

The world is moving backwards in efforts to eliminate hunger and malnutrition!

Global hunger numbers rose to as many as 828 million in 2021

According to a United Nations report, the number of people impacted by hunger worldwide increased to 828 million in 2021, an increase of around 46 million since 2020 and 150 million since the onset of the COVID-19 pandemic.

STAR HEALTH REPORT

The State of Food Security and Nutrition in the World (SOFI) report, 2022 edition, provides updates on the global food security and nutrition situation, including the most recent estimates of the cost and affordability of a healthy diet. The paper also considers how governments may repurpose their present agricultural support to lower the cost of healthy meals, keeping in mind the limited public resources available in many regions of the world.

- The figures portray a bleak picture:
 - In 2021, 828 million people were impacted by hunger, 46 million more than the previous year and 150 million more than in 2019.
 - After remaining largely stable since 2015, the number of people afflicted by hunger increased in 2020 and is expected to climb further in 2021, reaching 9.8% of the global population. This compares to 8% in 2019 and 9.3% in 2020.
 - In 2021, the gender gap in food insecurity widened further: 31.9% of women worldwide were moderately or severely food insecure, compared to 27.6% of males, a difference of more than 4 percentage points from 2020.
 - In 2020, over 3.1 billion people could not afford a nutritious diet, up 112 million from 2019. This is due to the rise in consumer food



costs caused by the COVID-19 pandemic and its containment measures.

- Approximately 45 million children under 5 suffer from wasting, the worst type of malnutrition, which raises the death risk by 12 times. Additionally, 149 million children under five had stunted growth due to a chronic shortage of critical nutrients, while 39 million were overweight.
- In 2020, roughly 44% of infants under 6

months will be exclusively breastfed. The goal is 50% by 2030. Two in three youngsters do not get the minimal diversified diet they need to grow and develop.

Even with a worldwide economic recovery, almost 670 million people (8% of the world's population) will remain hungry in 2030. This is comparable to 2015 when the 2030 Agenda for Sustainable Development aimed to abolish hunger, food insecurity, and malnutrition by the end of the decade.

As this report is being published, the ongoing conflict in Ukraine, involving two of the world's largest producers of staple cereals, oilseeds, and fertiliser, is disrupting international supply chains and driving up prices for grain, fertiliser, energy, and ready-to-use therapeutic food for severely malnourished children. This occurs at a time when supply chains are already being harmed by increasingly frequent extreme weather events, particularly in low-income nations, and has potentially grave consequences for global food security and nutrition.

This report frequently underscores the escalation of these primary causes of food insecurity and malnutrition: conflict, climatic extremes, and economic shocks, along with widening disparities. Therefore, we must take bolder action to build resilience against future shocks.

Importance of vitamin D during pregnancy

FAHMIDA HASHEM



Vitamin D deficiency during pregnancy is a global health issue. This causes neurodevelopmental and immune system problems for the child. Maternal vitamin D deficiency causes long-term damage. Therefore, pregnant women must avoid vitamin D deficiency.

Higher vitamin D levels in pregnancy may lead to higher childhood IQ scores, according to a study published in The Journal of Nutrition. In utero, a mother's vitamin D helps regulate her baby's processes. Vitamin D is essential for maternal, foetal, and child health during pregnancy, according to research. Food may provide small amounts of vitamin D3 (cholecalciferol) and vitamin D2 (ergocalciferol), but sun exposure is the body's primary source of vitamin D, which is synthesised from cholesterol derivatives.

Vitamin D plays an essential role in bone metabolism by regulating calcium and phosphate equilibrium. Vitamin D is produced by the body during exposure to sunlight but is also found in fish-liver oils, fatty fish, mushrooms, egg yolks, and liver & fortified foods. Apart from this, vitamin D supplementation also plays a leading role. Vitamin D supplementation should be implemented into primary health care, and fortification of staple foods should be done based on dietary patterns.

Finally, programmes that are supported by government funding are more likely to be widespread and effective.

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Improving road safety measures could save half a million lives every year



Improving road safety by adopting proven interventions in 185 countries could save up to half a million lives a year and improve the health and development of individuals and nations, according to a new Series in The Lancet.

