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Better Nutrition for Better Lives

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Summary. Food systems are increasingly challenged to ensure food security and balanced diets for all, around the world. Almost 800 million people are chronically hungry, while over two billion people suffer from 'hidden hunger', with one or more micronutrient deficiencies. Meanwhile, over two billion people are overweight, with a third of them clinically obese, and hence more vulnerable to non-communicable diseases.

Overcoming hunger and malnutrition in the 21st century does not simply involve increasing food available, but also improving access, especially for the hungry. Creating healthy, affordable and sustainable food systems for all is the most effective way to achieve this.

Since 1945, food production has tripled as average food availability per person has risen by 40 percent. But despite abundant food supplies, almost 800 million still go hungry every day, of whom most live in developing countries. Many more go hungry seasonally or intermittently. Hunger affects their ability to work and to learn. Clearly, the problem is not just one of food availability, but also of access.

The health of over two billion people is compromised because their diets lack essential micronutrients, which prevents them reaching their full human potential. 'Hidden hunger', or micronutrient deficiencies, undermines the physical and cognitive development of their children, exposing them to illness and premature death.

Ironically, in many parts of the world, hunger co-exists with rising levels of obesity. Over two billion people are overweight, with a third of them deemed obese. This, in turn, exposes them to greater risk of diabetes, heart problems and other diet-related non-communicable diseases.

Keywords: food availability and accessibility, food price, food production, food systems, «hidden hunger», hunger, malnutrition, micronutrients, obesity, overweight, undernutrition.

FOOD SYSTEM: PROBLEM AND SOLUTION

Food systems must become more responsive to people's needs, including food insecure, socially excluded and economically marginalized households. Mothers, young children, the aged and the disabled are especially vulnerable. Adequate nutrition during the 'first thousand days', from conception to the child's second birthday, is especially critical.

Our challenge then is not simply to produce and supply more food, but to ensure that better food is consumed by all, especially those most in need. And this has to be sustainable in terms of the environment and natural resources.

Increasingly intensive industrial farming systems and massive food wastage are often simply unsustainable. Food production has often put great stress on natural resources – exhausting fresh water supplies, encroaching on forests, degrading soils, depleting wild fish stocks and reducing biodiversity.

We need to recognize and deal with these challenges urgently. Fortunately, we also have the means to transform food production systems to make them more sustainable and healthy by empowering local communities.

BUILD HEALTHY, SUSTAINABLE FOOD SYSTEMS TO FIGHT MALNUTRITION

Creating healthy and sustainable food systems is the key to overcoming hunger and all forms of malnutrition (undernourishment, micronutrient deficiencies, obesity) around the world. Food production has

tripled since 1945 while average food availability per person has risen by 40 percent. Current food systems are not delivering well on ensuring healthy diets for all. We have to fix the problem. The most efficient and sustainable approach will be to reshape and strengthen food systems that support healthy diets for all.

The international community is facing several nutrition-related challenges. The health of more than half the world's over seven billion people is compromised by malnutrition. Despite abundant food supplies, almost 800 million people (or one in nine) still go hungry every day. The health of at least another two billion people is compromised by various micronutrient deficiencies. Another 2.1 billion people are overweight, of whom about a third are obese, consuming more food than their bodies need, and exposing themselves to greater risk of diabetes, heart problems and other diet-related non-communicable diseases.

Malnutrition in all its forms is an intolerable burden, not only on national health systems, but on the entire cultural, social and economic fabric of nations. It is a major impediment to development and the full realization of human potential. Many developing countries now face multiple burdens of malnutrition, with people living in the same communities – sometimes even within the same households – suffering from hunger, micronutrient deficiencies and diet-related non-communicable diseases.

Increased food output has put greater stress on natural resources, degrading soils, polluting and exhausting fresh water supplies, encroaching on forests, depleting wild fish stocks and reducing biodiversity. More intensive farming, combined with massive food wastage, has also made the problems worse.

HEALTHY AND SUSTAINABLE FOOD SYSTEMS FOR HEALTHIER PEOPLE

Current approaches to food production are simply not sustainable today, let alone in 2050, when we will have to feed nine billion people. Fortunately, we have the means to transform our production systems and consumption patterns to ensure nutrition-sensitive food systems.

A food system approach – from production to processing, storage, transportation, marketing, retailing and consumption – is a key to promoting healthy diets and improving nutrition as isolated interventions have limited impacts. Creating strong and resilient food systems is the most practical, cost-efficient and sustainable way to address all forms of malnutrition. It must recognize that the vast majority of family farmers today are women, typically also the primary caregivers in homes.

