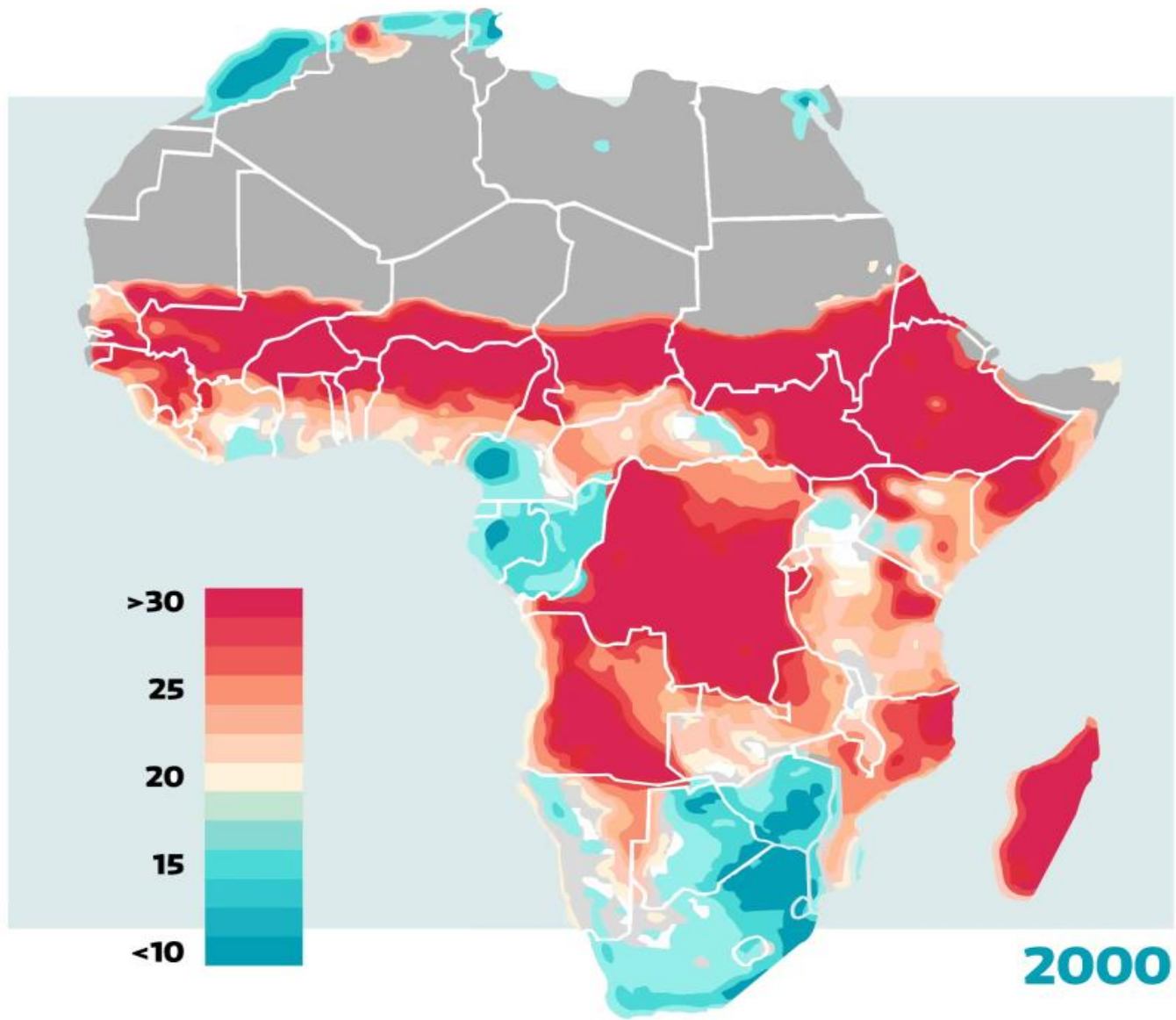


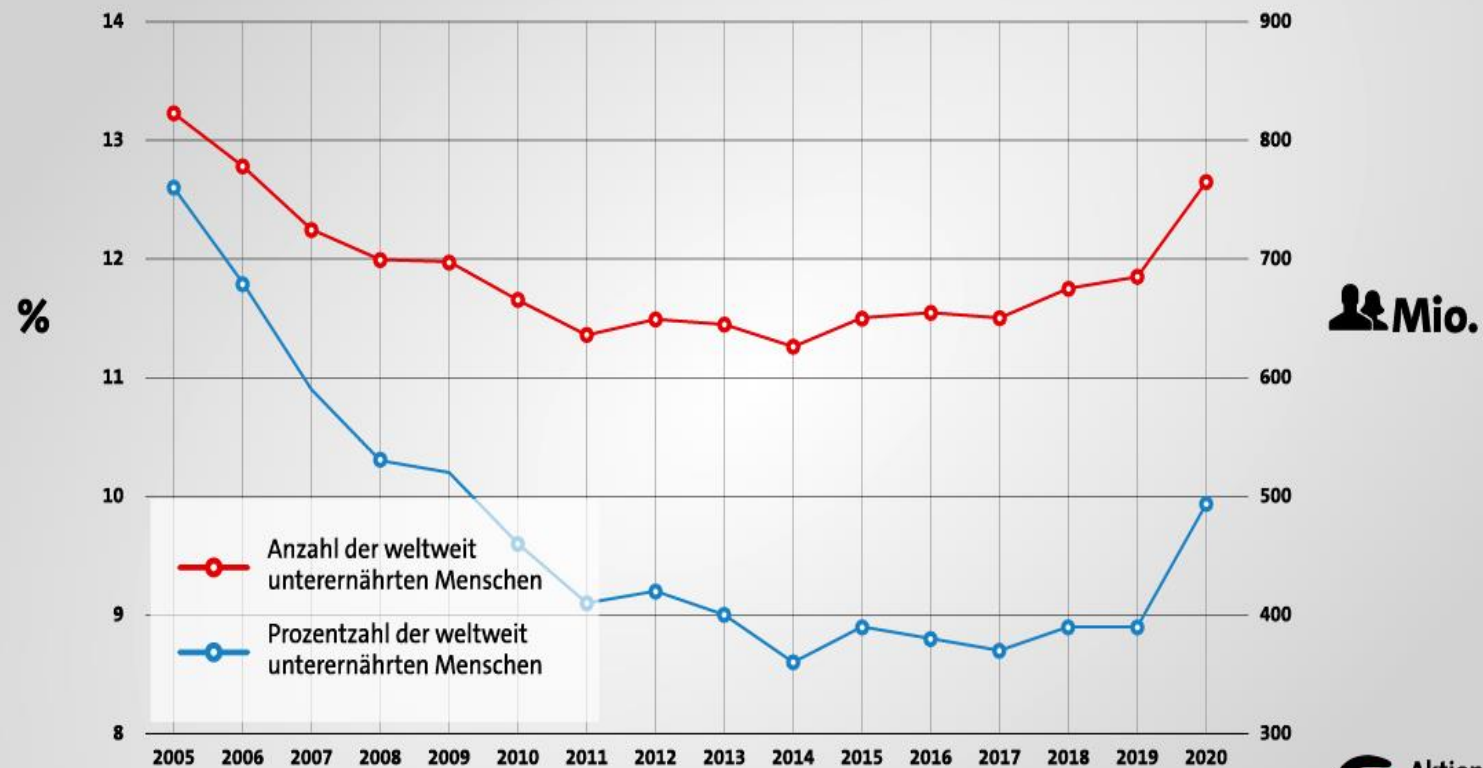
MALNUTRITION





Hunger in the world

HUNGER WELTWEIT



SYMPTOMS of MALNUTRITION

- Fatigue
 - Difficulty staying warm
 - A lower bodytemperatur
 - Diarrhea
 - Reduced apetite
 - A lack of emotions
 - Irritability
 - Weakness
- slower breathing
 - numbness, of hands/foots
 - dry skin
 - hair loss/soft hair
 - bruises

Consequenses

- Reduced muscle mass
- Delayed wound healing
- Vulnerabilty to infections
- Reduced capacity of heart and lungs
- Impaired kognitiv functions
- Constipation/diarrhea
- Depression, dysphoria
- Affects both physically and mentally

Different types av malnutrition

- Acute – war, epidemics or other catastrophs, sudden loss of food transports,rains, dryness
- Chronic – develops slowly as a result of chronic lack of food and vitamins and minerals
- 45% of all deaths in children under 5 is related to malnutrition
- Children between 6 – 24 months are at greatest risk.
- It affects the immundefense and can cause perment braindamage

MARASMUS

- Weight loss
- Dehydration
- Chronic diarrhea
- Stomach shrinkage
- Greater risk for marasmus when there is difficulties in getting food
- Inability to understand the needs for your baby/child
- Babies that not are breast fed has an increased risk

