

# Euroscicon Conference on NUTRITIONAL BIOCHEMISTRY & WORLD NUTRITION CONGRESS

## Stunting as regional challenge for developing communities with special reference to Asia

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### Abstract

Stunting is the impaired growth and development that children experience from poor nutrition, repeated infection, and inadequate psychosocial stimulation. Children are defined as stunted if their height-for-age is more than two standard deviations below the WHO Child Growth Standards median.

The real-world impacts of stunting ripple well beyond linear growth. A stunted child may also have a poorer immune system, brain function, and organ development. Performing below average in these areas may also limit their future productivity and threaten the health of their future children.

As of 2012 an estimated 162 million children under 5 years of age, or 25%, were stunted. More than 90% of the world's stunted children live in Africa and Asia, where respectively 36% and 56% of children are affected.

In Pakistan stunting ratio is almost between 40%- 44%, In Asia this ratio is 44-47% . globally in 2020 149 million children under 5 were stunted..

Chad is the country with highest ratio of stunting with 54% of total population.

45% deaths are labeled as due to malnutrition globally.

Stunting being nutritional disorder is affecting the population in developing and emerging communities in few aspects like

-Overall growth pattern

-Psychological aspects

-Social aspects

-Strong and well physique labor

-Active cognitive and mental development

-Healthy society

-Healthy mothers , healthy babies

In this session we will cover the causes, impacts, burden of disease, prevalence, treatment , nutritional management and social effects of stunting on the communities in developing countries . we will share ideas and techniques to overcome this global issue .

### Professional Biography

Dr Latif Ullah Khattak has done MD from Central America, Ms in Public Health from Abasyn University Peshawar and MSc in Nutrition from Allama Iqbal Open University Islamabad Pakistan. He is US certified in Drug Allergy & Food allergy. He is currently working as Director Nutrition & public health in NHNF (National Health & Nutrition Forum) Pakistan. He worked with many global prestigious organizations as Research coordinator. Dr Latif has worked with Nutrition Foundation Pakistan in their research project as main Researcher in Role of Nutrition in Management of Covid-19 infection.