We need to reshape food systems to sustainably produce foods and enable consumption conducive to better health while protecting and promoting the capacity of future generations to feed themselves. Nutrition must become one of the primary objectives of food system policies, interventions and investments, ensuring access to diverse and balanced diets.

Poor and monotonous diets – high in carbohydrate-rich staples, but lacking in diversity – are a major contributing factor to malnutrition. Since food systems have become increasingly complex and strongly influence people's ability to consume healthy diets, coherent action and innovative food system solutions are needed to ensure access to sustainable, balanced and healthy diets for all.

These solutions should include the production, availability, accessibility and affordability of a variety of cereals, legumes, vegetables, fruits and animal source foods, including fish, meat, eggs and dairy products. Healthy diets contain adequate macronutrients (carbohydrates, fats and protein), fibre and essential micronutrients (vitamins and minerals) in line with WHO (World Health Organization) recommendations.

Consumption of meat, milk and eggs is growing rapidly in developing countries, providing more nutritious diets to populations than was previously the case. In addition, the livestock sector improves livelihoods and contributes to economic growth and incomes in rural economies. We must manage livestock production sustainably, since it contributes to climate change, environmental stress, transmission of diseases and other health issues due to increasing meat consumption. At every stage, resources must be used more efficiently, with less adverse impacts. Getting more and better food from water, land, and labour saves resources for the future and makes food systems more sustainable.

GREATER COMMITMENT, BETTER GOVERNANCE

All key sectors and players throughout the food system must be involved to make better use of food systems for improved nutrition. This requires better governance, a common vision and, above all, political commitment and coherent leadership, fostering participation and consultation among all stakeholders.

Globally, about a third of the food produced for human consumption is lost or wasted. In developing countries, most losses occur at the farm level and along the supply chain before reaching consumers. Reducing such losses, by improving harvesting, storage, processing and distribution practices, could increase food supplies, reduce food prices and reduce pressure on land and other scarce resources. In developed countries, the bulk of food waste occurs after purchase, so greater focus should be placed on consumer education and information.

There is the need to create an enabling environment to make it easier for consumers to make healthier food choices. Promoting healthier lifestyles through nutrition education, information and examples must be more effective. Changes in practices can reduce food waste and contribute to sustainable resource use.

Better nutrition also makes economic sense. About five percent of global economic welfare is lost due to malnutrition in all its forms owing to foregone output and additional costs incurred. Expenditure to address malnutrition offers very high private and social returns. Yet, only about one percent of the total aid budget is allocated for this purpose.

Investing in better nutrition offers high economic returns. If USD 1,2 billion per year is invested for five years to reduce micronutrient deficiencies, thus ensuring better health, less child deaths and stunting, as well as increased future earnings, generating annual economic gains to society worth around USD15 billion – a benefit to cost ratio of almost 13 to one.

The follow-up to the Second International Conference on Nutrition (ICN2) in Rome late last year provides a historic opportunity for political decisions and concerted interventions to enhance nutrition for all through better policies and international solidarity. Currently, less than one per cent of foreign aid goes to nutrition. It is hard to justify not making the desperately needed investments in better nutrition for better lives.

PROGRESS AGAINST UNDERNUTRITION, BUT UNEVEN

At the end of 2014, an estimated 795 million people – one in nine people worldwide – were estimated to be chronically hungry. All but 15 million of the world's hungry live in developing countries, i.e., 780 million are in developing countries, where the share of the hungry has declined by less than half – from 23,4 per cent in 1991 to 12,9 per cent.

PROGRESS UNEVEN

Overall progress has been highly uneven. Some countries and regions have seen only slow progress in reducing hunger, while the absolute number of hungry has even increased in several cases. Marked differences in reducing undernourishment have persisted across regions.

There have been significant reductions in both the estimated share and number of undernourished in most countries in Latin America and the Caribbean South-East Asia, East Asia, Central Asia – where the target of halving the hunger rate has been reached.

Progress in sub-Saharan Africa has been more limited, and the region now has the highest prevalence of undernourishment. West Asia is the only region that has seen a rise in the share of the hungry, while progress in South Asia and Oceania has not been sufficient to meet the MDG hunger target by 2015.

In several countries, underweight and stunting persist among children, even when undernourishment is low and most people have access to sufficient food. Nutrition failures are due not only to insufficient food access, but also to poor health conditions and the high incidence of diseases such as diarrhoea, malaria, HIV/AIDS and tuberculosis.

