THE DOUBLE BURDEN OF MALNUTRITION

WHAT

WHO

Nutrition is critical to both health and economic development.

WHO ACT

Focus and investment for integrated solutions will tackle malnutrition in all its forms.

WHERE

MALNUTRITION AFFECTS ALL REGIONS WORLDWIDE

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1.9 BILLION ADULTS, 18 years and older, are overweight

>600 MILLION of these are OBESE

462 MILLION ADULTS are underweight

264 MILLION WOMEN of reproductive age are iron-amenable anaemia

42 MILLION children under the age of 5 years are overweight or obese

156 MILLION children are stunted (too short for age)

50 MILLION children are wasted (too thin for height)

205 MILLION ADULTS, 18 years and older, have been diagnosed with hypertension

205 MILLION ADULTS, 18 years and older, have been diagnosed with diabetes

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THE DOUBLE BURDEN IS AN IMPORTANT OPPORTUNITY FOR ACTION ON MALNUTRITION IN ALL ITS FORMS

Addressing malnutrition is essential to achieving Sustainable Development Goals.

Nutrition is critical to both health and economic development.

Focus and investment for integrated solutions will tackle malnutrition in all its forms.

MALNUTRITION AFFECTS ALL REGIONS WORLDWIDE

PHYSICAL ACTIVITY

DIET

GOOD NUTRITION

IMPROVES SCHOOL & EDUCATION PERFORMANCE

SUPPORTS STRONGER IMMUNE SYSTEMS

REDUCES THE RISK OF DISEASE

PROTECTS MOTHERS, INFANTS AND CHILDREN

WHY ACT

THE DOUBLE BURDEN OF MALNUTRITION IS CHARACTERISED BY THE COEXISTENCE OF:

undernutrition (wasting, stunting & micronutrient deficiencies) along with overweight and obesity and diet-related noncommunicable diseases within individuals, households and populations throughout life

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