Road deaths affect the youngest and poorest hardest—almost half of the adolescents killed in road collisions in 2019 lived in low middle-income countries (LMICs), up from around a quarter in 1990. Yet, despite global progress, not enough has been done at the country level to address road safety as a public health crisis. The authors call for immediate political and financial commitments to address one of the world's most significant development challenges.

New global and country-level estimates suggest that routinely wearing helmets and seatbelts, obeying speed limits and avoiding drunk driving could save between 347,000 and 540,000 lives worldwide. In addition, improving post-crash emergency response, trauma care, and clinical interventions to control haemorrhage and early resuscitation could save up to 200,000 lives a year in low- and middle-income countries.

The Series authors outline ten challenges that must be addressed to prevent 50% of road traffic deaths and injuries by 2030. Building a stronger global road safety movement that incorporates other health and environmental impacts (e.g., air pollution, sedentary lifestyles), generating more and better data on what works in different LMICs, and adequate domestic and donor funding.

Signs your headache may be a migraine

STAR HEALTH DESK

A migraine is worse than a headache. You may feel moderate-to-severe throbbing pain for days. Pain that pulses or beats repeatedly is throbbing.

Where you feel the pain:

Headaches might vary. Some headaches cause eye aches. A sinus headache causes pain in the cheekbones and forehead. A migraine usually is worst on one side of the head, but this varies.

You have what is called an aura:

15–20% of migraine sufferers experience aura. It can occur before or during migraines and lasts 10–60 minutes. Auras may cause visions:

- Bright flashing lights, spots, dots, or sparkles
- Different shapes
- Wavy lines or lines with sharp, pointy edges
- Nothing at all, though your vision will come back

When you have an aura, you can also experience:

- A feeling of prickly pins and needles in your arm or your leg
- Difficulty talking or changes to the way you talk
- Ringing in your ears
- A feeling that things don't smell or taste the same
- Feeling weak or numb on one side of the body

Your doctor can help you get effective treatment for your auras.

You have a family history:

Migraines can run in families. Family history affects 80% of migraine sufferers. A parent's migraines increase a child's risk by 50%. If both

parents get migraines, their child is 75% more likely to.

Increased sensitivity:

When you have a migraine, you may become more sensitive to lights, sounds, smells, sometimes, touch.

You feel like throwing up:

Migraine causes nausea and vomiting.

You are a woman:

Women get migraines more often. Female hormones cause this inclination. Migraines are frequent in 15- to 55-year-old women.

Warning symptoms before a migraine:

A migraine can have stages.

First stage is 1 or 2 days before headache. This is called prodrome stage.

Prodrome can cause:

- Trouble concentrating or sleeping
- Irritability or depression
- Sensitivity to lights and sounds
- Nausea
- Food cravings

Triggers:

Headaches have several causes.

They can be caused by stress. Other medical issues can cause this. Migraines can have "triggers." Triggers can include missing a meal, caffeine, weather changes, alcohol, red wine, cured meats, being sensitive to the chemicals in some pre-packaged foods, and hormonal changes in women caused by menstrual periods, pregnancy, or menopause.

Remember to consult your doctor if your headaches cause you discomfort or if you suspect you have a migraine.



Physiotherapy in critical care: A neglected part of ICU treatment

BJOY DAS

Bangladesh's intensive care units (ICUs) care has improved over time. Medical advances have improved ICU survival. However, critical illness survivors have significant morbidities that require Physical Therapy and Rehabilitation.

Early physiotherapy improves ICU patients' quality of life and reduces secondary impairments. The role of a Physical Therapist in the ICU has been established concerning airway clearance. Therefore, physical therapy is an essential ICU requirement. The critically ill patient's ability to walk was attributed to ICU culture and physical therapy services to promote early mobilisation.

Interventions used by physical therapists include mobilisation, positioning, limb exercises, respiratory muscle training and electrical stimulation. Mobilising conscious, medically stable ICU patients on mechanical ventilation has been safe and feasible. Sitting on the bed, sitting in a chair, and exercising the limbs while on mechanical ventilation appears to improve the patient's psychological framework and facilitate Rehabilitation once they are extubated.

In addition, physical therapy and routine chest physiotherapy improve ICU survivors' functional outcomes and quality of life.

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