



HUNGER : A GLOBAL PROBLEM

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ABSTRACT

Hunger is a global problem, it's occurs when you do not have sufficient food and nutrition that your body needs. The world produces enough food to feed all 7.9 billion people on the planet. But up to 811 million people worldwide go to bed hungry each night. According to the World Food Programme USA, "Nearly 60% of the world's hungriest people live in just ten countries. The United Nations World Food Programme (WFP) delivers over 4 million tons of food to over 100 million people each year in more than 80 countries". But still millions of people continue to struggle with hunger every day. According to the international relief agency Mercy Corps, "Every year, around 9 million people die of hunger. This is more than from AIDS, Malaria and Tuberculosis combined." The New Oxfam report said that, "11 people are likely dying of hunger and malnutrition each minute. This is more than the current global death rate of Covid-19, which is around seven people per minute."

KEYWORDS :Hunger, Nutrition, Planet, World Food Programme, AIDS, Malaria, Tuberculosis, Malnutrition, Covid-19.

INTRODUCTION

"If you can't feed a hundred people, then feed just one" – Mother Teresa Hunger is the world's biggest health problem and ending hunger is the greatest challenge of present time, but together we can solve it. According to the Food and Agriculture Organization (FAO), "up to 811 million people suffer from hunger and 3 billion cannot afford a healthy diet. Every woman, man, child and person has the right to adequate food". The world produces enough food to feed all 7.9 billion people on the planet. But 1 in 9 people around the world go hungry each day. Somalia is the world's hungriest country in 2021. According to the 2021 Global Hunger Index, "Somalia, suffers from an extremely alarming level of hunger". Poverty is the main cause of hunger. Several other factors who contribute to hunger are war and conflict, climate change, food waste and Covid-19 Pandemic etc.

Food : It's a human right

According to the Committee on Economic, Social and Cultural Rights, "The right to adequate food is realized when every man, woman and child, alone or in community with others, has the physical and economic access at all times to adequate food or means for its procurement."

According to the UN Special Rapporteur on the Right to Food, "The right to have regular, permanent and free access either directly or by means of financial purchase, to quantitatively and qualitatively adequate and sufficient food corresponding to the cultural traditions of the people to which the consumer belongs, and which ensures a physical and mental, individual and collective, fulfilling and dignified life Free of fear."

The right to food is a human right . It's protected under various international human rights and humanitarian law. The right to food is given in the Article 25 of the Universal Declaration on Human Rights and Article 11 of the International Covenant on Economic, Social and Cultural Rights.

According to Universal Declaration on Human Rights, Article 25(1), "everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services"

According to the International Covenant On Economic And Social Rights, Article 11 :

1. The States Parties to the present Covenant recognize the right of everyone to an adequate standard of living for himself and his family, including adequate food, clothing and housing, and to the continuous improvement of living conditions. The States Parties will take appropriate steps to ensure the realization of this right, recognizing to this effect the essential importance of international co-operation based on free consent.

2. The States Parties to the present Covenant, recognizing the fundamental right of everyone to be free from hunger, shall take, individually and through international co-operation, the measures, including specific programmes, which are needed:

- (a) To improve methods of production, conservation and distribution of food by making full use of technical and scientific knowledge, by disseminating knowledge of the principles of nutrition and by developing or reforming agrarian systems in such a way as to achieve the most efficient development and utilization of natural resources;
- (b) Taking into account the problems of both food-importing and food-exporting countries, to ensure an equitable distribution of world food supplies in relation to need.

The right to food is also recognized in several other international conventions like :

- 1) The Elimination of all Forms of Discrimination against women (1979)
- 2) The convention on the Right of the child (1989)
- 3) The convention on the Rights of persons with disabilities (2006)

What is Hunger

Hunger is a global problem, it's occurs when you do not have sufficient food and nutrition that your body needs. A feeling of discomfort or weakness caused by lack of food, coupled with the desire to eat.

According to the Food and Agriculture Organization, "Hunger is an uncomfortable or painful physical sensation caused by insufficient consumption of dietary energy. It becomes chronic when the person does not consume a sufficient amount of calories (dietary energy) on a regular basis to lead a normal, active and healthy life".

Types of Hunger

Acute Hunger :- Acute hunger is the most extreme form of hunger. It is the result of Drought, Famine, War, Population Displacement, Natural Disaster etc.

