

Hunger a worldwide crisis essay



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Academic research essay “ In 2009, it was estimated that more than 1. 02 billion people do not have enough to eat – more than the populations of USA, Canada and the European Union combined. That means one in nearly six people do not get enough food to be healthy and lead an active life”. (Roll Food Programmer, 2010). World hunger is one of the biggest problems that our world faces. Each year, almost 11 million children die before reaching the age of five; malnutrition is associated with 53 percent of these deaths (source: Coalfield et al. , The American Journal of Clinical Nutrition. 2004 July).

Today one in seven people are hungry; don't get the right amount of food necessary for a healthy living and that is why today malnutrition is the first ranked risk to health worldwide. It even tops AIDS, tuberculosis and malaria combined (SAID, 2009). To begin with we will explain the different types of malnutrition and the different people that are affected. Then we will show the reasons of this crisis's existence and finally we will portray the possible solutions to solve this worldwide problem. There exists different types and terms that can define world hunger: under- nourishment, malnutrition and wasting.

These three terms are different manifestations of hunger. Under nourishment relates mostly to food intake and the amount of calories that one takes to fulfill the physiological needs and to live a healthy life. Usually an undernourished person doesn't get the proper calories causing him to lose energy and thus affecting his health. Malnutrition leans more towards the physical being (the age, the height, the weight) it usually tends to lead to

infections and diseases like measles or diarrhea making the person weak and so leading to deaths.

Finally there is the concept of wasting; it results from starvation and diseases. Wasting is the term relating to weight lost due to malnutrition. 925 million people do not have enough to eat; more than the populations of USA, Canada and the European Union combined (FAA News Release, 2010). All kinds of people are affected by this worldwide, cruel crisis. But the most common are the children, women, farmers and the citizens from the rural. Rural are one of the most common crowds to be affected by starvation and malnutrition.

They usually depend on their agriculture for food and so they don't have any other way to gain income making them move to the cities, over crowding them and so leading to over population another world crisis. Two very common crowds affected by world hunger are the women and the children. Women are affected way more than men when it comes to hunger therefore unhealthy pregnant women bring up undernourished, underweight children increasing the amount of hungry children worldwide. The world is a complicated. A blue planet filled with problems.

One of the major problems is trying to grow food for them to feed on or to sell because the droughts or floods will destroy the crops and so ruining the food leading to the starvation of these farmers. The amount of food in this planet is unimaginable, it could feed the entire world's population: 7 billion people. If only the world was also equal and fair. Many causes exist that cause the deaths and the misery of these starving people. Nature is one of

them; with global warming on the increase, natural disasters have also been increasing (floods, droughts storms).

All this is causing in the crops and livestock's to fail especially in the poor, developing, and third world countries that don't have the ability to fix them. Global warming is also leading to drastic climate change making the weather unpredictable also affecting in food shortage worldwide especially in Africa or Asia. Another reason why hunger is so widespread is war. Since 1992, the proportion of short and long-term food crises that can be attributed to human causes has more than doubled, rising from 15 percent to more than 35 percent.

All too often, these emergencies are triggered by conflicts (WFM, 2012). One of the war strategies used by the soldiers is the starvation of the opponents so they would weaken them into giving up and submitting to them basically using food as a weapon. Also war moieties forces people to leave their homes leading to some of the world's worst hunger emergencies. When conflict threw Central Africa into confusion in the sass, the proportion of hungry people rose from 53 percent to 58 percent. (WFM, 2012).

Nowadays people are becoming more aware of their surroundings, of the misery and the poverty. And they are starting to act towards it to try and prevent it and stop this crisis of world hunger. Private or non- governmental voluntary organizations are starting to build up to help raise awareness, and money and help these countries help fight world hunger in the world, they have proposed more than one solution for preventing malnutrition like their

ideas of nutrition for under-twos or the support to small farmers etc... WTF0, 2012).

Also national help is rising, meaning the governments of these countries are more willing to help, they put up programs, raise awareness, educate and donate to help their citizens overcome this crisis. But lets not forget what we as individuals can do to help out too; volunteering to help out the hungry in the civilians community can be a start for example working in a soup kitchen or donating money or even canned food to the people in need. Raising awareness by creating websites, doing campaigns and passing on the word to friends could be another way to help out.