**Strategies on Reducing Malnutrition for Children from age 0 to 5 in Low Income Neighbourhood.**

**Introduction**

Malnutrition is a medical condition that results from; eating too little food, overeating food, eating improper food (eating an unbalanced diet). When food supplies little or more nutrients, the body will not develop normally, as it is supposed to, causing health problems (malnutrition).

Malnutrition affects people of all ages, both the young and the old. According to research conducted by the World Health Organization, findings showed that by 2018, nearly 1.9 adults suffered from being overweight, while 462 million adults suffered from being underweight. An estimated 41 million children under age five were overweight, while 159 million were underweight (Littlejohn, 2021).

While everyone is at risk of malnutrition, some are most affected. It has been found that those living in rural areas and developing countries are primarily affected by malnutrition. This effect has occurred because access to a completely healthy diet is challenging in most of these places. Also, poverty levels are so high; thus, people underfeed.

**Nature of the problem**

The issue of malnutrition has been in existence since long ago. Nevertheless, cases have increased vary widely between the 19th and 20th centuries. Nutrition and the immune system have been a topic of discussion and much interest.

There are various ways people can know that they are malnutrition without necessarily considering body change. Lack of appetite, tiredness, inability to concentrate, feeling cold, and depression are early symptoms that a person experience. Later on, the visible signs such as lose of fat, mass, and body tissues now set in.

A larger population fails to deal with malnutrition at an early age because they assume symptoms are only physical. It is tough to deal with malnutrition at a later stage, where the physical ones are seen. With proper education and adequate and just supply of resources around, people can understand the cause of malnutrition, signs, and symptoms and cope with it.

In partnership with various organizations, the government has come up with strategies to cope with malnutrition, especially for children. An organization such as UNICEF has put up guidelines on multiple ways to prevent malnutrition, such as; specifying how a child should be breastfed, for how long, and the types of food the child should be fed on at an early age, between conception and the second birthday of the child (Steinert, 2021).

**The Target Population**

My focus goes to developing countries where cases of malnutrition have rises highly. In these areas, infants and small children are most affected because their need for nutritionally balanced food for growth and development is high. It is an issue of concern because it affects not only the physical but also these people's mental, social, and spiritual aspects. Some of the common causes of malnutrition in third world countries include; lack of proper hygiene, inadequate food intake, unsanitary environment, social inequality, genetic contributions, and psychological deprivation.

A total of about 14.5 % of people in these countries suffer from malnutrition. Because it comes with significant effects, most people who obtain it in childhood grow throughout adulthood. Nonetheless, many patients get healed along the way if the proper remedies are used (Chouraqui, 2021).

**Rationale for Action**

There are various ways in which malnutrition can be dealt with. It will involve looking at the issue entirely from different spheres of life. Looking around, we will notice that some people are malnourished because of taking excess nutrients, while others suffer from it for lack of nutrients. It could be just and wise if those who have more shared with those who have just a little. It could help much in solving the issue of malnutrition, promoting happy living (Markert, 2021).

Whatever the government receives depends on the giving of the citizens. All government investments are for the well beings of the citizens who live in that particular country. Prioritizing the citizens' needs and distinguishing between essential and urgent needs could save people a lot. A lot should be invested in people directly before dealing with other investments.

**Framework for Intervention**

There are two primary ways of addressing the issue of malnutrition. The most commonly used is nutritional planning, and the other one is health development and direct nutrition.

In nutritional planning, the government invests in projects that accelerate healthy living, whose long-term effects will be evident. It involves formulating and implementing nutritional production policies and the supply of resources that will promote healthy living. Proper guidance is given to farmers to ensure that they can produce more and healthy products over the shortest period, shooting high the supply chains.

An improved healthcare system is equally important. This starts from guidance and counselling on healthy living and advanced healing techniques for those unable to prevent it. Nutrition education should be offered, talking about the value of common foods, the nutritional quality that they have, and how they should be prepared so that they can give out the best. Nutritional supplementation can also be used, especially in expectant mothers and infants.

**Summary**

Even though the issue of malnutrition has affected very many people, it has a sure remedy. If only people could join hands and follow the healthy guidelines, we could reduce malnutrition cases by 50 %. If people were willing to share equally and device ways of sharing with the needy and uplifting them even in education, malnutrition could be an issue of the past.

**References**

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