



Global Nutrition Report, 2021

Why in News

According to the recently released [Global Nutrition Report \(GNR, 2021\)](#), India has made no progress on anaemia and childhood wasting.

Global Nutrition Targets

- In 2012, the **World Health Assembly** (the decision-making body of the World Health Organisation) identified six nutrition targets to be met by 2025. These are:
 - **Reduce stunting** by 40% in children under 5.
 - **Reduce the prevalence of anaemia** by 50% among women in the age group of 19-49 years.
 - Ensure **30% reduction in low-birth weight**.
 - Ensure **no increase in childhood overweight**.
 - **Increase** the rate of exclusive **breastfeeding** in the first six months up to at least 50%
 - Reduce and maintain childhood wasting to less than 5%.

Key Points

- **Major Findings:**
 - **Global Nutrition Targets:**
 - At the current rate of progress, the **global nutrition targets will not be achieved by 2025** globally and in most countries worldwide.
 - **Variation in Data Availability:**
 - There is **substantial variation in data availability and progress towards the global nutrition targets across 194 countries**.
 - Only seven countries are on track to meet four of the six maternal, infant and young child nutrition targets by 2025, while no country is 'on track' to halt the rise in adult obesity or achieve a 30% relative reduction in salt/sodium intake.
 - **Impact of Covid-19:**
 - The **Covid-19 pandemic is impeding progress** towards achieving the global nutrition targets.
 - An estimated additional **155 million people have been pushed into extreme poverty globally**, while people with diet-related chronic diseases experience worse Covid-19 outcomes.
 - **Little Progress in Improving Diets:**
 - The previous decade has **seen little progress in improving diets**, and a quarter of all deaths among adults are attributable to poor diets.
 - **Greenhouse Gas Emissions Globally:**
 - Food production currently **generates more than a third of all greenhouse gas emissions globally**, and uses substantial and rising amounts of environmental

resources.

- **Sustainable Development Goals:**

- No region is on track to meet the [Sustainable Development Goals](#) aimed at limiting health and environmental burdens related to diets and the food system.

- **India Specific Data:**

- **Anaemic Indian Women:**

- Over **half of Indian women** in the age group 15-49 years are **anaemic**.
- There has been a rise in **anaemic Indian women** since 2016 from 52.6% to 53% in 2020.

- **Childhood Wasting:**

- Over 17% of Indian children under 5 years of age are affected.
- **India is also among 23 countries** that have made no progress or are worsening on reducing 'childhood wasting'.
 - **Wasting refers to** children whose weight is low-for-their height.

- **Child Stunting:**

- Over 34% of children under 5 years of age are still affected.
- **India is among 53 countries** 'on course' to meet the target for stunting.
 - Stunting is defined as **low height-for-age**.

- **Childhood Overweight:**

- The country is **among 105 countries** that are 'on course' to meet the target for 'childhood overweight'.

- **India Meeting Targets:**

- India is **meeting 7 of the 13 global nutrition targets** which include sodium intake, raised blood pressure (both men and women), obesity (both men and women) and diabetes (both men and women).

