

“DUAL BURDEN OF TODAY “HUNGER AND OBESITY”



CA Dinesh Shah

Email : swastikdns@hotmail.com



FROM THE DESK OF CHAIRMAN

The earth provides enough to satisfy every man's needs, but not every man's Greed “Mahatma Gandhi”

The world makes enough food to feed its people – but political, economic and geographical barriers stand in the way. Globally, political strife and climate changes have added to poverty as a major problem restricting access to food. In the past few years, the number of the hungry have increased. No country is free from hunger, however the Nos are more in developing and under developed countries.

India with the population of over 1.3 Billion has seen tremendous growth in the past two decades, inspite of increase in Gross Domestic Product by 4.5 times, per capita consumption by 3 times and increase in food production almost by 2 times, with phenomenal industrial and economic growth, India produces sufficient food to feed its population, but it is unable to provide access to food to a large number of people especially women and children.

India is home to the largest under nourished population in the world, 14% of our population is under nourished, 20% of children under 5 are underweight, 35% of children under 5 years of age are stunted and 51% women in reproductive age (14-49 years) are anemic.

On the other hand, it is estimated that nearly one third of the food produced in the world for human consumption every year gets lost or wasted. 40% of the fruits and vegetables and 30% of cereals that are produced are lost at the harvesting and post-harvesting stage, distribution and consumption stage, inefficient supply chain management stage etc. Such food could be saved by creating storage capacity, timely withdrawing it from the distribution network, aggregating it and then redirecting it to the people in need.

The pandemic has further interrupted food supply chains, put many people out of work, strained government resources and deepened food access problems. It has exacerbated child hunger and lowered nutrition for millions of children. Alongside, there is another food phenomena – in developed and middle-income countries, over-nutrition has become a major problem. Known as OBESITY

There is a large mismatch between the modern food environment and human evolution. In early human history, food was scarce much of the time. Biology adapted to this scarcity by developing mechanisms that drove people to whatever food was available and permitted them to eat more than their immediate needs, to store fat for long-term survival. Today, modern circumstances have made highly palatable, highly marketed and highly processed foods are abundant – when these foods interact with a biology that drives people to eating more, we have a very potent problem. Over-nutrition means an over-consumption of calories, causing chronic lifestyle-related diseases like obesity.

In India, rates of obesity and diabetes have risen over the last few years. And further, these are likely to rise even more severely. India is one of many countries dealing with what's termed "the dual burden" – the coexistence of hunger and obesity. There are multiple ways to solve these problems. In terms of under-nutrition, deepening agricultural research is very important. It is also very important to focus **Both More and Less** on the nutrition within foods to ensure that people actually access the right kinds of food.

A positive approach is to change the fundamental costs of unhealthy foods i.e. unhealthy foods should cost more and healthy foods should cost less higher taxes on sugared beverages, Liquor, Cigarettes, and other unhealthy diets,

It is possible to understand the regulation even within the context of a free market and individual choice. We give governments the permission to act on our behalf in a number of areas relevant to health – we permit high taxes on cigarettes to reduce consumption. We put limits on alcohol consumption behavior – people are not permitted to drive if they have consumed such beverages. We give government the permission to ensure that the food and water we consume are safe and clean. Governments thereby should also have the right to change the prices of food to protect the diet of the population. The rates of diet-related diseases around the world are both alarming and increasing. Many of these diseases are very serious – they are also preventable. Governments have a responsibility to act and protect people from these diseases.

**TREAT OTHER THE WAY YOU WANT TO BE TREATED
REMEMBER "THE SOUL IS ON THE JOURNEY "**

Thank you all..... Always in Gratitude

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