

**A world without hunger and malnutrition  
(Group B)**

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Hunger is a condition in which a person, for a sustained period, has not eaten sufficient food to meet basic nutritional needs, and malnutrition is a condition that results from eating a diet in which nutrients are either not enough or are too much such that the diet causes health problems.

In working towards reducing hunger in developing countries, one of the pillars focuses on increasing smallholders' income, and empowering women in agriculture and farmers' organizations with the aim of reducing rural poverty and improving well-being. For the uninformed, the cause of world hunger might seem to be quite obvious, because the concept of hunger is ostensibly simple; being hungry means a lack of food, so world hunger must be caused either by a lack of food on a global scale or overpopulation. Put another way, the easy answer to the question of world hunger is to suggest that there is either too little food or too many people, but in reality, neither of these scenarios prove to be the case. Instead, research has shown that human beings produce more than enough food for the global population, and that world hunger stems not from a lack of food overall, but rather an inequitable distribution of wealth, which precludes certain populations from being able to purchase the food they need, or else prompts localized overpopulation due to insufficient family planning and local resources. Thus, poverty is ultimately the cause of world hunger, but to understand why one must investigate the nexus between capitalism, poverty, global trade, and world hunger, because it is far from being the product of hard limits regarding the amount of food or size of the population. A number of developed countries are taking action mainly on this pillar. The Zero Hunger Challenge is not only a problem for the developing countries but also involves developed countries as they play a huge role on food waste. More than 800 million people around the world are hungry and do not have access to nutritious food.

The second pillar refers to enabling all people to access the food they need at all times through nutrition-sensitive agriculture and food systems, marketing, and decent and productive employment.

The third pillar is directed at ensuring that all farmers, agribusinesses, cooperatives, governments, unions and civil societies establish standards for sustainability; verifying their observance and being accountable for them; encouraging and rewarding universal adoption of sustainable and climate-resilient agriculture practices.

The fourth pillar focuses on increasing smallholder productivity and income to reduce rural poverty and improving well-being through encouraging decent work, and increasing smallholders.

Finally, the fifth pillar addresses the issue of minimizing food losses during storage and transport, and waste of food by retailers and consumers; empowering consumer choice through appropriate labeling; commitments by producers, retailers and consumers within alienations.

It begins with each global citizen thinking and acting appropriately to save and not lose or waste any food between its production and consumption process. Just imagine if each person was to consume the minimum average amount of food reasonably without wasting any small percentage, everyone would benefit from the world food production. We need to empower one another to have 100 percent food sustainable systems, and moreover educate each other on the importance of obtaining a nutritious and balanced diet to prevent stunted growth of children.

Here are some of the reasons of lack of food and malnutrition:

Floods, storms, rains, droughts, heat and other extreme weather can cause communities a lot of destruction and wipe away farms. Some of these communities never recover fully again and begin to face many years of hardship.

Conflicts, civil wars, tension among tribes, and religious and political factions often cause people to abandon their homes and jobs out of fear. People often find themselves cut off from the rest of the world because they are trying to flee. In some conflicts, fighters may also seize and control farms, and sources of food and water in an attempt to get people to comply with their terms. Sometimes water bodies are polluted and water wells are poisoned as punishment to communities that they perceive to be enemies. Young men and even children who do some economic activities are forced into fighting and the result is a massive drop in food production and economic growth. Sometimes food aid is seized and directed to fighters and their families, leaving the really needy people to suffer.

Poor families and farmers often lack the funds to acquire high yield seeds, equipment, and the infrastructure to produce more. They are forced to produce just what their physical strength will allow, just to have a little to live on. They usually use a lot of family labour and children end up working on the farms, instead of going to school. As these children turn adults, they are also handicapped with knowledge and ways of producing more to secure their future. The poverty cycle continues.

Young adults who are able to migrate to nearby towns and cities end up in slums or run-down communities, as they cannot afford the high living standards in the cities. Their low education level also makes them unsuitable for many good paying city jobs. Many of them end up doing drugs, robbery, and other crimes to make a living.

Countries with lots of hunger tend to do poorly with the economy. This is because adults and young adults do not have the right frame of mind to work. They are constantly ill, and work input and interest are very low. Fewer hands on farms also mean that there is not enough produce from the farming villages into the towns for consumption and further export. People live from hand to mouth with little to invest in the wider economy. Additionally, governments are forced to spend more on food aid and care, rather than investing in schools, infrastructure, and healthcare.