ONE IN SEVEN CHILDREN UNDER FIVE IS UNDERWEIGHT

An estimated 99 million children under five years of age were underweight in 2012. This represents a fall of 38 per cent from an estimated 160 million underweight children in 1990. Yet, 15 per cent, or about one in seven of all children under five worldwide, are underweight.

East Asia has led all regions with the largest decrease of underweight children since 1990, followed by the Caucasus and Central Asia, Latin America and the Caribbean, and West Asia. While the proportion of underweight children was highest in South Asia, the region has also experienced the largest absolute decrease since 1990, contributing significantly to the global decrease over the period. Despite a modest reduction in the proportion of underweight children, Sub-Saharan Africa was the only region where the number of undernourished children increased, rising from 27 million in 1990 to 32 million in 2012.

In 2013, about 17 %, or 98 million children under five years of age in developing countries were underweight. Underweight is most prevalent in South Asia (30 %), followed by West Africa (21 %), Oceania and East Africa (both 19 %) and South-East Asia and Central Africa (both 16 %) and Southern Africa (12 %). Prevalence of underweight was below 10 % in 2013 in East, Central and West Asia, North Africa and Latin America and the Caribbean.

Globally, the proportion of underweight children under five years of age declined from 25 % to 15 % between 1990 and 2013. Africa experienced the smallest decrease, with underweight prevalence declining

from 23 % in 1990 to 17 % in 2013, while in Asia it fell from 32 % to 18 %, and in Latin America and the Caribbean, from 8 % to 3 %.

This means Asia and Latin America and the Caribbean are likely to meet the MDG target for underweight, while Africa is likely to fall short, achieving only about half of the reduction target. And although Asia as a whole is likely to meet the MDG target, underweight rates remain very high in South Asia (30 %). With its large, growing population, South Asia was home to 53 million underweight children in 2013.

ONE IN FOUR CHILDREN UNDER FIVE ARE STUNTED

Stunting – defined as inadequate length or height for age – is a better indicator than underweight for capturing the cumulative effects of child undernutrition and infection during the critical 1,000-day period from conception through the first two years of a child's life. Stunting is also more common than underweight, with one in four children globally affected in 2012.

Stunting is caused by long-term inadequate dietary intake and continuing bouts of infection and disease, often beginning with maternal malnutrition, which leads to poor fetal growth, low birth weight and poor growth. Stunting causes permanent impairment to cognitive and physical development that can lower educational attainment and reduce adult incomes.

Although the prevalence of stunting in children under five fell from about 40 per cent in 1990 to 25 per cent in 2012, an estimated 161 million children under five in 2014 remained at risk of diminished cognitive and physical development due to chronic undernutrition. Nearly all regions in the world have seen declines in the number of children affected by stunting. The sad exception is sub-Saharan Africa, where the number of stunted children increased by a third, from 44 million to 58 million between 1990 and 2012.

LESSONS

In countries where low undernourishment coexists with high malnutrition, specially-designed nutrition-enhancing interventions may be crucial to address early childhood stunting. Improvements in nutrition generally require complementary policies, including improving health conditions, hygiene, water, sanitation and education. More sophisticated and creative approaches to coordination and governance are needed, with more, as well as more effective, resources and other means to end hunger and malnutrition in our lifetimes.

The Second International Conference of Nutrition in Rome on 19–21 November 2014 articulated coherent bases for accelerated progress to overcome all types of malnutrition (undernourishment, micronutrient deficiencies, obesity) and defined pathways for international cooperation and support for integrated national nutrition efforts. The international community, including those in the UN system, must now come together to improve coordination for a sustained effort against malnutrition over the next decade.

But with high levels of deprivation, unemployment and underemployment continuing and likely to prevail in the world for the foreseeable future, poverty and hunger are unlikely to be overcome on a sustainable basis without the extension of universal social protection to all, especially those in need.

TACKLE 'HIDDEN HUNGER' BY IMPROVING FOOD SYSTEMS

Nutrition is complex and multidimensional. Micronutrient deficiencies or 'hidden hunger' are much more widespread than chronic undernourishment or hunger, understood as inadequate dietary energy. Micronutrient deficiencies refer to the lack of essential vitamins, minerals and other substances required over the human life cycle by the body in small amounts. Micronutrient undernutrition has long-term effects on health, learning ability and productivity, leading to high social and public costs, reduced work capacity in populations due to high rates of illness and disability, and loss of human potential.