According to the Food and Agriculture Organization, "Acute Hunger is when a person's inability to consume adequate food puts their lives or livelihoods in immediate danger".

Chronic Hunger :- Chronically hungry people do not have sufficient money for healthy nutrition. This is the result of poverty, lack of opportunities and unemployment.

According to the Food and Agriculture Organization, "Chronically hungry person is unable to consume enough food over an extended period to maintain a normal, active lifestyle".

Hidden Hunger :- According to the Food and Agriculture

Organization, "Hidden hunger, or micronutrient deficiencies, occurs when the quality of food that people eat does not meet their nutrient requirements, so they are not getting the essential vitamins and minerals they need for their growth and development".

CAUSES OF HUNGER

Causes of World Hunger :-

1. **Poverty** :- Poverty is the main cause of hunger. Most of the people who live in poverty have to starve because they do not have the ability to buy food. This is the primary reason of world hunger.

2. **War and conflict** :- War and conflict are also the main cause of hunger. According to the World Food Programme :

60%

Nearly 60% of the World's hungriest people live in conflict-affected areas.

8/10

8/10 of the World's worst food crisis are driven by war and conflict.

80m

80 million people were displaced from their homes by conflict in 2020.

3. **Food Waste** :- According to the World Food Programme "There's enough food to feed all 7.9 billion people on the planet. But the problem is that 30% of it is wasted every year.

\$1T

Worth of edible food is lost or wasted every year.

1/3

1/3 of the World's food supply is wasted annually.

4. **Climate Change** :- According to the World Bank "The climate change has the power to push more than 100 million people into poverty over the next decade". According to the World Food Programme "Droughts, Floods, Wildfires. More than 80% of the World's hungriest people live in disaster-prone countries".

5. **Forced Migration** :- Forced migration are also the cause of world hunger.

6. **Gender Inequality** :- According to the World Food Programme, "up to 811 million people who are food insecure in the world, nearly 60% are women and girls".

7. **Covid-19** :- According to the World Food Programme "Covid-19 has doubled the number of hungry people in the world. Its impact on supply chains, humanitarian access, the global economy and food supplies threatens to push 20 countries into Famine or Famine like conditions".

Hungriest Country in the World

According to the World Food Programme USA, "Nearly 60% of the World's hungriest people live in just ten countries." Somalia is the world's hungriest country in 2021.

According to the 2021 Global Hunger Index (GHI), "One Country, Somalia suffers from an extremely alarming level of hunger. Hunger is at alarming level in 5 countries – Central African Republic, Chad, Democratic Republic of Congo, Madagascar and Yemen".

Organizations who are helping to reduce hunger

Several organizations who are helping to reduce hunger are :-

1. World Food Programme
2. Care
3. Bread for the World
4. The Hunger Project
5. Clean Cooking Alliance

6. Action Against Hunger
7. Akshaya Patra
8. Rise Against Hunger
9. Feeding America
10. SPOON
11. UNICEF
12. Heifer International
13. Meals on Wheels America
14. Mealshare
15. Penny Appeal USA
16. Project Concern International
17. Feed the Children
18. Alliance to End Hunger
19. Seed Programs International
20. Food for the Hungry
21. CARITAS International
22. Association for International Agriculture and Rural Development (AIARD)
23. Edesia Nutrition
24. World Central Kitchen
25. Cultivating New Frontiers in Agriculture
26. Why Hunger
27. Food for the Poor
28. Mercy Corps
29. Lunchbox Fund
30. One Acre Fund

Solutions of Hunger Problem

Hunger is the world's biggest health problem and ending hunger is the greatest challenge of present time, but together we can solve it.

Solution of hunger :-

1. Reducing Food Waste
2. Food Donations
3. Sustainable Farming
4. Climate Smart Agriculture
5. Urban Farming
6. Access to Education
7. Disaster Risk Reduction
8. Government Intervention
9. Global Support for Poor Countries
10. Empowering Women in Agriculture

CONCLUSION

Hunger is a global problem. The world produces enough food to feed all 7.9 billion people on the planet. But up to 811 million people worldwide go to bed hungry each night. Poverty is the main cause of hunger. Several other factors who contribute to hunger are war and conflict, climate change, food waste, Covid-19 pandemic etc. There are many organizations that work to reduce world hunger. But still million of people continue to struggle with hunger every day. That's means hunger is the world's biggest health problem and ending hunger is the greatest challenge of present time, but together we can solve it.

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