

# THE TRIPLE BURDEN OF GLOBAL MALNUTRITION

The triple burden of malnutrition – undernutrition (underweight, stunted or wasted), micronutrient deficiency, and overweight and obesity (weight that is higher than healthy for height) – is the greatest contributor to disease globally and affects every country.<sup>1</sup>

~1 in 3 people worldwide suffer from some form of malnutrition<sup>2</sup>



Malnutrition's consequences are far reaching.

- Increases risk of morbidity and mortality with undernutrition<sup>3</sup>
- In children, can affect normal growth and development<sup>4</sup>
- Inhibits economic progress<sup>4</sup>
- Increases healthcare costs<sup>4</sup>
- Limits educational potential<sup>4</sup>
- Compromises overall health, well-being and quality of life<sup>5</sup>

## The Triple Burden of Global Malnutrition

### 1. Undernutrition

Being underweight, stunted (low height-for-age) or wasted (low weight-for-age)<sup>6</sup>

~815 MILLION people are undernourished around the globe<sup>7</sup>

~3 MILLION childhood deaths (under age 5) globally related to malnutrition<sup>8</sup>

### 2. Micronutrient Deficiencies

Inadequate consumption of vitamins and minerals<sup>7</sup>

TWO BILLION people are affected by anemia, which is often due to iron deficiency<sup>9</sup>



Vitamin A, iron and iodine are micronutrient deficiencies of greatest public health concern globally.<sup>9,1</sup>



Vitamin D, B12, folate, calcium and zinc deficiencies are described as "important".<sup>9,1</sup>

### 3. Overweight and Obesity

Weight that is higher than what is considered healthy for a given height.<sup>10</sup> Obesity is one of the major risk factors for type 2 diabetes and other metabolic diseases.<sup>11</sup>

1.9 BILLION adults are overweight or obese globally<sup>12</sup>

41 MILLION children (under age 5) are overweight or obese globally<sup>12</sup>

## Malnutrition within the Sustainable Development Goals

The United Nations' Sustainable Development Goals (SDGs) boldly call for an end to malnutrition in all its forms by 2030.<sup>13</sup>

### Sustainable Development Goal #2

End hunger, achieve food security, improve nutrition and promote sustainable agriculture<sup>14</sup>



## U.S. Snapshot

Across the U.S., malnutrition – particularly in the forms of micronutrient deficiency, overweight and obesity – is a reality for adults and children.

31%

of Americans (ages 9+) may be at risk of at least one vitamin deficiency or anemia<sup>15</sup>

OVER 70%

of U.S. adults (ages 20+) are obese or overweight<sup>16</sup>

ABOUT 10%

of U.S. children ages 2-5 years are obese<sup>17</sup>



Overweight and obesity is a risk factor for cardio-metabolic diseases, including hypertension, coronary heart disease and type 2 diabetes<sup>18</sup>

The triple burden of malnutrition is a universal challenge. Achieving SDG #2 – ending malnutrition in all its forms – demands a response of unprecedented scale.

Learn more at [nationaldairycouncil.org](http://nationaldairycouncil.org)