Although the most severe problems of micronutrient malnutrition are found in developing countries, people of all population groups in all regions of the world are affected by some micronutrient deficiencies. More than two billion people in the world are deficient in key vitamins and minerals, particularly vitamin A, iodine, iron and zinc. This is a serious impediment to socio-economic development, exacerbating the vicious cycle of malnutrition, underdevelopment and poverty. Not surprisingly then, the economic gains to society of reducing micronutrient deficiencies are estimated to have a benefit-to-cost ratio of almost thirteen to one!

While there is no consensus on a plan to tackle all forms of malnutrition (undernourishment, micronutrient deficiencies, diet-related non-communicable diseases) across the world, the problems are better

understood now, with options for addressing malnutrition increasingly known. Preferably, micronutrient requirements should be met through food intake.

Food-based strategies promote the consumption of foods naturally rich in micronutrients or enriched by 'fortification'. Food-based approaches, which include food production, dietary diversification and food fortification, are sustainable strategies for improving the nutrition of populations. Increasing access to as well as the availability and consumption of a variety of micronutrient-rich foods improves nutrition in general.

However, progress in promoting and implementing food-based strategies to achieve sustainable improvements in micronutrient status has been slow. Much of the effort to control the three major deficiencies of public health concern – i.e. vitamin A, iron and iodine deficiencies – has focused on supplementation. Communities and households need to nourish themselves adequately with appropriate food-based interventions.

Where there are acute micronutrient deficiencies adversely impacting human nutrition, there is a clear, but temporary role for supplements for groups at high risk and during emergencies, until the food system is improved to ensure that it sustainably serves dietary needs over the human life-cycle.

An exclusive focus on supplementation also distracts from addressing the deeper causes of malnutrition. Focusing on supplements inadvertently promotes large commercial opportunities, which may have a vested interest in discouraging alternative long-term options for addressing malnutrition on a more affordable and sustainable basis.

It is important to approach interventions in a balanced and nuanced way, incorporating nutrition-sensitive food system and agricultural practices and knowledge as well as costed plans for nutrition supplementation. Food system-based nutrition interventions need to inform choices of appropriate strategies.

While supplement-based interventions are often viewed as short-term, and food-based interventions as longer-term, that is not necessarily the case. Food system interventions, such as providing school meals, can have an almost immediate impact besides longer term gains. The choice between supplement based and food system based strategies to end malnutrition is not always clear cut.

First, some supplements can be delivered through food systems. Mineral supplementation of soil, a key component of most agricultural systems, can help address dietary micronutrient deficiencies. In Turkey, for example, fertilizer has been enriched with zinc as zinc absorbent plant varieties help address widespread zinc deficiencies affecting Turkey's soil, crops and people.

Second, micronutrient supplementation generally will not be very effective without adequate food. Micronutrient supplements without adequate food can even have negative effects. Third, the most effective way to address malnutrition varies with the type of micronutrient deficiency. Some micronutrients, such as iron and folic acid, are commonly delivered to pregnant women through supplements in rich and poor countries alike. Others, such as iodine added to table salt, are easily delivered through mineral fortification of foods. In most cases, however, micronutrients can be delivered effectively through nutrition-optimized food systems.

In recent years, a global movement has been gathering force to end hunger and malnutrition – reflected in the success of the Scaling Up Nutrition movement, calls for a single food security and nutrition goal for the post-2015 Sustainable Development Goals, the UN system's mobilization around the Zero Hunger Challenge and the November 2014 Second International Conference on Nutrition (ICN2).

Complementary national initiatives for global action – such as the UK government initiatives since the 2012 London Olympics and USAID's Multisectoral Nutrition Strategy for 2014–2025 – have increased greater awareness of and action against malnutrition.

FAT'S HEAVY BURDEN ON THE WORLD ECONOMY

About 2,1 bn people are regarded as overweight or obese today, or almost thirty percent of the world's population. With over 800 million people estimated to be chronically hungry in the world, it appears that the number of overweight is more than 2.5 times the number of undernourished.

Last year's* Second International Conference on Nutrition, organized by the Food and Agricultural Organization and the World Health Organization (WHO) in Rome last November, was criticized for exaggerating the extent as well as human and economic burden of malnutrition. Instead, the new numbers from a 2014 McKinsey Global Institute report suggest that the Conference instead erred in the opposite direction, at least by underestimating the extent of obesity.

