



# Investigación

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## ¿WHAT IS NUTRITION?

Nutrition is the biological process in which organisms obtain the solid and liquid foods necessary for the functioning, growth, and maintenance of their vital functions. Nutrition is also the study of the relationship that exists between food, health and especially in determining a balanced diet based on the food pyramid. It is a physiological, involuntary, unconscious and non-educable process that takes place within our body and is directly related to daily requirements. Good nutrition (a sufficient and balanced diet combined with regular ph.



### **NUTRITION AS A SCIENCE:**

Nutrition is the science that studies the way in which the body uses energy from food to maintain and grow, through the analysis of the processes by which it ingests, digests, absorbs, transports, uses and extracts essential nutrients for life. , and its interaction with health and disease.ysical exercise) is a fundamental element of good health. There are six classes of nutrients that the body needs: carbohydrates, proteins, lipids, vitamins, minerals and water. It is important to consume these six groups of nutrients daily to build and maintain healthy body function and optimal health.

### **NUTRITION AS A DISCIPLINE:**

Nutrition and dietetics is the discipline that, through the study of food and its impact on our health, stipulates the appropriate diet for each case. It is related to other specialties derived from food, such as Endocrinology, but does not encompass any subspecialty.

### **NUTRITION IN MEXICO**

The current situation is not a crisis, but one of the most relevant problems in Mexico, the official added. Yes, there is a solution, however, it is worrying because more than 14 of the main causes of mortality and hospitalization are related to poor diet.

Mexico is the nation with the highest childhood obesity in the world – 38% of children aged 12 to 24 months suffer from anemia and 36% of school-age children suffer from overweight and obesity – according to UN data. In the adult range it is the second

In Mexico, 1 in 8 boys and girls under 5 years of age have low height (moderate or severe) for their age<sup>1</sup>.

The lack of a sufficient, varied and nutritious diet is associated with more than half of the deaths of girls and boys worldwide. When they suffer from malnutrition, they are more likely to die from diseases and be stunted for the rest of their lives. An advanced degree of malnutrition is not necessary to suffer serious consequences; Three quarters of children who die from related causes are only slightly or moderately malnourished.

Children and adolescents in the southern states of the country are around twice as likely to be underweight or height for their age, as a consequence of chronic malnutrition, than those who live in the north. This difference also occurs when comparing rural areas with urban areas. Low-income households and indigenous households, regardless of the state they are in, are the most prone to child malnutrition.

Boys and girls between 1 and 2 years of age have the highest percentages of chronic malnutrition. This group coincides with the age at which many babies stop being breastfed, reflecting the importance of breastfeeding in good nutrition during early childhood.

## **Scope of the problem**

In 2022, nearly 390 million adults aged 18 years and older worldwide were underweight and 2.5 billion were overweight (of these, 890 million were obese). In addition, 390 million children and adolescents aged 5 to 19 were overweight (of them, 160 million were obese). On the other hand, 190 million were underweight (a BMI for age more than two standard deviations below the reference median).

It is estimated that in 2022, 149 million children under 5 years of age were stunted, while 37 million were overweight or obese.

Almost half of the deaths of children under 5 years of age have to do with malnutrition. These deaths occur mainly in low- and middle-income countries.

## **Population at risk**

All countries are affected by one or more forms of malnutrition. One of the main challenges around the world is to combat all forms of malnutrition.

Women, infants, children and adolescents are particularly exposed to this problem. Optimizing nutrition from the beginning of life (particularly during the 1,000 days between conception and the child's second birthday) helps the child enjoy health and develop as needed and has long-term benefits.

Poverty multiplies the risk of suffering from malnutrition and its consequences. People in poverty are more likely to suffer from some form of malnutrition. Additionally, malnutrition increases health care costs, reduces productivity, and slows economic growth, which can perpetuate the cycle of poverty and poor health.

## Malnutrition

### facts and figures:

In all its forms, malnutrition encompasses malnutrition (wasting, stunting and underweight), vitamin or mineral imbalances, overweight, obesity and diet-related non-communicable diseases.

