

Chapter some of the symptoms and signs to

[Nutrition](#)



CHAPTER I INTRODUCTION 1.

1 Problem's Background The Sustainable Development or also known as SDGs is goals that is set by United Nations to make the world a better place. It contains 17 co-relating goals with 169 achievement that is measured and time targeted to be done in 2030. Sustainable Development Goals or SDGs is a continuation from Millennium Development Goals or MDGs that ended in 2015.

SDGs is expected to effectively overcome the problems that are occurring in all over the world because not only the goals are more detailed to cover all bases SDGs also held the ' No-one Left Behind' or the inclusive development principle to make sure that every country can be benefitted and helped by SDGs. One of the goals from SDGs is Zero Hunger, this goal is included in the Sustainable Development Goals because the saddening situation in a lot of countries all over the world that still experience crisis of food and malnutrition especially in under develop and developing countries including Indonesia.

1. 2 Problem Formulations

1. How hunger can become a global problem?
2. How the condition of the world community, especially in Indonesia related to the problem of hunger and malnutrition?
3. Is there a solution that can solve the problem of world hunger especially in Indonesia?

1. 3 Objectives

1. To know how hunger can become a global problem.
2. To know how the condition of the world community, especially in Indonesia related to the problem of hunger and malnutrition.
3. To find solution that can solve the problem of world hunger especially in Indonesia.

CHAPTER II DISCUSSION 2. 1

Definition What is malnutrition? Malnutrition is a state of nutrition in which happen any imbalance condition of protein, energy, or other nutrients causes bad and negative effects on tissue / body form and function and clinical outcome (The British Association for Parenteral and Enteral Nutrition, 2017) 2.

2 Facts and Cases In 2012, there is two billion people in the world suffer from various forms of malnutrition. Malnutrition is one of the main cause of death of 2.6 million children each year. Especially in developing country, 1 in 3 children stunted, their bodies fail to develop fully as the effect of malnutrition. (Gain Health, 2012).

Particularly in patient who have overweight, malnutrition can often be very difficult to recognise. Malnutrition can happen very gradually, which can make it very difficult to spot in the early stages. Some of the symptoms and signs to watch out for include: 1. Loss of appetite 2.

Weight loss and loss energy 3. Tiredness 4. Reduced ability to perform normal tasks 5. Reduced physical performance - for example, not being able to walk as far or as fast as usual 6.

Altered mood - malnutrition can be associated with lethargy and depression 7. Poor concentration 8. Poor growth in children (The British Association for Parenteral and Enteral Nutrition, 2017) 2. 3

Discussion Indonesia stated in UU No. 18 Tahun 2012, pasal 1: “

Ketahanan pangan adalah kondisi terpenuhinya pangan bagi negara sampai dengan perseorangan yang terjamin dari tersedianya pangan yang cukup baik jumlah maupun mutunya, aman, beragam, bergizi, merata dan

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terjangkau, serta tidak bertentangan dengan agama, keyakinan dan budaya masyarakat, agar dapat hidup aktif dan produktif secara berkelanjutan”

Because of that, we can conclude that everyone must get his rights. Indonesia also has stated in UUD Pasal 34 ayat 1: “Fakir miskin dan anak-anak terlantar dipelihara negara” The number of poor and displaced children who continue to grow can indicate the country has been guilty of not providing a decent living for them.

We can also see this matter in Pancasila’s perspective, as we already know

Pancasila has five silas (Indonesia, 1945) 1. Ketuhanan Yang Maha

Esa 2. Kemanusiaan yang adil dan

beradab 3. Persatuan Indonesia 4. Kerakyatan yang dipimpin hikmat

kebijaksanaan dalam permusyawaratan perwakilan 5. Keadilan sosial bagi

seluruh rakyat Indonesia

Origin English: 1. Belief in the One and Only God 2. Just and civilized humanity 3. Unity of Indonesia 4. Democracy in the lead wisdom in deliberations representation 5.

Social Justice for all Indonesian people We can relate this hunger problem to the 5th sila, stated “Keadilan sosial bagi seluruh rakyat Indonesia” because

being healthy and prosperous while others suffer is injustice, it is not

humane. By ensuring that everyone can receive the same treatment, we

enforce humanity and justice. CHAPTER III CLOSING 3. 1

Conclusion The problem of hunger and malnutrition is crucial thing to be assured, it is a fundamental right of every citizen of Indonesia that can’t be challenged. It is right that we participate in solving the problem of hunger ranging from small things like not wasting food.

The law that governs the hunger and malnutrition system in Indonesia is stated in Undang-undang No. 18 Tahun 2012 pasal 1, UUD Pasal 34 ayat 1, and Pancasila's 5th sila. 3.2 Suggestion1. According to the author, the problem of hunger and malnutrition is not only the responsibility of the government but it is the responsibility of us all as citizens of the world. The importance of government cooperation and we all certainly can overcome this problem of hunger