* Конференция состоялась в 2014 г. – *Прим. ред.*

The last estimate from the WHO was around 1,5 billion overweight, with a third of them obese. This implies an increase of about 40 percent over just a few years! In the UK alone, for instance, 37 per cent of the population is deemed overweight and a quarter obese.

ECONOMIC BURDEN

The overweight, especially the obese, impose a heavy economic cost equivalent to 2,8 percent of world economic output, or about USD 2 trillion, according to the report. The burden on healthcare budgets is rising fast because unless current trends are reversed, half the world's adult population will be overweight, if not obese in about 15 years.

The estimates of losses include lost economic productivity, additional healthcare costs and investments needed to mitigate and cope with its impacts. The burden thus ranks together with the economic costs of armed conflict, war and terrorism and of smoking, both estimated at $ 2,1 trillion each.

NOT ONLY FAT CATS ARE FAT

While once associated in the popular imagination and caricatures with the 'fat cat' rich in rich Western societies, the problem has affected lower income communities there disproportionately more. In recent decades, the scourge has been spreading rapidly in most developing countries, especially those deemed better off or middle income, mainly due to lifestyle and associated activity and dietary changes.

Led by the WHO, the United Nations now recognizes obesity as an epidemic connected to various diet-related non-communicable diseases, including type 2 diabetes, various cancers and cardio-vascular diseases. About 2.8 million deaths yearly are attributed to excessive body weight.

COMPREHENSIVE INTERVENTIONS NECESSARY

The McKinsey Institute report and WHO figures significantly strengthen the case for stronger political commitment, more concerted and concerted policy approaches as well as greater international cooperation to address malnutrition in all its forms, namely hunger, micronutrient deficiencies and lifestyle-related non-communicable diseases, largely associated with obesity.

The report makes a strong case for a comprehensive intervention strategy of sufficient scale, recognizing that any single 'silver bullet' intervention is unlikely to have sufficient impact. It considered 74 measures taken to address the problem of obesity before making its own recommendations. These include smaller fast food servings, restricting food and beverage advertising and promotion, improving information and education for consumers, especially parents, ensuring balanced, diversified and healthy meals at school and workplaces, reformulating processed foods, and requiring more exercise at school.

In early 2014, WHO halved its recommendation for sugar consumption from 10 percent of an adult's daily calorie intake to 5 percent – in the face of considerable resistance from adversely affected corporate interests and their government backers. The latest US dietary guidelines recently adopted the previous WHO guideline on sugar intake – a long overdue step in the right direction.

On a more encouraging note, after heading the world obesity league tables for some time, childhood obesity in the US was reduced by 43 percent over the decade 2004–2013 suggesting that the world's fastest growing pandemic can be reversed. This suggests that all is not lost, and that determined and concerted efforts can help reverse the spread of this new curse of excess.

WE CAN OVERCOME POVERTY AND HUNGER BY 2030

Over three quarters of the extreme poor in the world live in the countryside. Reducing rural poverty will therefore require significantly higher rural incomes. Since most rural incomes are related to agriculture, raising agricultural productivity can help raise rural incomes all round.

In the 1960s and 1970s, many governments invested a great deal to increase agricultural, especially food production. In the second half of the 20th century, agricultural productivity rose rapidly. However, intense price competition meant that productive resource suppliers and consumers benefitted more from productivity gains. Lower food prices thus helped reduce poverty while transnational agri-business has profited greatly from changes in agricultural production, credit, processing and marketing chains.

In the last decade, food prices went up again as production rose more slowly than before, partly due to greater land and other resource constraints, reduced public investments as well as increased demand for food crops, including for bio-fuels and more animal feed.

SUPPLY AND DEMAND

Food price increases from a decade ago have been associated not only with significant supply and demand changes, but also with biofuel mandates and subsidies as well as greater commodity speculative investments. But with food prices receding again more recently, food would become cheaper, reducing farmer incomes and the incentive to produce more food.

Poor countries are doubly handicapped by their limited tax capacities, due to low tax rates on low incomes. While agricultural taxation is generally proportional to land cultivated or output, much government rural or agricultural spending has benefited plantations and larger farmers more than smaller smallholders, tenants or sharecroppers. Nevertheless, the poor may have benefited in so far as greater output lifts all boats.

While there is little excessive taxation of small farmers these days, there are also modest urban-to-rural resource transfers through the fiscal system or other transfer arrangements. However, with a few notable exceptions, most government spending on agriculture is not biased to the poor.

