The Double Burden of Malnutrition is Characterised by the Coexistence of:

- Undernutrition (wasting, stunting & micronutrient deficiencies) along with overweight and obesity
- and diet-related noncommunicable diseases

Within individuals, households and populations throughout life.

Across the Globe:
- 1.9 BILLION adults, 18 years and older, are overweight.
- >600 MILLION of these are obese.
- 462 MILLION adults are underweight.
- 264 MILLION women of reproductive age are affected by iron-amenable anaemia.
- 42 MILLION children under the age of 5 years are overweight or obese.
- 156 MILLION children are stunted (too short for age).
- 50 MILLION children are wasted (too thin for height).
- 42 MILLION children under the age of 5 years are overweight or obese.

The Double Burden of Malnutrition is an important opportunity for action on malnutrition in all its forms.

Why Act?

- Addressing malnutrition is essential to achieving sustainable Development Goals.
- Nutrition is critical to both health and economic development.
- Focus and investment for integrated solutions will tackle malnutrition in all its forms.

Why Act?

- Improves School & Education Performance
- Supports Stronger Immune Systems
- Promotes Maternal, Infant and Child Health
- Reduces the Risk of Disease

Good Nutrition

- The Double Burden of Malnutrition affects all regions worldwide.
- Individuals with the simultaneous presence of two or more types of malnutrition or development of multiple types over a lifetime.
- Households with multiple family members affected by different forms of malnutrition.
- Populations with both undernutrition and overweight prevalent in the same community, region or nation.

The Double Burden of Malnutrition affects all regions worldwide.