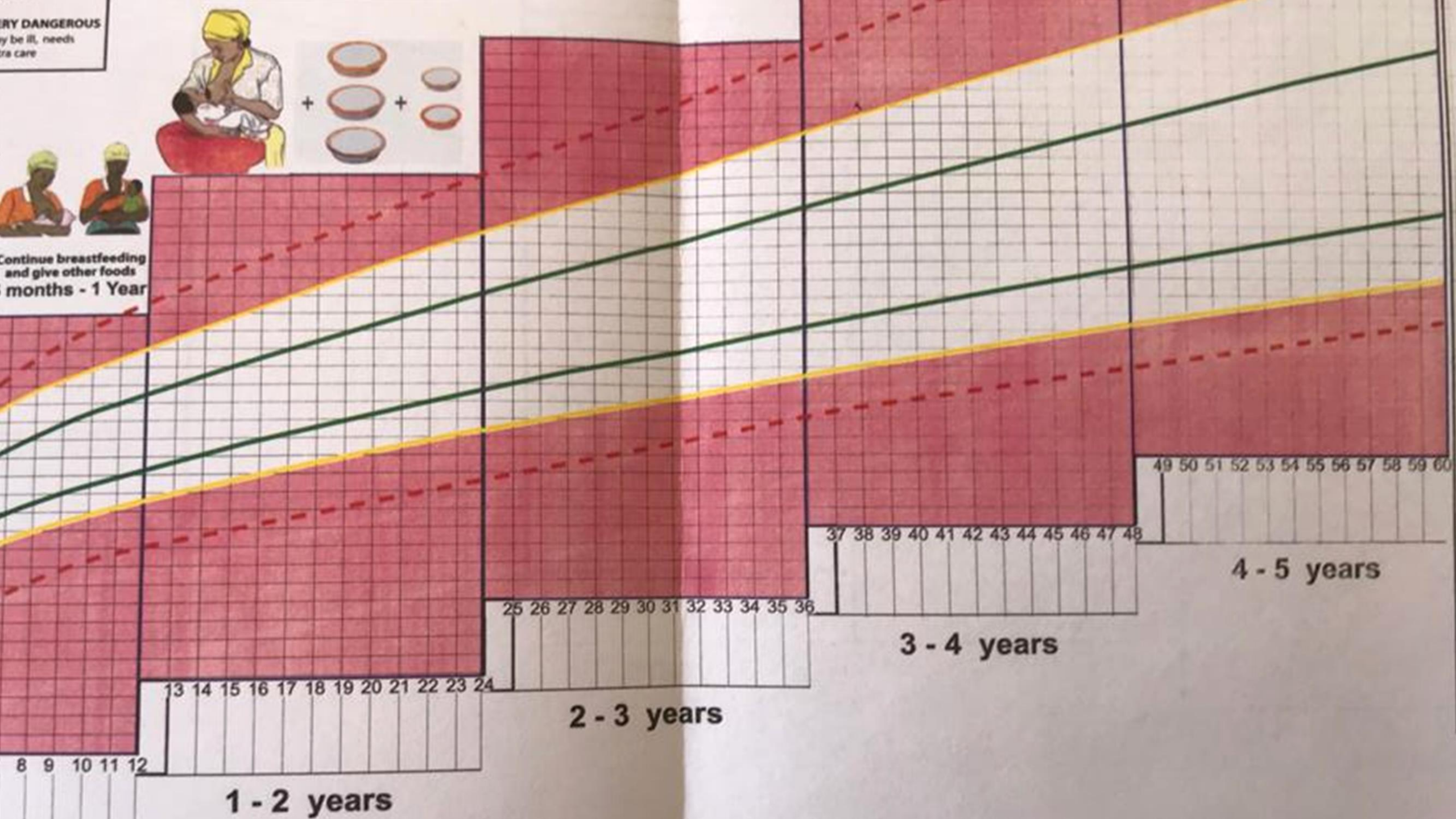
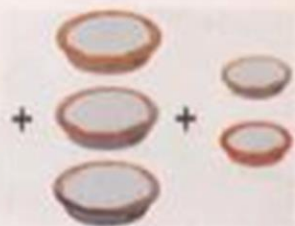
KWASHIORKOR