In 2022, 2.5 billion adults were overweight (890 million of them obese), while 390 million were underweight.

According to estimates, in 2022, 149 million children under 5 years of age were stunted (too small for their age), 45 million were wasted (too thin for their height), and 37 million were overweight or obese.

About half of the functions of children under 5 years of age have to do with malnutrition. These deaths occur mainly in low- and middle-income countries.

The development implications and economic, social and medical consequences of the global burden of malnutrition are serious and long-lasting for those who suffer from it, their families, their communities and their countries.



### Overview

The term "malnutrition" refers to deficiencies, excesses and imbalances in a person's caloric or nutrient intake. It covers three large groups of conditions:

malnutrition, which includes wasting (insufficient weight for height), stunting (insufficient height for age) and underweight (insufficient weight for age);

micronutrient-related malnutrition, which includes micronutrient deficiencies (lack of important vitamins or minerals) or excess; and

overweight, obesity and diet-related non-communicable diseases (such as heart disease, diabetes and some types of cancer).



## **Types of malnutrition**

### **Malnutrition:**

There are four main types of malnutrition: wasting, stunting, underweight, and vitamin and mineral deficiencies.

Malnourished children, in particular, are much more vulnerable to illness and death.

Wasting, which is being underweight for height, usually indicates severe weight loss that has recently occurred because you have not eaten enough or have an infectious disease (for example, diarrheal disease) that has occurred. caused said loss. A young child with moderate or severe wasting has a higher risk of dying, but treatment can be provided.

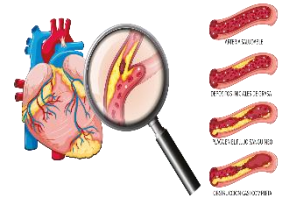
Insufficient height for age is also called growth retardation. It is a consequence of chronic or recurrent malnutrition, generally associated with poor socioeconomic conditions, deficiencies in the mother's nutrition and health, recurrence of diseases, or inappropriate nutrition or care for the infant and child. little. Stunting prevents children from fully developing their physical and cognitive potential.

Children who weigh less than their age are said to be underweight. An underweight child may be both stunted and wasted



## DISEASES DUE TO POOR NUTRITION

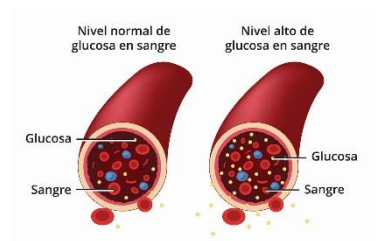
- **Atherosclerotic:** heart disease: Atherosclerosis does not cause symptoms until blood flow to a part of the body slows or is blocked . If the arteries supplying the heart narrow, blood flow may slow or stop . This can cause chest pain (stable angina), difficulty breathing, and other symptoms.



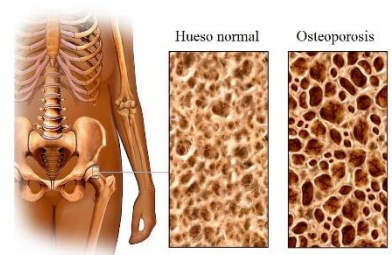
- **Hypertension:** Hypertension is a serious medical disorder that can increase the risk of cardiovascular, brain, kidney, and other diseases.



- **Diabetes:** Diabetes is a chronic metabolic disease characterized by high levels of blood glucose (or blood sugar), which over time leads to serious damage to the heart, blood vessels, eyes, kidneys, and nerves.



- **Osteoporosis:** Osteoporosis is a skeletal disease in which there is an imbalance between the formation and destruction of bone, in favor of the latter, with a decrease in bone mass density. . Thus, the bones become more porous and more brittle.



- **Obesity:** Obesity is a complex disease that consists of having too much body fat. Obesity is not just an aesthetic problem. . It is a medical problem that increases the risk for many other diseases and health problems. . These can include heart disease, diabetes, high blood pressure, high cholesterol, liver disease, sleep apnea, and certain types of cancer.

