

The nutritional impact of Covid-19 : wasting, stunting and overweight

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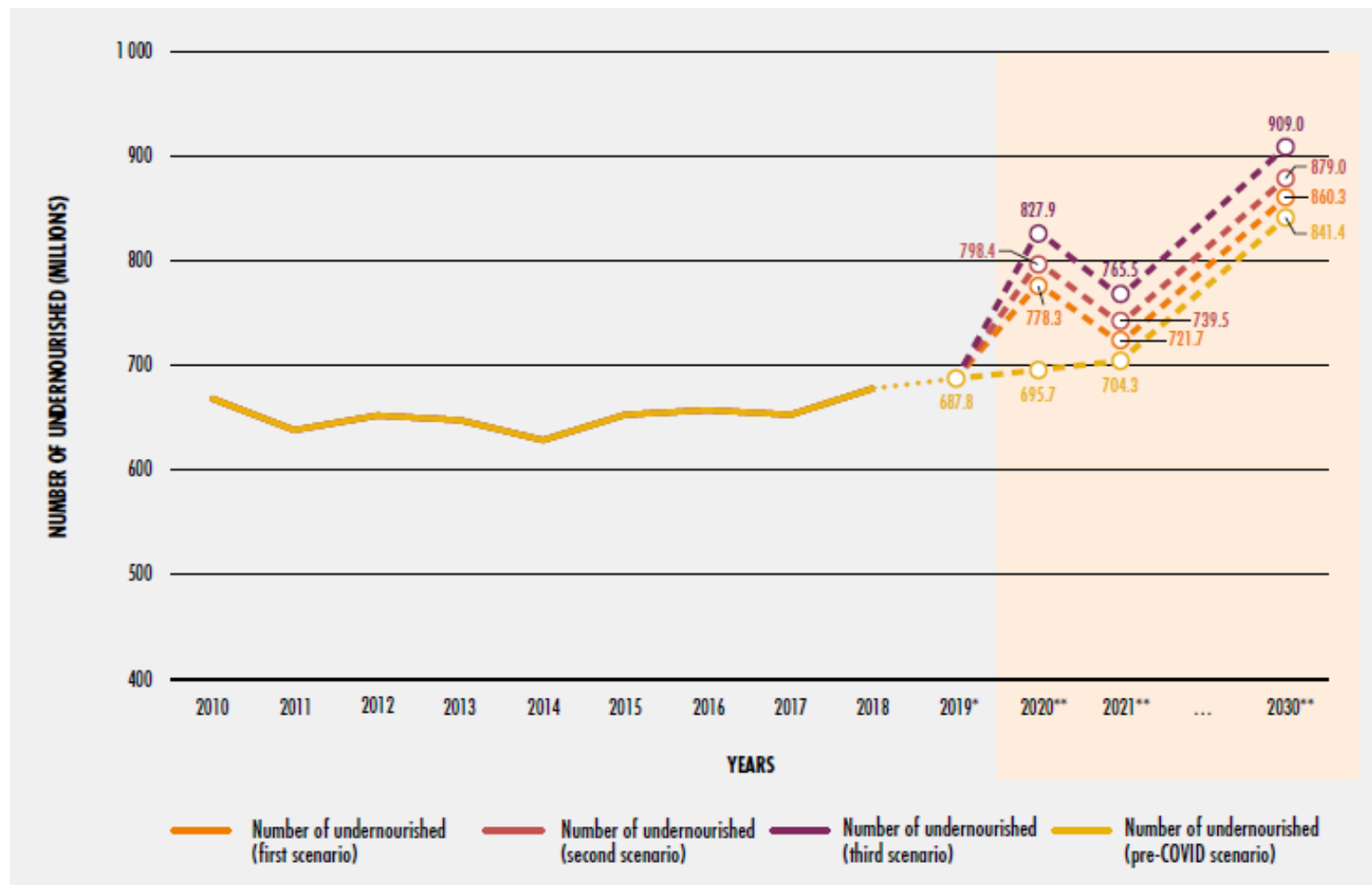
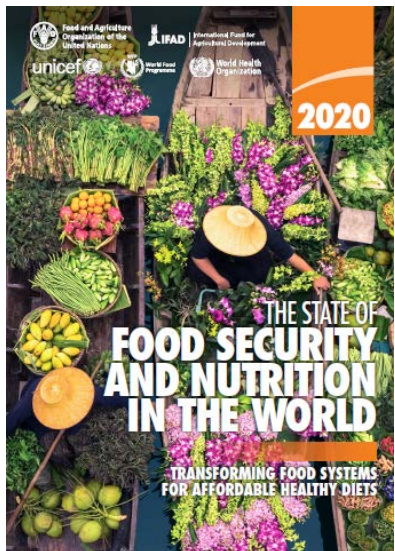
Increased food insecurity

