

World Hunger, Malnutrition and Brain Development of Children

ENY PALUPI^{a*}, AHMAD SULAEMAN^b and ANGELIKA PLOEGER^a

* Corresponding Author, Email:- eni_palupi@yahoo.com

a. Department of Organic Food Quality and Food Culture, University of Kassel, Germany

b. Department of Community Nutrition, Bogor Agricultural University, Indonesia

Submitted: 15 September 2013; Revised: 22 October 2013; Accepted for publication: 12 November 2013; Published :20 December 2013

Abstract

Hunger is still a major problem faced by people in the world especially in some areas in developing countries, and this condition is a cause of undernutrition. Insufficient nutrition during the early stages of life may adversely influence brain development. It was observed from my own research conducted in Bogor, Indonesia, that children with severe acute malnutrition (SAM, body mass index or BMI for age z score < -3) (N=54) had significantly ($p<0.05$) lower memory ability score (46.22 ± 1.38) compared to normal children (BMI for age z score $-2 \leq z \leq 1$) (N=91) (51.56 ± 1.24). Further, children with Moderate Acute Malnutrition (MAM, BMI for age z score $-3 \leq z < -2$) tended to ($p<0.1$) have lower memory ability (50.08 ± 1.58) than the normal children. On the other hand, overnutrition among children also might impair the brain function. The study revealed that children who are overweight (BMI for age z score $1 < z \leq 2$) (N=8) significantly ($p<0.05$) had lower memory ability score (46.13 ± 4.50) compared to the normal children. This study also revealed that obese children (BMI for age z score > 2) (N=6) tended to ($p<0.1$) have lower memory ability score (50.33 ± 5.64) than the normal children. It is therefore very important to maintain children at a normal BMI, not being undernourished (SAM and MAM categories) on one side and not being overnourished (overweight and obesity categories) on the other side in order to optimise their brain development. This could be achieved through providing children with an adequate and balanced nutrient supply via food.

Keywords: *Hunger; Malnutrition; Brain development*

Introduction

World hunger is a condition in which the substantial world population undergoes undernutrition as a result of food scarcity (Halford et al., 2005: 1015). FAO (2012: 8) have estimated that there are about 870 million hungry people worldwide in 2012, which means that one in eight people is undernourished. Hunger has been the top world problem for many decades. World hunger has

reduced from 18.6% in 1990-92 to 12.5% in 2010-2012. However, the progress has slowed down since 2009 due to the economic crisis (FAO, 2012: 8). Most of the people suffering from hunger are from developing countries; that are about 850 million people which account to almost 15% of the population (FAO, 2012: 8; Figure 1).

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Table of Contents Malnutrition And Brain Development

1. Understanding the eBook Malnutrition And Brain Development
 - The Rise of Digital Reading Malnutrition And Brain Development
 - Advantages of eBooks Over Traditional Books
2. Identifying Malnutrition And Brain Development
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Malnutrition And Brain Development
 - User-Friendly Interface
4. Exploring eBook Recommendations from Malnutrition And Brain Development
 - Personalized Recommendations
 - Malnutrition And Brain Development User Reviews and Ratings
 - Malnutrition And Brain Development and Bestseller Lists
5. Accessing Malnutrition And Brain Development Free and Paid eBooks
 - Malnutrition And Brain Development Public Domain eBooks
 - Malnutrition And Brain Development eBook Subscription Services
 - Malnutrition And Brain Development Budget-Friendly Options

6. Navigating Malnutrition And Brain Development eBook Formats
 - ePub, PDF, MOBI, and More
 - Malnutrition And Brain Development Compatibility with Devices
 - Malnutrition And Brain Development Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Malnutrition And Brain Development
 - Highlighting and Note-Taking Malnutrition And Brain Development
 - Interactive Elements Malnutrition And Brain Development
8. Staying Engaged with Malnutrition And Brain Development
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Malnutrition And Brain Development
9. Balancing eBooks and Physical Books Malnutrition And Brain Development
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Malnutrition And Brain Development
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Malnutrition And Brain Development
 - Setting Reading Goals Malnutrition And Brain Development
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Malnutrition And Brain Development
 - Fact-Checking eBook Content of Malnutrition And Brain Development
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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