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.1

~1 in 3 people worldwide suffer from some form of malnutrition

Malnutrition's consequences are far reaching:

• Increases risk of morbidity and mortality with undernutrition
• In children, can affect normal growth and development2
• Inhibits economic progress
• Increases healthcare costs
• Limits educational potential
• Compromises overall health, well-being and quality of life

The Triple Burden of Global Malnutrition

1. Undernutrition
Being undernourished, stunted (low height-for-age) or wasted (low weight-for-height)

~815 MILLION

people are undernourished around the globe3

~3 MILLION

childhood deaths (under age 5) globally related to malnutrition4

2. Micronutrient Deficiencies
Inadequate consumption of vitamins and minerals

TWO BILLION

people are affected by anemia, which is often due to iron deficiency5

Vitamin A, iron and iodine are micronutrient deficiencies of greatest public health concern globally6

Vitamin D, B12, folate, calcium and zinc deficiencies are described as "important"7

3. Overweight and Obesity
Weight that is higher than what is considered healthy for a given height.

1.9 BILLION

adults are overweight or obese globally8

41 MILLION

children (under age 5) are overweight or obese globally9

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 2030.10

Sustainable Development Goal #2
End hunger, achieve food security, improve nutrition and promote sustainable agriculture11

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 anemia12

OVER 70% of U.S. adults (ages 20+) are obese or overweight13

ABOUT 10% of U.S. children ages 2-5 years are obese14

Overweight and obesity is a risk factor for cardiometabolic diseases, including hypertension, coronary heart disease and type 2 diabetes15

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 nationaldairyregistry.org

For more information, please visit https://www.sustainabledevelopment.un.org/topics/globalmalnutrition

© Copyright National Dairy Council 2018 | The Triple Burden of Global Malnutrition

*This statistic is based on NHANES 2015-2016 data.