2 ZERO HUNGER



- disruptions along food supply chains that complicate the transportation of food to markets
- restrictions of movement that impact the access to markets by consumers
- price increases in particular in import-dependent countries
- loss of jobs and incomes
- interruption or lack of social protection mechanisms
- production and transportation of high-value, labour intensive, perishable and nutritious foods, such as fruits and vegetables, meat, milk and other dairy products has been affected more
- school closures leading to missed meals and nutrition education

Three scenarios of how the Covid-19 pandemic may affect hunger in the world

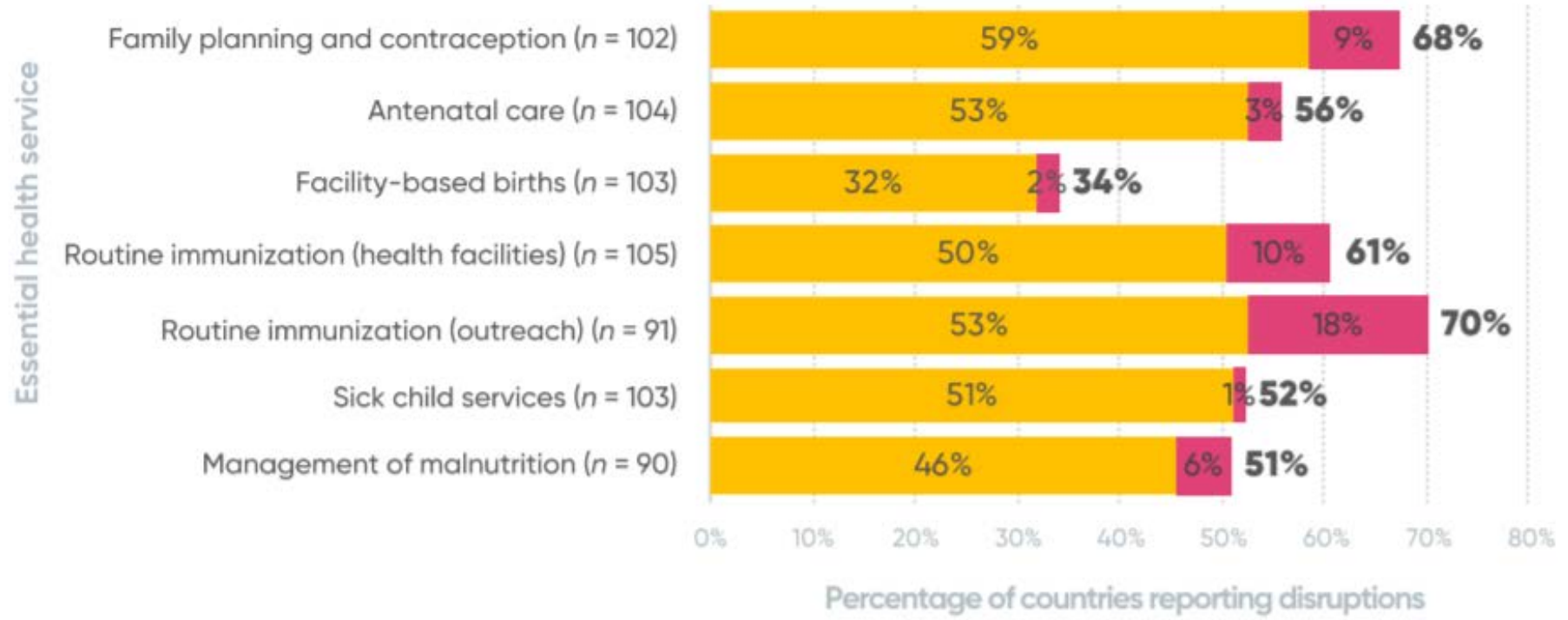
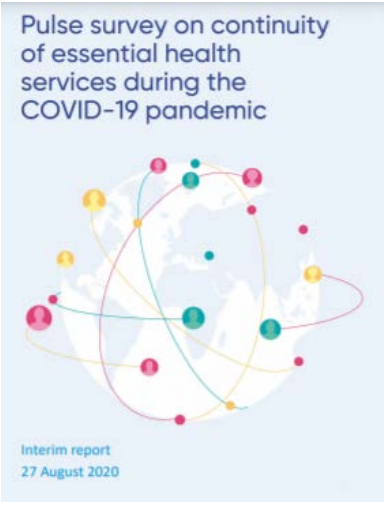