Government spending in rural areas and on agriculture has generally been motivated by political considerations, especially the desire to secure rural political support, not least by raising agricultural output, productivity and incomes. Instead, such public expenditure tends to benefit the relatively better-off in agriculture. This is generally true with improved rural infrastructure or social services, including health and schooling, as well as agricultural support in the form of subsidized fertilizer or other agricultural inputs – usually distributed according to the amount of land owned.

CLOSING FOOD SECURITY GAPS

The Green Revolution of the 1960s and 1970s mainly involved wheat, rice and maize. Closing the productivity, output and income gaps of sub-Saharan Africa (SSA) with the rest of the world will require appropriate measures addressing the many disincentives to greater food and other investments in the continent needed to improve livelihoods.

Undoubtedly, increased food production can enhance food security, reduce hunger and improve nutrition in SSA for the farmers themselves. But food security has been undermined by trade liberalization and export promotion in the last three decades. The recent purchase or long-term lease by foreign interests of choice African agricultural land to produce food for export is especially problematic.

Experience since the mid-20th century reminds us that increasing food production alone will not be enough to eliminate poverty and hunger in the world. There has long been enough food in the world to feed everyone, but the hungry typically do not have the incomes or other means to secure access to sufficient food to adequately feed themselves.

As many hundreds of millions are so deprived, and likely to remain so for a long time to come, especially with the likelihood of a prolonged economic slowdown, with high levels of underemployment and unemployment, there is no other way to overcome poverty and hunger except with some basic social provisioning for all, by establishing what is called a basic 'social protection floor'.

In this connection, FAO seeks to accelerate the transition 'from protection to production', and thus ensure sustainable means to eliminate hunger and poverty while ensuring resilience in the longer term. With the growing consensus, momentum and commitment to eradicate world poverty and hunger by 2030 to be enshrined in the post-2015 Sustainable Development Goals in September, it will be necessary to deploy all the necessary instruments as soon as possible.

The Addis Ababa Action Agenda emerging from the third Financing for Development Conference in July is supposed to ensure adequate financial and other means of implementation for this purpose. At Addis, the Rome-based UN agencies presented an affordable and feasible way to quickly eliminate hunger and poverty through social protection, while increasing the earned incomes of the poor with adequate pro-poor investments during 2016–2030 costing about 0,3 % of current global income. Clearly, together, we can – and must – eliminate hunger and poverty by 2030.

Лучшее питание для лучшей жизни

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Аннотация. Преодоление голода и плохого питания в XXI в. предполагают не просто увеличение количества продовольствия, но и бóльшую его доступность, особенно для голодных. Наиболее эффективный способ достичь этого заключается в создании продовольственной системы, которая устойчиво обеспечивала бы всех здоровой и доступной по цене пищей.

С 1945 г. производство продовольствия утроилось, а среднее количество пищи, приходящейся на одного человека, выросло на 40 %. Однако, несмотря на изобильное предложение, почти 800 млн человек, по большей части в развивающихся странах, голодают ежедневно, и много большее количество людей испытывают голод время от времени или в определенные сезоны. Голод влияет на их способность работать и учиться. Очевидно, что проблема заключается не только в физической, но и в ценовой доступности продовольствия.

Здоровье еще 2 млрд человек находится под угрозой, поскольку в их диете отсутствуют жизненно важные микрокомпоненты, что не позволяет им в полной мере раскрыть свой человеческий потенциал. «Скрытый голод», или дефицит питательных микроэлементов, подрывает физическое и умственное развитие детей, делает их уязвимыми для болезней и сокращает продолжительность жизни.

Ирония при этом заключается в том, что во многих частях мира голод соседствует с растущим ожирением. Свыше 2 млрд людей имеют лишний вес, и ожирение как клинический симптом диагностируется у трети из них. Это, в свою очередь, подвергает их высокому риску развития диабета, сердечно-сосудистых проблем и других связанных с питанием неинфекционных заболеваний.

Ключевые слова: голод, излишний вес, недоедание, неправильное питание, ожирение, питательные микрокомпоненты, продовольственные системы, производство продовольствия, «скрытый голод», физическая и ценовая доступность продовольствия, цена продовольствия.

** В 2005–2012 гг. – помощник Генерального секретаря ООН по вопросам экономического и социального развития; в 2012–2015 гг. – координатор по вопросам экономического и социального развития Продовольственной и сельскохозяйственной организации ООН (ФАО). В «Международной аналитике» ранее публиковались его работы, посвященные общим проблемам мирового развития (№ 2 за 2016 г.) и влиянию на него налоговой системы (№ 3 за 2016 г.).