Malnutrition- Which One is Responsible? Nutritional Knowledge or Poverty

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Malnutrition in the form of undernutrition or overnutrition is a burning public health issue all over the world where some problems are seen visually and some are hidden. No age is immune indeed. Lot of causes on factors are identified so far but in most of the cases mixed factors are responsible for this vivid scenario. High rates of undernutrition are seen in less developed or low-income countries in the globe. Number of organizations are working to reduce malnutrition scenario by building awareness among community but questions is nutritional knowledge is enough to keep them healthy or their financial condition is associated with it. Poverty is the root cause of all unhappiness. Poverty level and undernutrition are interlinked. We always give priority on mothers or caregivers awareness but in our context, mothers are mostly involved in cooking process whereas fathers are decision maker or engaged person to buy foods, fruits and vegetables from market. In addition to this peer group as like mother in law or sister in law pressurize mother to cook this or that for them. This is why awareness-oriented intervention should be delivered to all family member. Home based gardening, cultivation, maximum utilization of existing field, farming, take care of domestic animals, tree plantation can be solution for poverty eradication. Besides hygiene and environmental knowledge are important to avoid malnourishment. Special attention should be given to pregnant women, lactating mother, infant and young children, adolescent girl and aged people and bear in mind that nutritional demand is not same in all age group. Income generating capacity should be enhanced. Priority should be given on seasonal fruits and locally available fruits and vegetables rich in nutritive value. On the other hand timing of food, cooking process, choice of food, variety of food, food security, drug-diet interaction are another issues linked with nutritional status. So malnutrition is a complex issue but fundamental for health. Holistic approach is required to keep away from any form of malnutrition. Expending time and money on nutrition is not a cost; it is actually invest where returns will come.

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