Disruption of child care and antenatal care services & community care activities

- health worker illness and fatigue
- scarcity of essential medicines
- diminished access to health services
- loss of health insurance coverage
- precautionary behavior of families
- community worker visits to households to provide counselling and deliver interventions
- cancellation of vitamin A and vaccination campaigns
- diminished or suspended breastfeeding promotion and nutrition counselling activities, together with mothers' fears around COVID-19 infection may result in increased utilization of breastmilk substitutes



Percentage of countries reporting disruptions in reproductive, maternal, newborn, child and adolescent health and nutrition services



■ Partial disruption (%);
■ Severe disruption (%)

The unprecedented global social and economic crisis triggered by the COVID-19 pandemic poses grave risks to the nutritional status and survival of young children in low-income and middle-income countries (LMICs). Of particular concern is an expected increase in child malnutrition, including wasting, due to steep declines in household incomes, changes in the availability and economic and health systems impacts from COVID-19 on malnutrition and mortality. MIRAGRODEP's macro-economic projections of impacts on per capita gross national income (GNI)¹ microeconomic estimates of how predicted GNI shocks impact child wasting using data on 1.26 million children from 177 Demographic Health Surveys (DHS) conducted in 52 LMICs between

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Expected increase in the number of wasted children

estimated average 7.9% (SD 2.4%) decrease in GNI

GNI decrease

additional 140 million people will be thrown into living in extreme poverty on less than US\$1.90 per day in 2020

Health service disruption

51% countries reporting disruption of wasting management services

+ 14.3%
(6.7 M)

