

# [Famine including every seven seconds died one child](https://assignbuster.com/famine-including-every-seven-seconds-died-one-child/)

[](https://assignbuster.com/)[Nutrition](https://assignbuster.com/essay-subjects/nutrition/)

Famine is defined as the condition ofthe lack of chronic food consumption (Lenhart 1989; Ngongi 1999). In 2000, FADestimated that there were 840 million people suffering from hunger andmalnutrition, of which 799 million were in developing countries, 30 million intransition countries (from developed to advanced) and II million inindustrialized countries. Between 1990-92 and 1998-2000 the number ofstarvation and malnutrition suffered only 2.

5 million per year. Cause a certaindeveloping country the amount is not reduced but increases. Hunger andmalnutrition kill many children and adults. Every day an estimated 24 thousand souls died, includingevery seven seconds died one child (FAD 2003). In the long term, chronic hungeradversely affects the health of the population and causes a high level ofpublic health spending. Chronic hunger can lead to:                        1)high rates of infant mortality;                        2)susceptible to disease; 3) disruption of growth andintelligence. Chronic hunger causes children to lack the protein andmicronutrients they need for optimal growth. In the world an estimated 226million children grow shorter than they should.

Consequently, stunted childrenare positively related to the IQ leverage (Olson 1999); and 4, inhibitseconomic growth. Nearly 67 million malnourished children arecaused by chronic hunger and are unable to complete their school well. Thiswill lead to a lack of skills and productivity that ultimately impede acountry’s economic growth (FAD 2004).

Through the International Conference onNutrition 1992 to the World Food Summit 1996, Indonesia is one of the countriesthat commit to the world to eliminate hunger and malnutrition. Even thecommitment was reaffirmed at the World Food Summit Five years later (WFS: fyl)to halve starvation by 2015 and set out in the Millennium Development Goal. The decline in the number of hunger in the world is a formof success from the Millennium Development Goal, which is realized and resumedin SDGs. Hunger is a deficiency of chronic food intake that usually occurs inchildren from infancy to toddlers (1-5 years of age).

When a person eatssomething he eats it should be with intake of four healthy five perfect, especially intake for children. Hunger is very easy to attack children underthe age of 10 years, because under 10 years of age is in need of a maximumnutritional intake to support growth. The main characteristic of starvation isthe stomach of the sufferer is swollen and large, abdominal swelling is thefirst indication that is very easily seen by the naked eye. Famine is rife in the African continent because it is acontinent with dry soil, very high temperatures and no madas supporting thecountry for farming and gardening activities. Not only difficult to plant byplants, but also people in the African continent is difficult to get cleanwater. Hunger is still happening in Indonesia, especially in East Nusa Tenggara(NTT) province, but jumblahnya only about 23% which is quite small comparedwith the number of hunger on the African Continent. A.  FactorThat Causes Hunger Hunger is present in 17 Goals of SDGs, because hungeris a big problem, which is difficult to study and eradicate until the world’shunger reaches 0%.

The successful development of a nation depends on thequality of human resources (HR) of a nation. Hunger or malnutrition can damagethe quality of human resources. Therefore, starvation is a predator that wemust destroy for the sake of the world’s progress. Hunger is a very difficultproblem to overcome, due to the human limitations of today.

Factors that causehunger in general are: 1. PovertyThepoverty factor contributes a lot in the occurrence of hunger, where poverty isa factor driving the inability of a person to buy food or food worth consuming. Poverty is the parent problem and hunger is a ramification of the problem. Actually, we have to reduce the most important problem, that is poverty, after that weare easy to eradicate the starving branch. Because of low income they areunable to meet the nutritional needs of their children.

When a child does notget good nutrition and balance for growth, then the child is very susceptibleto malnutrition or malnutrition. If a child has severe malnutrition then thechild should be treated intensively by a doctor. Because poverty is again thereason for the inability to have their child checked into a doctor, the deathscaused by the snails can attack their baby at any time. 2. The state of nature. Natureis a God-given angle to meet our needs and where we spawn and live.

Countrieswith high hunger rates are countries with few natural resources. Where thecountry does not have fertile soil, springs are hard to find, and very hightemperatures. These factors are causing the difficulty of plants to live andthrive. With these conditions farming, gardening, and also difficult to do. Therefore, these countries are difficult to get adequate food. 3. Warfare or Weapon Ceasefire.

Thisfactor is a supporting factor of two main factors above. In African countries, there is still widespread battles and ceasefires, making it difficult forAfricans to import feed ingredients into their countries and it is difficultfor donors to provide assistance to the country. And this greatly affectsAfrican people having trouble doing anything to save them from starvation. TheAfrican government must act in this way, so that the African people can besaved.

4. Lack of knowledge owned. Noteveryone in the World gets educational facilities of good quality. Many peoplein the World do not know about hunger or malnutrition or what is called” Mal Nutrition”. This ignorance causes hunger or malnutrition tooccur. Pregnant women or mothers who have children, should understand aboutgood food to be consumed by their children.

B.  Solutionto Prevent Hunger and Realize “ World Without Hunger” Nutrition Problems in Indonesia Until nownutritional problems in Indonesia are still a problem. Especially related tomalnutrition and malnutrition both in infants and adults. In adults, malnutrition and malnutrition are present in pregnant and lactating women aswell as those with low incomes. These nutritional deficiencies are associatedwith deficiencies: a)calories and protein, b)lack of vitamins, c)endemic goiter, andd)nutritional anemia. (MOH, 1990) At this time, most or 50% of Indonesia’spopulation can be said not sick but also unhealthy, commonly calledmalnutrition (Atmarita, 2004). The incidence of malnutrition is often escapedfrom regular sight or observation, but slowly affects the high maternalmortality rate, infant mortality rate, under-five mortality rate, and low lifeexpectancy.

Effortsthat can be done to membrantas hunger are: a)It is a family effort to improve the nutrition of all family members. b)Implemented by family / community with cadres as community mobilizers andofficers of various sectors. c) It ispart of the everyday family and is also an integral part of the nationaldevelopment and people’s welfare. d)Oprasional is a series of activities that support each other to implement thetransfer of simple technology to the community. The form of activitiesaccording to MOH (1990) can be as follows: a)Community nutrition instructor, in this case aims to make the process ofchanging understanding, attitude, and behavior more healthy about theusefulness and utilization of nutritional services available in the community.

b)Nutrition services through posyan-du, this activity to decrease the number ofprotein and calorie deficiency, blindness due to lack of vitamin A, and anmeiafor pregnant women. c)Utilization of the garden yard, this activity in the form of counselingandlimited aid to the cultivation of garden plants. The content of nutrients in food according to Rusli Lutanet al. (2000), which shall contain: a)proteins, namely the need for energy, b)fat, for energy sources for the process of catabolism, c)carbohydrates, d)vitamins, e)minerals, f)water. Diseases and Nutrition There are several diseasesdirectly related to this malnutrition, namely: a)endemic goiter, b)diarrhea, c)vitamin deficiency (avitaminosis), d)nutritional anemia (MOH, 1990). In addition to counseling through kaderasasidone.

Another thing that can be done to overcome hunger is with innovationscreated to create plants or food that can live and thrive in dry and hot regionslike the land in Africa. Providing assistance from countries with large naturalresources, to assist countries with few natural resources.