



Micronutrient Malnutrition Symptoms and Adverse Effects in Children

Sirevag Morten *

Department of Gastroenterology and Hepatology, Tianjin Medical University, Tianjin, China

DESCRIPTION

Malnutrition is a group of diseases that encompasses both undernutrition and overnutrition. Stunted growth, wasting, and underweight are all symptoms of undernutrition. Overnutrition is brought on by an excess of nutrients, and this can lead to obesity. In some developing nations, communities where undernutrition is prevalent are also starting to experience overnutrition in the form of obesity.

Undernutrition is referred to as malnutrition in the vast majority of clinical studies. It is impossible to distinguish between undernutrition and overnutrition, a less recognised form of malnutrition, when the term "malnutrition" is used in place of "undernutrition." In light of this, The Lancet Commission recommended in a report from 2019 that the term "malnutrition" be expanded to encompass "all its forms, including obesity, undernutrition, and associated dietary hazards. Children under the age of five have the highest rates of undernutrition. It has been estimated that 16% of children under five in South Asia are moderately or severely wasted. With almost 20% of its children squandered, India in Asia has one of the largest waste burdens. However, the prevalence of undernutrition among children mal the age of five in African nations is significantly greater. 33.3% was found to be the prevalence of chronic undernutrition among children under the age of five in East Africa, according to a pooled analysis.

An important factor in the development of active tuberculosis is malnutrition. Additionally, it increases HIV replication and the risk of HIV transmission from mother to kid. Scurvy and rickets are vitamin deficiency illnesses that can be brought on by malnutrition. People who are malnourished have less energy and suffer from cognitive impairment as the condition worsens. They could find it challenging (or impossible) to carry out the chores

required to get food, earn money, or get an education as a result. Most frequently, a lack of access to wholesome food causes undernutrition. The household income is a socio economic variable that influences the access to nutritious food and the probability of under and overnutrition in a community. There are also sociopolitical causes of malnutrition. For instance, if a community has a weak government and few health-related facilities, its residents may be more at risk for malnutrition. On a lesser scale, specific families or people might be even more at danger as a result of disparities in income, access to land, or educational attainment. In order to address the social causes of malnutrition, community is essential. Better public service demands, for instance, can be made in communities with strong social support and knowledge exchange concerning social protection programmers. Malnutrition is less likely to occur in these places thanks to improved public service requirements and social protection initiatives.

Compared to other adult populations, older adults are more likely to suffer from malnutrition and underweight. The ageing process alone usually does not lead to malnutrition in elderly persons who are healthy and active. However, ageing is connected with changes in body composition, organ functions, proper calorie intake, and ability to eat or access food, which may cause malnutrition. Changes in appetite, digestion, energy level, weight, and general well-being might be brought on by sadness or depression. According to a study on the connection between malnutrition and other illnesses in the elderly, gastrointestinal and endocrine system issues, loss of taste and smell, decreased appetite, and insufficient food intake can all contribute to malnutrition in the elderly. Eating can be challenging when there are issues with chewing and swallowing, bad oral health, or poorly fitting dentures. These variables make it easier for elderly people to get malnutrition.

Correspondence to: Sirevag Morten, Department of Gastroenterology and Hepatology, Tianjin Medical University, Tianjin, China, E-mail: sirevag.mor@email.com

Received: 09-Aug-2022, Manuscript No. JNDT-22- 18572; **Editor assigned:** 12-Aug-2022, Pre QC No. JNDT-22- 18572 (PQ); **Reviewed:** 02-Sep-2022, QC No. JNDT-22- 18572; **Revised:** 09-Sep -2022, Manuscript No. JNDT-22- 18572 (R); **Published:** 16-Sep-2022, DOI: 10.35248/2161-0509.22.12.202

Citation: Morten S (2022) Micronutrient Malnutrition Symptoms and Adverse Effects in Children. J Nutr Disord Ther. 12:202.

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