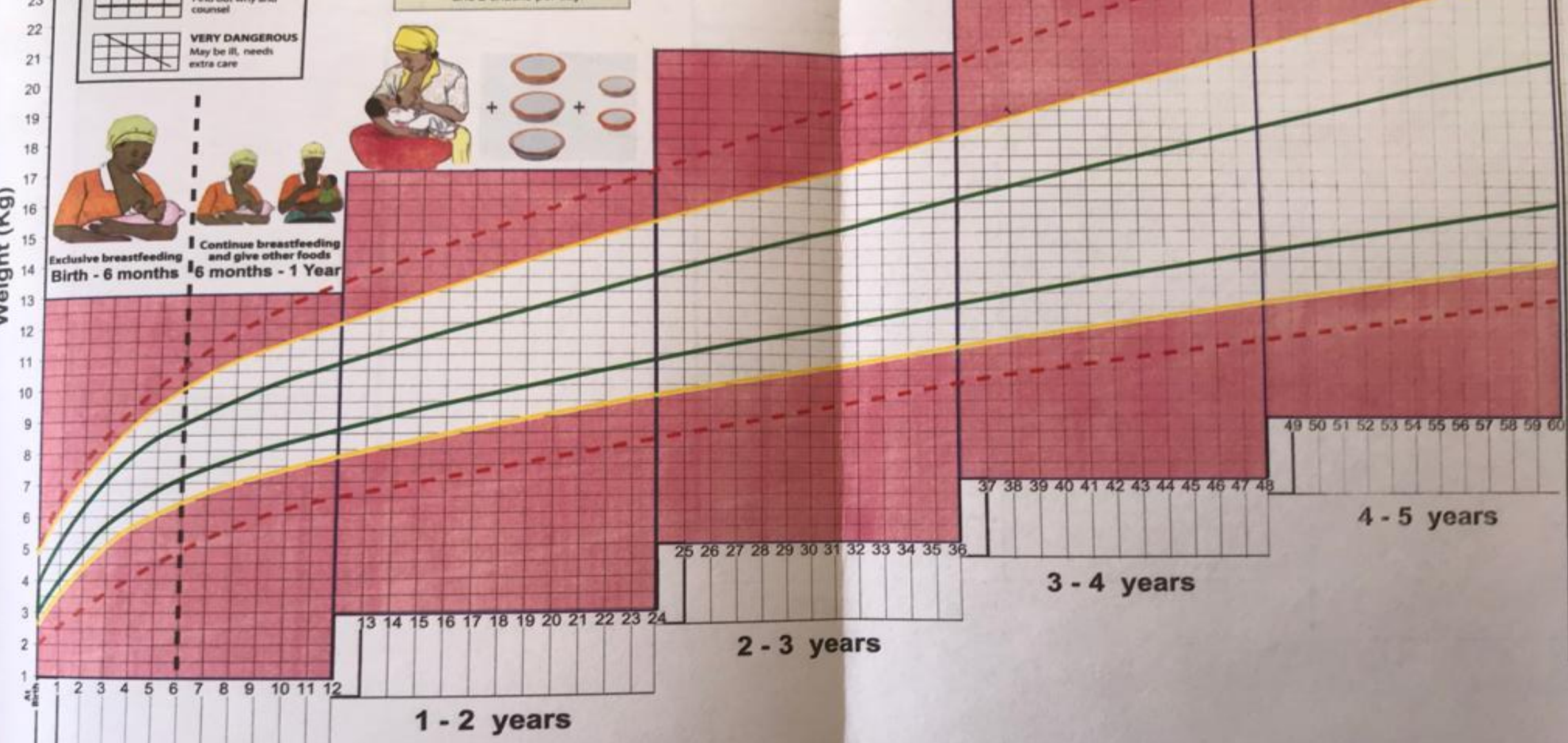
- Oedema or puffy swollen appearance due to fluid retention (like corticosteroids treatment)
- Bulging of the abdomen
- Inability to grow or gain weight
- Greater risk in rural areas with limited access to proteinrich food. (Ugali and tea!)
- Inability to understand the needs for your baby/child

VERY DANGEROUS
may be ill, needs
extra care



Continue breastfeeding
and give other foods
months - 1 Year





NB: Plot the birth weight on the first vertical line (At Birth) and subsequent months, on the age specific vertical line.

NOT FOR SALE

TREATMENT

- DISCOVER THEM IN TIME
- DRAW THE LINE – NOT JUST A PLOT
- TO THE NUTRITIONIST

TREATMENT

- Provide them with vitamins, Ferro, Vitamin A, Multivitamin etc
- Explain the difference between protein and carbohydrates. UGALI is NOT PROTEIN. Protein builds the immunodefensive system.
- Protein contains B vitamins which is needed for development of the brain, nerves and bloodcells
- Without vitamin A you get nightblindness. Carrots fish, milk
- Vitamin D is needed for the bone structure from fish, milk and SUN
- Iron for the blood in meat, green vegetables
- Vitamin C is needed for the mucose membranes. In fruits and vegetables

FEVER

- Do NOT cover the baby in blankets when there is fever with high temperatur
- UNDRESS the baby

TRACES from me

- DETECT MALNUTRITION
- DRAW the LINE
- UNCOVER the child when there is FEVER