

Glossary of selected terms used in the report

Anthropometry. Use of human body measurements to obtain information about nutritional status.

Dietary energy deficit. The difference between the average daily dietary energy intake of an undernourished population and its average minimum energy requirement.

Dietary energy intake. The energy content of food consumed.

Dietary energy requirement. The amount of dietary energy required by an individual to maintain body functions, health and normal activity.

Dietary energy supply. Food available for human consumption, expressed in kilocalories per person per day (kcal/person/day). At country level, it is calculated as the food remaining for human use after deduction of all non-food consumption (exports, animal feed, industrial use, seed and wastage).

Food insecurity. A situation that exists when people lack secure access to sufficient amounts of safe and nutritious food for normal growth and development and an active and healthy life. It may be caused by the unavailability of food, insufficient purchasing power, inappropriate distribution, or inadequate use of food at the household level. Food insecurity, poor conditions of health and sanitation, and inappropriate care and feeding practices are the major causes of poor nutritional status. Food insecurity may be chronic, seasonal or transitory.

Food security. A situation that exists when all people, at all times, have physical, social and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.

Hidden hunger: Refers to vitamin and mineral deficiencies, or micronutrient deficiencies. Micronutrient deficiencies can compromise growth, immune function, cognitive development, and reproductive and work capacity. Somebody who suffers from hidden hunger is malnourished, but may not sense hunger. Micronutrient deficiencies can also occur in people who are overweight or obese.

Kilocalorie (kcal). A unit of measurement of energy. One kilocalorie equals 1 000 calories. In the International System of Units (ISU), the universal unit of energy is the joule (J). One kilocalorie = 4.184 kilojoules (kJ).

Macronutrients. In this document, the proteins, carbohydrates and fats that are required by the body in large amounts and are available to be used for energy. They are measured in grams.

Malnutrition. An abnormal physiological condition caused by deficiencies, excesses or imbalances in energy, protein and/or other nutrients.

Micronutrients. The vitamins, minerals and certain other substances that are required by the body in small amounts. They are measured in milligrams or micrograms.

Minimum dietary energy requirement. In a specified age/sex category, the minimum amount of dietary energy per person that is considered adequate to meet the energy needs for light activity and good health. For an entire population, the minimum energy requirement is the weighted average of the minimum energy requirements of the different age/sex groups in the population. It is expressed as kilocalories per person per day.

Nutrition security. A situation that exists when secure access to an appropriately nutritious diet is coupled with a sanitary environment, adequate health services and care, in order to ensure a healthy and active life for all household members. Nutrition security differs from food security in that it also considers the aspects of adequate caring practices, health and hygiene in addition to dietary adequacy.

Nutritional status. The physiological state of an individual that results from the relationship between nutrient intake and requirements and from the body's ability to digest, absorb and use these nutrients.

Overnourishment. Food intake that is in excess of dietary energy requirements continuously.

Overweight and obesity. Body weight that is above normal as a result of an excessive accumulation of fat. It is usually a manifestation of overnourishment. Overweight is defined here as BMI ≥ 25 –30 and obesity as BMI ≥ 30 .

Stunting. Low height for age, reflecting a sustained past episode or episodes of undernutrition.

Undernourishment. Food intake that is insufficient to meet dietary energy requirements continuously. This term is used interchangeably with chronic hunger, or, in this report, hunger.

Undernutrition. The result of undernourishment, poor absorption and/or poor biological use of nutrients consumed.

Underweight. Low weight for age in children, and BMI < 18.5 in adults, reflecting a current condition resulting from inadequate food intake, past episodes of undernutrition or poor health conditions.

Wasting. Low weight for height, generally the result of weight loss associated with a recent period of starvation or disease.