

10/22 Hunger and malnutrition are two different things. Discuss
5-2 in the context of global hunger index. Also suggest measures
to deal with malnourishment in India.

The Global Hunger Index (GHI) ranks
India at 107 of 121 countries with a score of
29.1 in the serious category. There is a
marked distinction between hunger and malnutrition.

Hunger vs malnutrition

① Hunger is mainly due to scarcity of
food and starvation. India is the largest
producer of food grains at 215 million
tonnes and milk production.

Moreover the GHI measures the prevalence
of hunger for under five children and FIES
food insecurity experience scale of limited
sample space of 3000.

② malnutrition on the other hand
captures the inequalities in the food
consumption. Both obese and malnourished

children are present in India at the same time.

The National Family Health Survey captures the malnourishment.

i) Breast feeding has increased from 55% to 64% between NFHS-4 and 5. But the overall feeding rate within one hour of birth is only 42%.

ii) Food intake is limited and there is limited diet diversity. It resulted in stunted - 36% wasted 16% and under weight 32%.

iii) Obesity has increased from 21 to 24% for female and 19-23% for males. Also, the anaemia also increased from 59% to 67% during NFHS-4 and NFHS-5.

Effects are being made at all levels to improve the nutrition levels.

means used to deal malnourishment

① Food fortification is the addition of micro nutrients such as vitamin B12, iron and folic acid to the food staples. It can help tackle the micro nutrient deficiency. Anemia can be addressed.

② Nutrition education is lacking in India. Only 140 institutes offer nutrition courses. The NICE-portal nutrition information communication portal - must be implemented throughout the country.

③ Millet as mid day meals can fill the calories and fibre requirement of the children. Good millet based are being provided in schools.

To benefit the demographic dividend a healthy population is crucial. Nutrition enhancement efforts can help achieve.

SDG-2 - zero hunger SDG-3 - good health and well being.