Five million children die every year from malnutrition. Approximately one in eight people suffered from chronic undernutrition from 2010-2013<sup>1</sup>. In Bangladesh, over half of the children under five years old are malnourished and are prone to its devastating side-effects<sup>2</sup>. Throughout history and in today's society, malnutrition is one of the biggest causes of death annually, but Medical Teams International is working hard to reverse that trend. Malnutrition affects people of all ages, but children suffer the most.

Rates of malnutrition in Bangladesh are one of the high ranking in the world. According to BDHS 2014, nationally, 36% children under five years old are suffering from stunting, 33% underweight and 14% wasting respectively<sup>3</sup>. Although all administrative divisions were affected by child malnutrition, there were important differences in the prevalence of the three anthropometric indicators. According to FSNP 2015<sup>4</sup>, the prevalence of underweight among the children aged under five ranged from 24% in Khulna to 41% in Sylhet which also showed the highest prevalence of stunting (45%) and Rajshahi showed highest prevalence of wasting (16%). Despite the high levels, rates of stunting have declined steadily over the past 10 years.

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<sup>1</sup> 2013 World Hunger and Poverty Facts and Statistics by World Hunger Education Service

<sup>2</sup> NEED TO KNOW - The silent epidemic of malnutrition

<sup>3</sup> Bangladesh Demographic Health Survey, 2014

<sup>4</sup> Food Security and Nutritional Surveillance Project (FSNSP) 2015

Bangladeshi children also suffer from high rates of micronutrient deficiencies, particularly vitamin A, iron, iodine and zinc deficiency. Bangladesh should be commended for making significant progress in reducing vitamin A deficiency (VAD) among preschool children over the past 15 years; however, consumption of vitamin A rich foods is still low, suggesting that the underlying causes of VAD require further attention and support. Anemia is also highly prevalent among children in Bangladesh and few programs have been initiated to improve their iron status.

Malnutrition among women is also high in Bangladesh. Less than one fourth of women has been suffering from chronic energy deficiency. As observed for children, there were important differences in the prevalence of women malnutrition among administrative divisions. The prevalence of women with a BMI<18.5 kg/m<sup>2</sup> ranged from 11% in Khulna to 29% in Sylhet<sup>4</sup>. Clinical VAD is common among women of reproductive age and during pregnancy. Sub-clinical VAD and anemia are also highly prevalent among pregnant and lactating women. Programs in Bangladesh also need to begin to incorporate components for adolescents and school-age children who will also benefit from improvements in nutrition<sup>5</sup>.

Significant progress has been made in cereal production in Bangladesh over the past decades. However, the rapid population growth and resulting high and growing food requirements pose a difficult challenge given the limited availability of cultivable land in Bangladesh. Re-occurring disasters further complicate the stability of food production. Recently the government of Bangladesh and interested organizations have started to encourage non-cereal food production and consumption along with food self-sufficiency. Greater attention is being given to supportive policies for agriculture input, research on non-cereal crops, and commercial and homestead promotion of poultry and fruits/vegetables. There is a clear need to diversify food sources both in terms of land/environmental sustainability, and development of the rural economy and increased consumption to achieve improvements in the nutritional status of the people of Bangladesh.

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<sup>5</sup> Eminence 2014, <http://www.eminence-bd.org/index.php/about-us/who-we-are/6-who-we-are/our-expertise/47-nutrition>

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A world without hunger and malnutrition will be the most developed sight where none of the people will be interrogated about shortage of nutritious food. Lately, the world is in the stage of developing and dealing with the rapid increase of malnutrition and hungriness.

Hundred nations are in the grip of this world, and innumerable amongst those are in plight due to need. Each day, death prevails their hunger and their eyes cannot hold their repressed tears. 'When will the world get the sheer pleasure?' is the common question in thousands of minds.

Proper and fit health is the treasure of a man but without adequate nutrition, we cannot enjoy heartiness and good health which as a result makes a man futile to deal with daily chores. His immune system will weaken and gradually deteriorates his internal condition. So, feeding on a healthy balanced diet, containing sufficient amounts of vitamins, proteins, calcium, etc. is necessary for a man to consume the appropriate nutrition to build up a good health. A good health helps one to fight with the pathogenic organisms, providing him with a disease free and healthy life.

