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

Malnutrition’s consequences are far reaching:
- Increases risk of morbidity and mortality with undernutrition* 
- In children, can affect normal growth and development* 
- Inhibits economic progress* 
- Increases healthcare costs* 
- Limits educational potential* 
- Compromises overall health, well-being and quality of life*

~1 in 3 people worldwide suffer from some form of malnutrition

The Triple Burden of Global Malnutrition

1. Undernutrition
   Being underweight, stunted (low height-for-age) or wasted (low weight-for-height)2
   ~815 MILLION people are undernourished around the globe3
   ~3 MILLION childhood deaths (under age 5) globally related to malnutrition*

2. Micronutrient Deficiencies
   Inadequate consumption of vitamins and minerals4
   people are affected by anemia, which is often due to iron deficiency5
   Vitamin A, iron and iodine are micronutrient deficiencies of greatest public health concern globally10
   Vitamin D, B12, folate, calcium and zinc deficiencies are described as “important”9

3. Overweight and Obesity
   Weight that is higher than what is considered healthy for a given height.11 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 globally11
   41 MILLION children (under age 5) are overweight or obese globally11

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 agriculture*

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 anemia16

OVER 70% of U.S. adults (ages 20+) are obese or overweight17

ABOUT 10% of U.S. children ages 2-19 years are obese18

Overweight and obesity is a risk factor for cardiometabolic diseases, including hypertension, coronary heart disease and type 2 diabetes19

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 nationaldietarycommittee.org

For more visual data, please visit https://www.nzdf.org/infographics/SDG-the-triple-burden-of-global-malnutrition

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*This material is based on HANES 2009-2012 data.