

# Chapter questions

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Chapter questions Importance of nutrition to the MDGs Nutrition is important in facilitating a number of millennium development goals such as managing child mortality rates and improving women's health during their pregnancy periods (Skolnik, 163).

Some of the direct and indirect causes of under nutrition

Direct causes of under nutrition are shortage of food that leads to intake of insufficient amount of nutrients and energy from consumed quantity of food and consumption of food of poor quality that has insufficient levels of nutrients and energy. Repeated cases of infections to the body are however indirect causes of under nutrition and impairs body functionality, including the ability to digest and assimilate nutrients and energy into the body (Skolnik , 165, 166).

Links between nutrition and health

The link between nutrition and health is the effect of malnutrition that leads to illness in a child's life, during childhood and later in adulthood. Children who are undernourished are more susceptible to illness that adversely affects their health. Malnutrition also leads to terminal diseases such as "diabetes, high blood pressure, and high cholesterol" in a child's later stage of life (Skolnik, 167). Similarly, malnutrition increases women's risks of pregnancy related deaths besides premature births and births of unhealthy children (Skolnik, 167).

Parts of the world with the worst nutritional problems

The parts of the world that experience the worst nutritional problems are Sub Saharan Africa, Mid and North Africa, and South Asia. This is because the regions report the highest cases of deaths, "underweight" and "low birth weights" that are related to nutritional problems (Skolnik, 170, 171).

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### Link between nutrition and economic development

The link between nutrition and economic development is the role of nutrition in empowering people towards economic development. Nutrition facilitates cognitive and physiological potentials that determine people's abilities towards economic development. Poor nutrition however undermines the ability and identifies poor economic development (Skolnik, 173).

### Works cited

Skolnik, Richard. Global health 101. Burlington, MA: Jones & Bartlett Publishers, 2011. Print.