

# Negative Impact on the Structure and Tissues of the Body in Malnutrition

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**Received date:** July 03, 2023, Manuscript No. IPJCND-23-17859; **Editor assigned date:** July 06, 2023, PreQC No. IPJCND-23-17859 (PQ); **Reviewed date:** July 20, 2023, QC No. IPJCND-23-17859; **Revised date:** July 27, 2023, Manuscript No. IPJCND-23-17859 (R); **Published date:** August 03, 2023, DOI: 10.36648/2472-1921.9.8.65

**Citation:** Briend A (2023) Negative Impact on the Structure and Tissues of the Body in Malnutrition. J Clin Nutr Die Vol.9 No.8: 065.

## Description

Malnutrition is not getting enough food and nutrients. Providers who are unable to afford or do not have access to adequate nutrition are contributing to an increase in malnutrition among children under the age of five. When an organism gets too few or too many nutrients, it becomes malnourished and has health issues. To be more specific, it refers to a deficiency, excess, or imbalance of energy, protein and other nutrients that has a negative impact on the structure and tissues of the body. Undernutrition and overnutrition fall under the category of malnutrition. A lack of nutrients is called undernutrition and it can cause underweight, wasting and stunted growth. Overeating is caused by a lack of nutrients, which can lead to obesity. In a few emerging nations, overnutrition as weight is showing up inside similar networks as undernutrition.

## Majority of Clinical Studies

Undernutrition is referred to as malnutrition in the majority of clinical studies. However, because malnutrition is used in place of undernutrition, it is impossible to differentiate between undernutrition and overnutrition, which is a form of malnutrition that is not as widely recognized. As a result, a report published in 2019 by The Lancet Commission suggested broadening the definition of malnutrition to encompass all of its manifestations, including obesity, undernutrition and other risks associated with diet. The double burden of malnutrition, which is caused by "the coexistence of overnutrition (overweight and obesity) alongside undernutrition (stunted growth and wasting)," has also been identified by The Lancet Commission and the World Health Organization. Nearly one in three people worldwide suffer from at least one form of malnutrition, according to estimates. Wasting, stunting, a deficiency in vitamins or minerals, excess weight, obesity, or non-communicable diseases related to diet. The prevalence of malnutrition is higher in developing nations. Children under the age of five have the highest rates of malnutrition. 149 million children under the age of five will be stunted, 45 million will be wasted and 38.9 million will be overweight or obese in the year 2020. Undernutrition was linked to an estimated 45 percent of child deaths the following year. It was estimated that 16% of children under five in South Asia were either moderately or severely wasted by 2020. UNICEF reported that this prevalence

had slightly decreased by 2022, but remained at 14.8%. India has one of the highest rates of child wasting in Asia, with over 20% of its children wasted. However, the prevalence of malnutrition among children under the age of five in African nations is significantly higher. The prevalence of chronic undernutrition among children under the age of five in East Africa was found to be 33.3% in a pooled analysis. Kenya had a prevalence of undernutrition of 21.9% among children under the age of five, while Burundi had a prevalence of 53%. In Tanzania, the prevalence of stunting among children under the age of five ranged from 41% in lowland areas to 64.5% in highland areas. In lowland Tanzania, underweight and wasting were 11.5% and 2.5%, respectively, while in highland Tanzania, they were 22% and 1.4%. The prevalence of stunting, underweight and wasting in children under the age of five in South Sudan was 23.8%, 4.8% and 2.3%, respectively. Women and the elderly, as well as women who are pregnant or breastfeeding children under the age of five, have higher rates of malnutrition. Even in developed nations, malnutrition is becoming a growing health issue for people over 65, particularly in nursing homes and acute care hospitals. Physical, psychological and social factors, rather than a lack of food, are more likely to cause malnutrition in the elderly. Undernutrition in the elderly population is primarily caused by factors such as poverty, loneliness, sensory loss, depression, an imbalanced gut microbiome, problems swallowing and chewing and sensory decline.

## Food and Health Systems

The ongoing COVID-19 pandemic, which continues to highlight the shortcomings of the current food and health systems, is partially responsible for these rises. It has increased global hunger and contributed to food insecurity; meanwhile, lockdowns have contributed to an increase in overweight and obesity by reducing physical activity. Experts predicted in 2020 that the pandemic could double the number of people at risk of acute hunger by the year's end. In a similar vein, the prevalence of moderate and severe wasting, according to experts, could rise by 14% as a result of COVID-19; this combined with cuts to nutrition and health insurance, could lead to an additional 128,000 deaths of children under the age of 5 in 2020 alone. Even though children are more likely than adults to contract COVID-19, inadequate nutrition increases the risk of severe illness. Micronutrient deficiencies or protein-energy wasting are two possible causes of undernutrition. It alters body

composition and cell mass, which has a negative impact on physical and mental functioning. Undernutrition is a major health issue that has long-lasting physiologic effects and is responsible for the highest mortality rate among children, particularly those under the age of 5. It hinders children's complete mental and physical development. Stunting, wasting and being underweight are all signs of inadequate nutrition. Undernutrition can have long-lasting effects on a child's physical and mental development if it occurs during pregnancy or before the age of two. Chronic hunger and starvation can result from extreme malnutrition. The specific micronutrient that is lacking determines the signs and symptoms of a micronutrient deficiency. However, people who are malnourished frequently appear short, thin and lacking in energy; and abdominal and leg swelling are also common. Undernourished people frequently experience colds and infections. Micronutrient malnutrition is caused by a lack of vitamins and minerals in the diet. Iodine,

vitamin A and iron deficiencies are the most common worldwide. Micronutrient deficiencies are especially common in children and pregnant women in low-income nations. Protein energy malnutrition is sometimes referred to as undernutrition. This condition is caused by an imbalance in protein intake and energy expenditure as well as micronutrient deficiencies. It differs from calorie restriction in that it may not have negative effects on health. Underfeeding is one factor that contributes to malnutrition. Marasmus, which means "to waste away," can occur when a person eats a diet that doesn't have enough protein or energy. Their metabolism changes as a result, allowing them to survive longer. Severe wasting with little or no edema being the primary symptom; minimal fat under the skin; and elevated levels of serum albumin. It typically occurs in cases of severe anorexia, severe food restriction, or famine. Extreme muscle loss and a gaunt expression are signs of the condition.