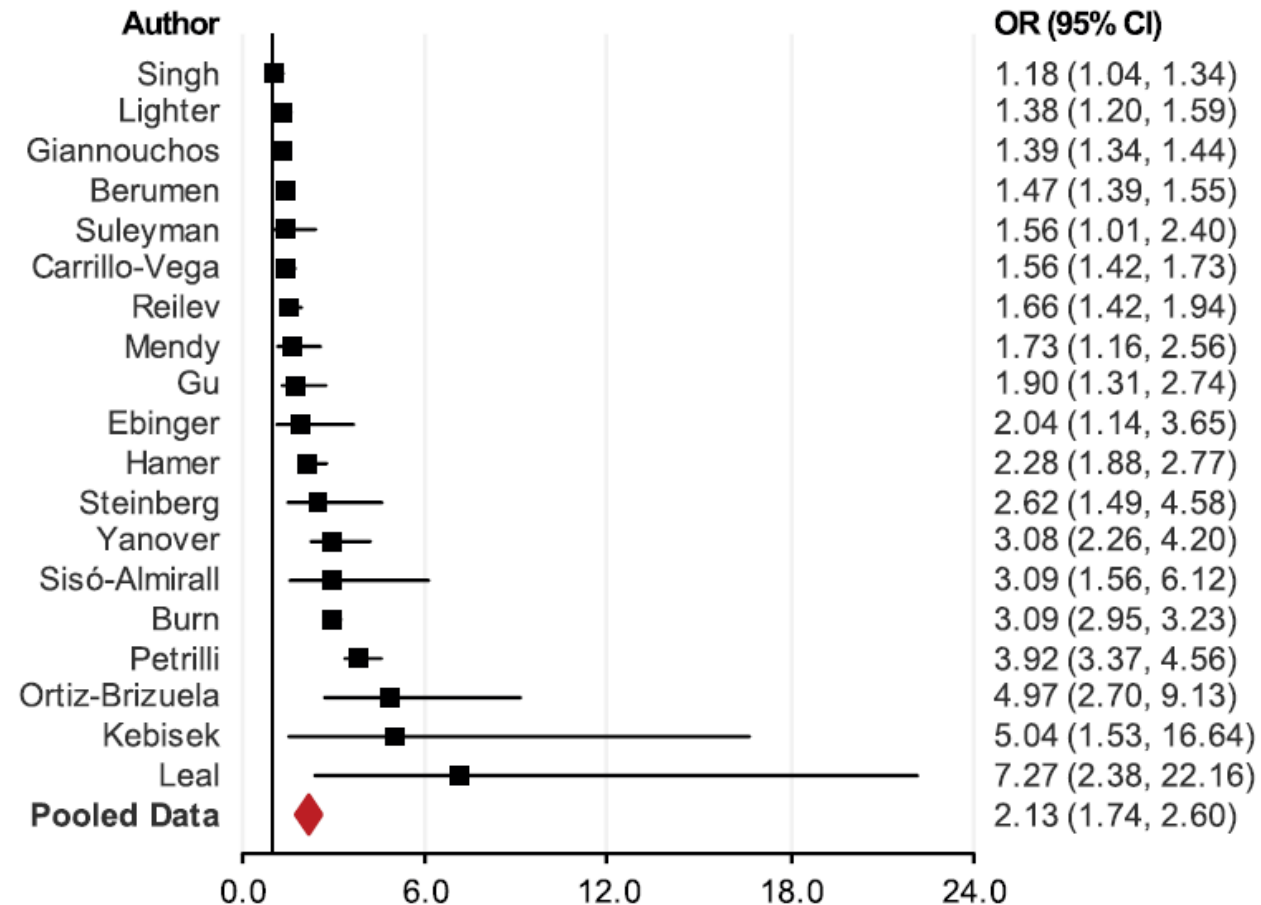


Covid-19 pandemic has made more difficult to implement ECHO recommendations



- Reduced access to fresh food
- Reduced mobility
- Increased screen time
- Reduced access to antenatal care
- Messages discouraging breastfeeding
- Increased promotion of breastmilk substitutes
- Disruption of school feeding programs
- Reduced access to counselling services

Individuals with obesity have twice the risk of hospitalization with COVID-19

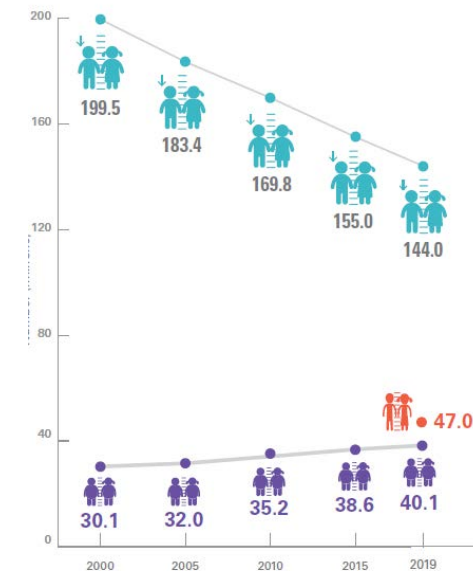


Popkin et al. 2020

Protecting children's nutrition

Panel: Five urgent actions to protect children's right to nutrition in the COVID-19 pandemic

- Safeguard and promote access to nutritious, safe, and affordable diets
- Invest in improving maternal and child nutrition through pregnancy, infancy, and early childhood
- Re-activate and scale up services for the early detection and treatment of child wasting
- Maintain the provision of nutritious and safe school meals for vulnerable children
- Expand social protection to safeguard access to nutritious diets and essential services



Comment

Child malnutrition and COVID-19: the time to act is now

The COVID-19 pandemic is undermining nutrition across the world, particularly in low-income and middle-income countries (LMICs). The worst consequences are borne by young children. Some of the strategies to respond to COVID-19—including physical distancing, school closures, trade restrictions, and country lock-

four life-saving interventions: prevention of wasting in children at risk; treatment for children who are wasted; bioassay vitamin A supplementation for children aged 6-59 months (90% coverage); and mass communication for the protection, promotion, and support of breast-feeding that focuses on caregivers or families of children



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*Henrietta H Fore, Qu Dongyu, David M Beasley, Tedros A Ghebreyesus