

Famine including every seven seconds died one child

[Nutrition](#)



Famine is defined as the condition of the lack of chronic food consumption (Lenhart 1989; Ngongi 1999). In 2000, FAO estimated that there were 840 million people suffering from hunger and malnutrition, of which 799 million were in developing countries, 30 million in transition countries (from developed to advanced) and 11 million in industrialized countries. Between 1990-92 and 1998-2000 the number of starvation and malnutrition suffered only 2.

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

Consequently, stunted children are positively related to the IQ leverage (Olson 1999); and 4, inhibit economic growth. Nearly 67 million malnourished children are caused by chronic hunger and are unable to complete their school well. This will lead to a lack of skills and productivity that ultimately impede a country's economic growth (FAO 2004).

Through the International Conference on Nutrition 1992 to the World Food Summit 1996, Indonesia is one of the countries that commit to the world to

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eliminate hunger and malnutrition. Even the commitment 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 form of success from the Millennium Development Goal, which is realized and resumed in SDGs. Hunger is a deficiency of chronic food intake that usually occurs in children from infancy to toddlers (1-5 years of age).

When a person eats something he eats it should be with intake of four healthy five perfect, especially intake for children. Hunger is very easy to attack children under the age of 10 years, because under 10 years of age is in need of a maximum nutritional intake to support growth. The main characteristic of starvation is the stomach of the sufferer is swollen and large, abdominal swelling is the first indication that is very easily seen by the naked eye. Famine is rife in the African continent because it is a continent with dry soil, very high temperatures and no means supporting the country for farming and gardening activities. Not only difficult to plant by plants, but also people in the African continent is difficult to get clean water. Hunger is still happening in Indonesia, especially in East Nusa Tenggara (NTT) province, but jumlahnya only about 23% which is quite small compared with the number of hunger on the African Continent. A. Factor That Causes Hunger Hunger is present in 17 Goals of SDGs, because hunger is a big problem, which is difficult to study and eradicate until the world's hunger reaches 0%.

The successful development of a nation depends on the quality of human resources (HR) of a nation. Hunger or malnutrition can damage the quality of

human resources. Therefore, starvation is a predator that we must destroy for the sake of the world's progress. Hunger is a very difficult problem to overcome, due to the human limitations of today.

Factors that cause hunger in general are: 1. Poverty The poverty factor contributes a lot in the occurrence of hunger, where poverty is a 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 we are easy to eradicate the starving branch. Because of low income they are unable to meet the nutritional needs of their children.

When a child does not get good nutrition and balance for growth, then the child is very susceptible to malnutrition or malnutrition. If a child has severe malnutrition then the child should be treated intensively by a doctor. Because poverty is again the reason for the inability to have their child checked into a doctor, the deaths caused by the snails can attack their baby at any time. 2. The state of nature. Nature is a God-given angle to meet our needs and where we spawn and live.

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

This factor is a supporting factor of two main factors above. In African countries, there is still widespread battles and ceasefires, making it difficult for Africans to import feed ingredients into their countries and it is difficult for donors to provide assistance to the country. And this greatly affects African people having trouble doing anything to save them from starvation.

The African government must act in this way, so that the African people can be saved.

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

B. Solution to Prevent Hunger and Realize "World Without Hunger" Nutrition Problems in Indonesia Until now nutritional problems in Indonesia are still a problem. Especially related to malnutrition and malnutrition both in infants and adults. In adults, malnutrition and malnutrition are present in pregnant and lactating women as well as those with low incomes. These nutritional deficiencies are associated with deficiencies: a) calories and protein, b) lack of vitamins, c) endemic goiter, and d) nutritional anemia. (MOH, 1990) At this time, most or 50% of Indonesia's population can be said not sick but also unhealthy, commonly called malnutrition (Atmarita, 2004). The incidence of malnutrition is often escaped from regular sight or observation, but slowly

affects the high maternal mortality rate, infant mortality rate, under-five mortality rate, and low life expectancy.

Efforts that can be done to combat 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 and officers of various sectors. c) It is part of the everyday family and is also an integral part of the national development and people's welfare. d) Operational is a series of activities that support each other to implement the transfer of simple technology to the community. The form of activities according to MOH (1990) can be as follows: a) Community nutrition instructor, in this case aims to make the process of changing understanding, attitude, and behavior more healthy about the usefulness and utilization of nutritional services available in the community.

b) Nutrition services through posyandu, this activity to decrease the number of protein and calorie deficiency, blindness due to lack of vitamin A, and anemia for pregnant women. c) Utilization of the garden yard, this activity in the form of counseling and limited aid to the cultivation of garden plants. The content of nutrients in food according to Rusli Lutan et 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 diseases directly related to this malnutrition, namely: a) endemic goiter, b) diarrhea, c) vitamin deficiency (avitaminosis), d) nutritional anemia (MOH, 1990). In addition to counseling through kaderasidone.

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