However, out of this 7.1 billion people, 12% of the world's population is starving due to hunger and is suffering from malnutrition. Reason for this is the uneven distribution of food worldwide. Experts are positive that enough food is being produced currently, but is not disseminated evenly to satisfy the whole world's hunger. According to data collected, most of these hunger and nutrition crises are rampant in states of South and South-East Asia and African countries, where hunger affects almost one in four people on average. The main cause of malnutrition and hunger is poverty. Due to deficiency of appropriate nutrition, infant mortality rate is rising. Likewise, in the rural areas, pregnant women are having improper food and nutrition, which has an adverse impact on the unborn child. Hunger is not only the biggest risk to people's health but also a major obstacle to a country's development.

Nevertheless, we cannot sit idle, seeing the world to starve. All of us, who are having proper facilities must join hands to redeem the world's crisis. Government should take actions and create policies to dominate this major crisis. Although some awareness has been created, it should be strengthened, especially in the rural areas. People in rural areas lack knowledge compared to urban people. So, campaigns should be created on how to get rid of hunger problems by focusing on various forms of earning possibilities. People can migrate to towns and cities for employment opportunities. Women's participation in various working fields such as the garments, textile and cottage industries can also help to alleviate lack of wealth.

Education is the pillar of knowledge which must be made more widespread among rural people so that they can learn more about how to live and survive with good health. Charity programs can be organized where people can donate necessary food and other goods to the people suffering from crises. By taking plausible and persuasive steps, the intense rate of hungry people, and malnutrition among them, can be reduced.

The subject of inadequate nutrition and malnutrition is inevitable. Thus, absolute nourishment must be gained by each nation to erase this major crisis of starvation. Following aforementioned steps, such as creating employment, education, social works, and women empowerment, should be more widespread in the entire world. Health is the treasure for every living being. To dig out the treasure, one must overcome an adventure, even if it is a harsh one. Similarly, we are on an adventure and soon the world will achieve the treasure and the nations will grow all together. The nations will no longer cry for hunger nor will it lose lives every day. The population and economy of countries will be at an unerring rate. The total eradication of hunger and malnutrition can bring out a complete change in the world. The world will be a place full of smiling faces and delight in the hearts with no suppressed starvation. Everyone will lead a blessed and blissful healthy life.

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“The ever more sophisticated weapons piling up in the arsenals of the wealthiest and the mightiest can kill the illiterate, the ill, the poor and the hungry, but they cannot kill ignorance, illness, poverty or hunger.”

- Fidel Castro -

The world we live in is mixed with different cultures, races, religions and peoples. Everyone in this world is hungry for many different things. To me, food comes first on the list and second comes money. The crisis over food is worldwide. Many initiatives were taken to overcome this problem. Many organizations took numerous steps but couldn't make a big difference. Millions of people are starving, despite the world producing more than enough to feed everyone. Hunger and malnutrition are very much preventable. There is enough food to feed every person living on earth but the problem is access and justice. When I picture a world without hunger, I see lightness by which I mean a human lightness, playfulness. Human beings in a world without hunger will find it easy and joyful to care for each other. No one will have to worry about anyone on the other side of the world, because people will be taking care of each other close at hand.

The cause of hunger might seem to be quite obvious, because the concept of hunger is ostensibly simple; being hungry means lack of food, so world hunger must be caused either by lack of food on a global scale or over population. Child malnutrition has increased in countries in Africa and Asia. World hunger stems not from a lack of food overall, but rather from inequitable distribution of wealth, which precludes certain populations from being able to purchase the food they need, or else prompts localized overpopulation due to insufficient family planning and local resources.

Many people have problems obtaining adequate, nutritious food for themselves and their families. As a result, millions of people in the developing world are undernourished. Hunger has been a constant headache throughout the ages. Hunger is caused by many events, including the poverty trap, natural disasters, war, poor agricultural infrastructure and over-exploitation of the environment. We need to reduce over-exploitation of the environment as it is caused by deforestation, poor farming practices, over-cropping and overgrazing.

Imagine, the whole world with no one living in dire need. Think how it would feel to be part of a society that had taken on and solved, permanently, the problem of hunger. But I am not so sure I will be able to see everyone in the world being clothed, fed and sheltered. We humans need to change and change our world for a better place to live in. There is still so much more we can do together. We need to change our mentality and become good human beings. We need to raise our voice and put our actions together to help win the fight against hunger.