

Nutrition Problems Prevalent in India

Definition:- Nutrition Problem:

A Nutrition Problem (or) Deficiency refers to a condition when an individual's body experiences a shortage of essential nutrients (or) some specific nutrient. Such problems can give rise to several health issues such as anaemia, etc.

Prevalent:

widely accepted, widespread.

Introduction:-

- To perform different functions and processes, the body needs various types of nutrients, which also play a major role in keeping the body fit and healthy.
- Most of these nutrients are obtained through food. However, a large number of people in India do not get enough nutrients, which results in various disorders, including anemia, osteoporosis, night blindness etc.
- According to the food and Agriculture Organisation report, 140.7 million people suffered from nutritional problems in India from 2014-2016.
- The current status of malnutrition in India according to NFHS-5 (2019-21) is 35.5%.

Causes of Nutritional Problems:-

- Typically, nutritional deficiency is considered a problem plaguing the poor, who cannot afford a balance meal. Thus poverty remains the biggest cause of nutritional problems in India.
- However having low knowledge about nutrition.
- Alcohol and drug dependency.
- Inadequate absorption of food taken
- various physical and mental health conditions
- having a low income causes difficulty obtaining food
- unsuitable dietary choices

Common Problems of Nutritional in India

Macronutrients Problems in India:

① Carbohydrate:-

Major deficiencies are diabetic ketoacidosis, hypoglycaemia (energy loss, fatigue & constipation)

② Fats:-

Heart diseases, stroke, kidney problem, podiatric obesity, childhood obesity, metabolic syndrome (dry skin & variation of skin).

③ Water:-

Dehydration, kidney failure (dry mouth, shortness of breath, dizziness & confusion).

PEM (Protein Energy Malnutrition)

* Protein Malnutrition Pseudominant

* Marasmus (Deficiency in calories intake)

* Marasmic Kwashiorkor (Both Protein and calorie insufficiency)

* Obesity →

Over nutrition is also Protein energy malnutrition is defined as a range of pathological condition arising from widespread lack of dietary protein and energy in varying proportion. The condition has mild, moderate and severe degrees.

* Kwashiorkor →

A nutritional problem, which is common in India.

Micronutrition Problems in India:

① Folate (Vitamin B₆):-

Megaloblastic Anaemia, neural tube & Heart disease (mood changes, weakened immune function, tiredness & low energy).

* Iron deficiency anaemia is most common type of anaemia and it occurs when your body doesn't have enough of the mineral iron. Because Hb is made up of iron + globin protein. So, iron deficiency cause weakness, pale skin, shortness of breath fast (or) irregular heartbeats, cold hand and feet.

Iodine Deficiency Disorder:-

This is caused due to less intake of iodine in diet. Iodine deficiency disorder include goiter, hypothyroidism, cretinism, decrease fertility rate, increase infant mortality and mental retardation.

Factor causing nutrition problem in India:-

→ Socio economic factor -

like poverty, low income and socially deprived people etc

→ Infections -

like malaria, diarrhoea etc which causes nutritional deficiency.

→ Feeding habits -

lack of awareness regarding good quality food which leads nutrition problems.

→ Inadequate distribution of food -

like gender inequalities cause deficiency disease.

→ Rapid succession of pregnancy.

→ Poor quality of nourishing - Poor sanitation, poor water supply

→ Lack of balance diet

→ Heavy work and also lack of exercise

→ Lack of food is also cause deficiency disease

Prevalance of Macronutritional Problem in India:-

① PEM :-

It is measured in term of underweight (low weight for age), stunting (low height for age) and wasting (low weight for height).

→ Vitamin D:- It varies 40-90% in India

→ Calcium:-

About 40% have dietary Calcium deficiency in India.
About 47500 children have calcium deficiency.

Vitamin A Deficiency:-

→ Vitamin A Deficiency is a major nutritional problem. It estimated 30-40,000 children in India

→ Prevalence of VAD was 77.0% in Mumbai
30.0-80% Hyderabad
26-3% New Delhi

Iron Deficiency Disorder (Anemia)

→ In India iron deficiency anemia is widespread among children under 3 year of age (69.4%), females (57%) & males (24.4%)

→ It is mainly in UP, Haryana, JN, Gujarat.

Iodine Deficiency Disorder

→ In India the entire population is from to IDD due to deficiency of the Iodine in the soil in the subcontinent & consequently the food derived from it

→ In India 54 million people suffering from goitre

→ The children in the age group 6-12 years were 1,09,056 who is suffering from deficiency

Conclusion:-

→ However, millions of citizens still suffer from malnutrition. Poverty, ignorance about a balanced diet, western food influences, etc are some factors contributing to nutritional problems in India.

→ The Right Health insurance policy can help you get timely medical assistance if you have symptoms of nutritional deficiencies

→ Having a Comprehensive health insurance plan from Acko can shield against such a health crisis and offer financial & medical support at that critical time.

Paalabatti