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Nutrition



NUTRITION FOR HEALTH AND DEVELOPMENT

Nutrition is an input to and foundation for health and development. Interaction of infection and malnutrition is well-documented. Better nutrition means stronger immune systems, less illness and better health. Healthy children learn better. Healthy people are stronger, are more productive and more able to create opportunities to gradually break the cycles of both poverty and hunger in a sustainable way. Better nutrition is a prime entry point to ending poverty and a milestone to achieving better quality of life.

Freedom from hunger and malnutrition is a basic human right and their alleviation is a fundamental prerequisite for human and national development.

WHO has traditionally focused on the vast magnitude of the many forms of nutritional deficiency, along with their associated mortality and morbidity in infants, young children and mothers. However, the world is also seeing a dramatic increase in other forms of malnutrition characterized by obesity and the long-term implications of unbalanced dietary and lifestyle practices that result in chronic diseases such as cardiovascular disease, cancer and diabetes.

All forms of malnutrition's broad spectrum are associated with significant morbidity, mortality, and economic costs, particularly in countries where both under- and overnutrition co-exist as is the case in developing countries undergoing rapid transition in nutrition and life-style.

CHALLENGES

Poor nutrition contributes to 1 out of 2 deaths (53%) associated with infectious diseases among children aged under five in developing countries (see graph)

[Full text](#)

AN ACTION FRAMEWORK

NHD's mission

In light of these challenges and trends NHD aims at building and implementing a science-based, comprehensive, integrated and action/policy oriented.

[Full text](#)

NHD 4 PROGRAMMATIC AREAS OF WORK

[More information](#)



World Health Assembly Resolutions related to Nutrition

[Full text](#)

LIST OF EVENTS

[Full information](#)

GROWTH REFERENCE DATA FOR 5-19 YEARS



[Full information](#)

FIRST FOOD FIRST



WABA/Nurhayati-natasha

Celebrate World Breastfeeding Week, 1-7 August 2007, by helping ensure that every newborn receives colostrum, the 'very first food'.

[Full information](#)

WHO CHILD GROWTH STANDARDS



'Are We Growing Right?'

[Technical information on the Standards](#)

[Online Media Centre](#)

WHO Nutrition: Nurturing Health