



**How many nutrition questions of the Week of Nutrition at SDC did you get right?
Test your knowledge now...**

Questions

Friday Question: Is there an economic reason to invest in improved nutrition?

It is estimated that \$70 billion over the next ten years is needed to reach the global targets for improved nutrition.

Which statement is true?

- A) The potential economic returns on this investment are tremendous
- B) Economically, this investment is costly for nations but many lives are saved

Thursday Question: Intensify agriculture or empower women to breastfeed?

In Niger 44.8% of children under 5 are stunted (too short for their age) and an estimated 45% of deaths of children under age 5 are linked to malnutrition. You want to design a cost effective development project that tackles this challenge.

Do you invest in a project that promotes A) agricultural intensification to increase food availability? or B) empowerment of women to breastfeed?

Wednesday Question: Globally, the main cause of death is due to ...

- A) non-communicable diseases (like diabetes, lung and heart disease)
- B) infectious diseases (caused by bacteria, viruses, parasites or fungi)

Tuesday Question: What about the double burden of malnutrition?

What do people mean when they talk about the double burden of malnutrition?

- A) The struggle to afford food that is both sufficient in quality and quantity
- B) The side-by-side existence of undernutrition and overweight

Monday Question: What poses a greater threat to people's health?

- A) Low fruit and vegetable consumption?
- B) Malaria?



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Answers

Friday Answer: The potential economic returns on investments in improved nutrition are tremendous.

It is estimated that \$70 billion over the next ten years is needed to reach the global targets for improved nutrition.

Poor nutrition affects economic productivity since people are less able to perform physical work and cognitive tasks. The economic costs of undernutrition, in terms of lost national productivity and economic growth, are as high as 11% of GDP in Africa and Asia each year. Hence, the economic returns on investments preventing malnutrition are extremely high - \$16 for every dollar invested. Apart from the economic returns, there are tremendous social returns: With \$70 billion over the next ten years 3.7 million child lives can be saved, at least 65 million fewer children are stunted, and 265 million fewer women suffer from anemia as compared to the 2015 baseline.

Thursday Answer: Empowerment of women to breastfeed ...

... is what you invest in when you want to design a cost effective development project that tackles the nutrition challenge in Niger where 44.8% of children under 5 are stunted (too short for their age) and an estimated 45% of deaths of children under age 5 are linked to malnutrition.

While a project like agricultural intensification may have positive effects on one or several underlying factors of undernutrition, these do not necessarily help improve children's nutritional status. Child malnutrition is most effectively addressed during pregnancy and in the first years of a child's life: As such, breastfeeding has the single largest potential impact on child survival of any preventive intervention and guarantees for a healthy start in life.

Wednesday Answer: Non-communicable diseases (like diabetes, lung and heart disease) ...

... are the main cause of death globally.

Non-communicable diseases kill 40 million people each year, equivalent to 70% of all deaths globally. Most deaths occur because of cardiovascular diseases, cancers, respiratory diseases, and diabetes. Over 80% of these deaths occur in low- and middle-income countries. An unhealthy diet is one of the major risk factors, apart from physical inactivity, tobacco and alcohol use.

Tuesday Answer: The side-by-side existence of undernutrition and overweight ...

... is what people mean when they talk about the double burden of malnutrition

Out of 129 countries with data, 57 countries have serious levels of both undernutrition and overweight. While 25 percent of the global population is overweight, 30 percent is malnourished. More so, the double burden may occur in the same household, for example, when a mother is overweight and a child is underweight, and within individuals as undernutrition early in life may predispose to overweight later in life.

Monday Answer: Low fruit and vegetable consumption ...

... poses a greater threat to people's health than Malaria:

The number of malaria deaths globally fell from an estimated 839'000 in 2000, to 438'000 in 2015, a decline of 48%. While malaria poses a serious risk in certain areas, low fruit and vegetable consumption is among the top 10 health risk factors globally. Approximately 1.7 million (2.8%) of deaths worldwide are attributable to low fruit and vegetable consumption. A minimum intake of 400 g of fruits and vegetables per day for the prevention of chronic diseases such as heart diseases, cancer, diabetes and obesity is recommended.

For further information, visit <http://www.sdc-foodsecurity.ch>



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