

## MALNUTRITION



MALNUTRITION MAY NOT MAKE HEADLINES LIKE A FAMINE DOES BUT NOT HAVING A PROPER NUTRITION CAN BE JUST AS DEADLY. YOU SEE, HUNGER ISN'T JUST A STOMACH THING. IT AFFECTS EVERY PART OF THE BODY AND THESE EFFECTS CAN LAST FOR A LIFETIME. FOR INSTANCE, A HEALTHY BRAIN USES TWENTY PERCENT OF THE BODY'S ENERGY AND THAT ENERGY COMES FROM, YOU GUESSED IT, FOOD. WHEN A CHILD IS HUNGRY, THE BRAIN IS STARVED. THE RESULT: MALNOURISHED KIDS FALL BEHIND IN SCHOOL BECAUSE THEY CAN'T CONCENTRATE. THEN, THERE'S THE HEART. A HEALTHY HEART PUMPS A STEADY SUPPLY OF BLOOD THROUGHOUT THE BODY BUT THE HEART OF A HUNGRY CHILD SHRINKS. LITERALLY. SO IT HAS TO WORK EXTRA HARD TO PUMP ENOUGH BLOOD. VITAL ORGANS LIKE THE LIVER AND KIDNEYS FILTER OUT TOXINS AND WASTE WHILE THE IMMUNE SYSTEM FENDS OFF DISEASES. BUT WHEN A CHILD IS MALNOURISHED, DANGEROUS TOXINS BUILD UP IN THE LIVER, THE KIDNEYS FAIL AND A WEAKENED IMMUNE SYSTEM CRUMBLES IN THE FACE OF KILLER DISEASES. SKIN AND BONES ARE ALSO AFFECTED BY NUTRITION. HEALTHY SKIN IS LIKE ARMOR SHIELDING THE BODY FROM INFECTION AND HEALTHY BONES GET BIGGER AND STRONGER AS A CHILD GROWS. BUT WHEN A CHILD IS MALNOURISHED, THEIR SKIN CRACKS ALLOWING INFECTIONS TO GET IN. THEIR BONES STOP GROWING, WHICH IS WHY HUNGRY KIDS OFTEN END UP BEING SMALL FOR THEIR AGE. SO HOW CAN WE HELP? WE NEED TO CATCH HUNGER BEFORE IT STARTS BY MAKING SURE KIDS AREN'T JUST GETTING ENOUGH FOOD BUT THE RIGHT FOOD SO THAT THEY HAVE THE BEST POSSIBLE CHANCE AT A HEALTHY, SUCCESSFUL LIFE. JOIN WORLD VISION IN BUILDING A BETTER WORLD FOR CHILDREN.