Lack of energy balance.
- Genes and family history
- Drugs : corticosteroids , antidepressants and seizure medicine
- Emotional factors
- Endocrine : hypothyroidism , cushing's syndrome and pcos
- Lack of sleep
- Inactive lifestyle
- Lack of access of healthy food.





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