- **Suggestions:**

- **Increase Finance:**

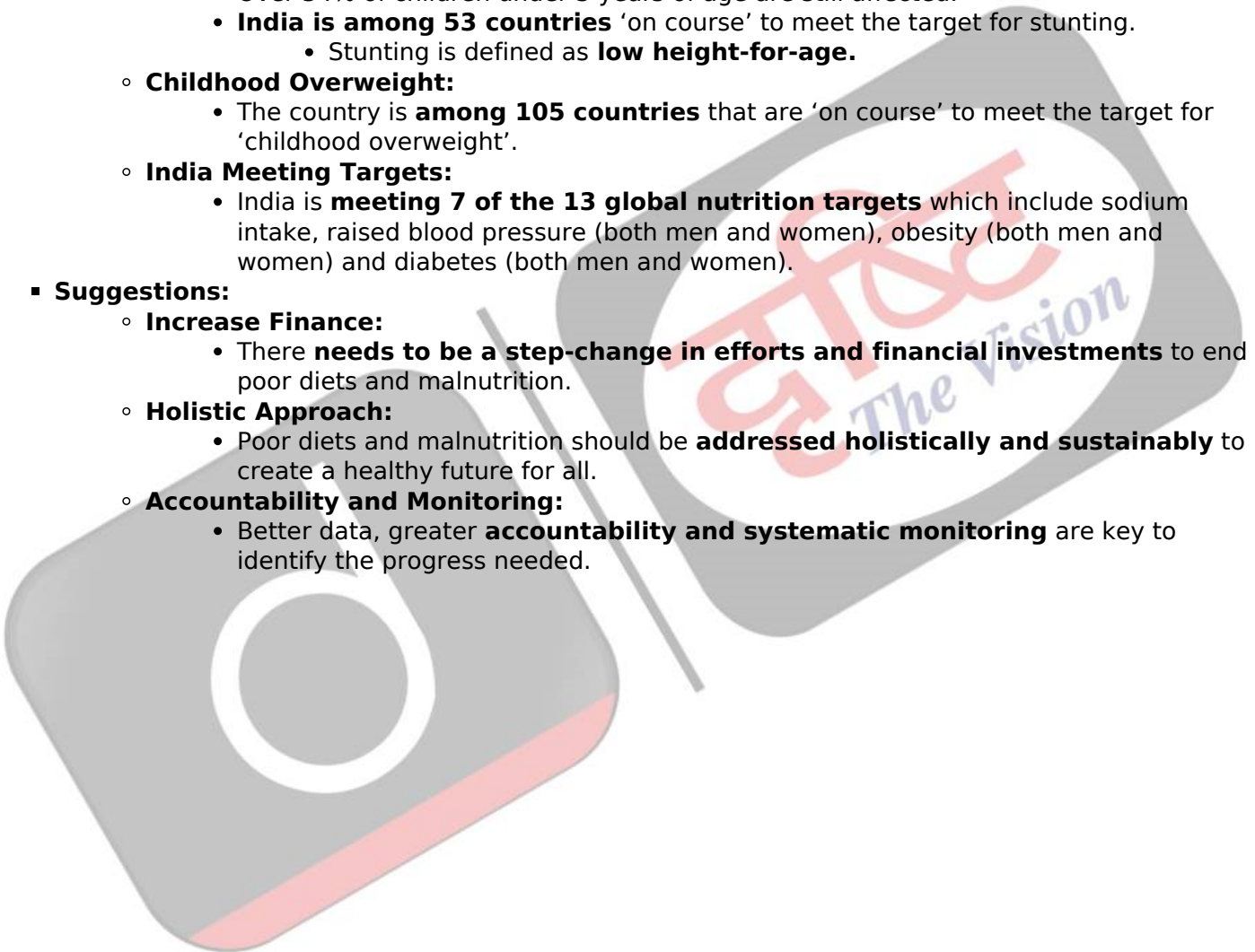
- There **needs to be a step-change in efforts and financial investments** to end poor diets and malnutrition.

- **Holistic Approach:**

- Poor diets and malnutrition should be **addressed holistically and sustainably** to create a healthy future for all.

- **Accountability and Monitoring:**

- Better data, greater **accountability and systematic monitoring** are key to identify the progress needed.



Governments, businesses and civil society must step up efforts to address malnutrition in all its forms by tackling injustices in food and health systems



Today, significant barriers hold back millions of people from healthy diets and lives

Globally, **1 in 9** people is hungry or undernourished

1 in 3 people is overweight or obese

New analysis shows that global and national patterns hide inequalities within countries and communities, with vulnerable groups being most affected

Underweight persists in the poorest countries, with rates up to 10 times higher compared to the richest countries. In contrast, overweight and obesity are prevailing in the richest countries, up to 5 times higher.

Rates of solid, semi-solid or soft food introduction and minimum diet diversity are substantially lower for children in the poorest households, rural areas or with a less-educated mother.

Poor diets and resulting malnutrition are not simply a matter of personal choices. Most people cannot access or afford a healthy diet or quality nutrition care

Food and health systems need to be transformed

We should address inequities in food systems and make healthy, sustainable food the most accessible and affordable choice for all.

We should fully integrate nutrition in health systems and make nutrition care, preventive and curative, universally available.

Now is the time to act. Stakeholders must work in coordination to overcome barriers that are holding back progress to end malnutrition

- Build equitable, resilient and sustainable food and health systems**
- Invest in nutrition, especially in the communities most affected**
- Focus on joint efforts – global challenges show how vital this is**
- Leverage key moments to renew and expand nutrition commitments and strengthen accountability**

Global Nutrition Report

- It was conceived following the first **Nutrition for Growth Initiative Summit (N4G)** in 2013.
- The first report was **published in 2014**.
- It acts as a **report card on the world's nutrition**—globally, regionally, and country by country—and on efforts to improve it.
- It is a **multi-stakeholder initiative**, consisting of a Stakeholder Group, Independent Expert Group and Report Secretariat.

Source: DTE

PDF Reference URL: <https://www.drishtias.com/printpdf/global-nutrition-report-2021>