

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 malnutrition²



Malnutrition's consequences are far reaching.

- Increases risk of morbidity and mortality with undernutrition³
- In children, can affect normal growth and development⁴
- Inhibits economic progress⁴
- Increases healthcare costs⁴
- Limits educational potential⁴
- Compromises overall health, well-being and quality of life⁵

The Triple Burden of Global Malnutrition

1. Undernutrition

Being underweight, stunted (low height-for-age) or wasted (low weight-for-age)⁶

~815 MILLION people are undernourished around the globe⁷

~3 MILLION childhood deaths (under age 5) globally related to malnutrition⁸

2. Micronutrient Deficiencies

Inadequate consumption of vitamins and minerals⁷

TWO BILLION people are affected by anemia, which is often due to iron deficiency⁹



Vitamin A, iron and iodine are micronutrient deficiencies of greatest public health concern globally.^{9,1}



Vitamin D, B12, folate, calcium and zinc deficiencies are described as "important".^{9,1}

3. Overweight and Obesity

Weight that is higher than what is considered healthy for a given height.¹⁰ Obesity is one of the major risk factors for type 2 diabetes and other metabolic diseases.¹¹

1.9 BILLION adults are overweight or obese globally¹²

41 MILLION children (under age 5) are overweight or obese globally¹²

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 2030.¹³

Sustainable Development Goal #2

End hunger, achieve food security, improve nutrition and promote sustainable agriculture¹⁴



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 anemia¹⁵

OVER 70%

of U.S. adults (ages 20+) are obese or overweight¹⁶

ABOUT 10%

of U.S. children ages 2-5 years are obese¹⁷



Overweight and obesity is a risk factor for cardio-metabolic diseases, including hypertension, coronary heart disease and type 2 diabetes¹⁸

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 nationaldairycouncil.org

