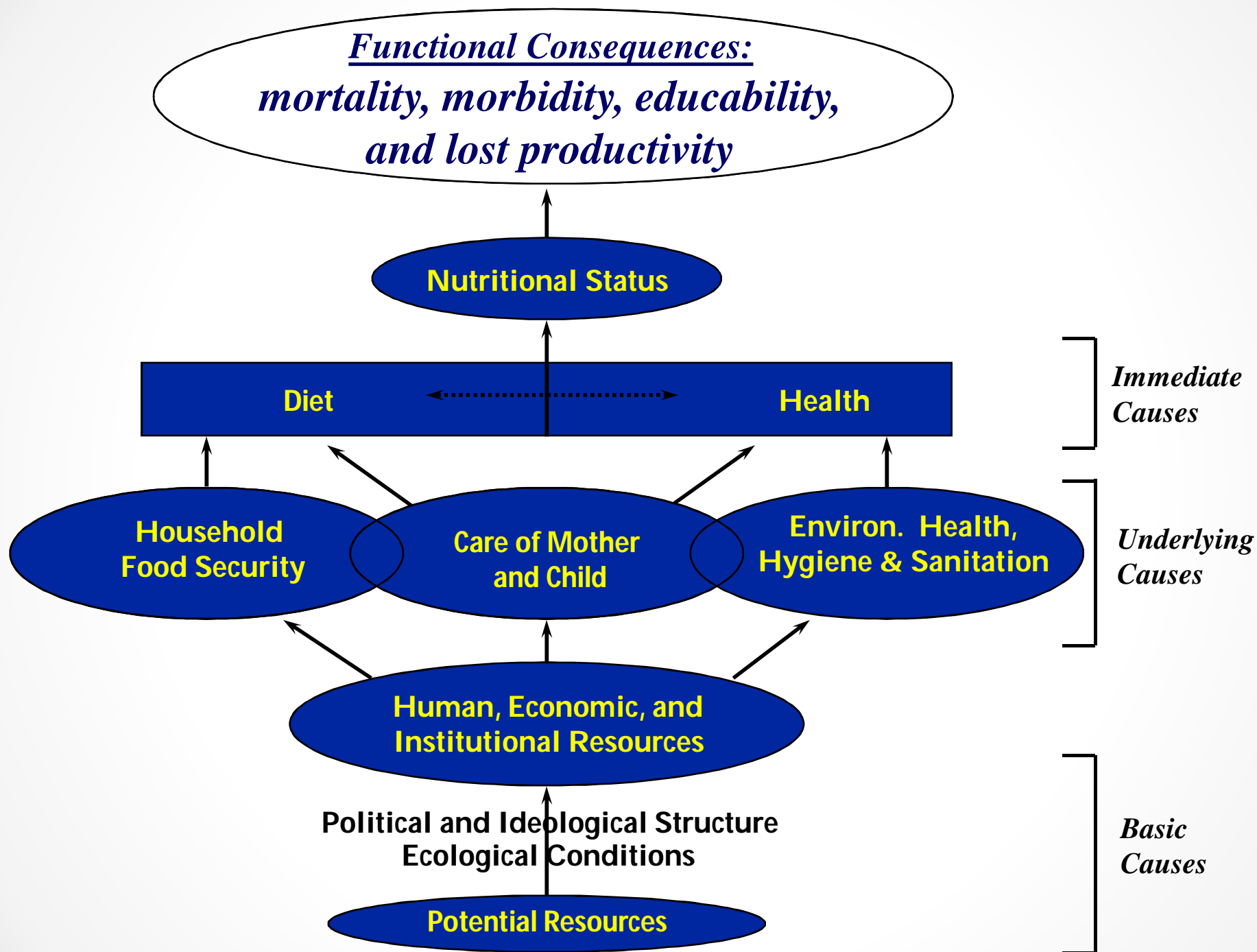
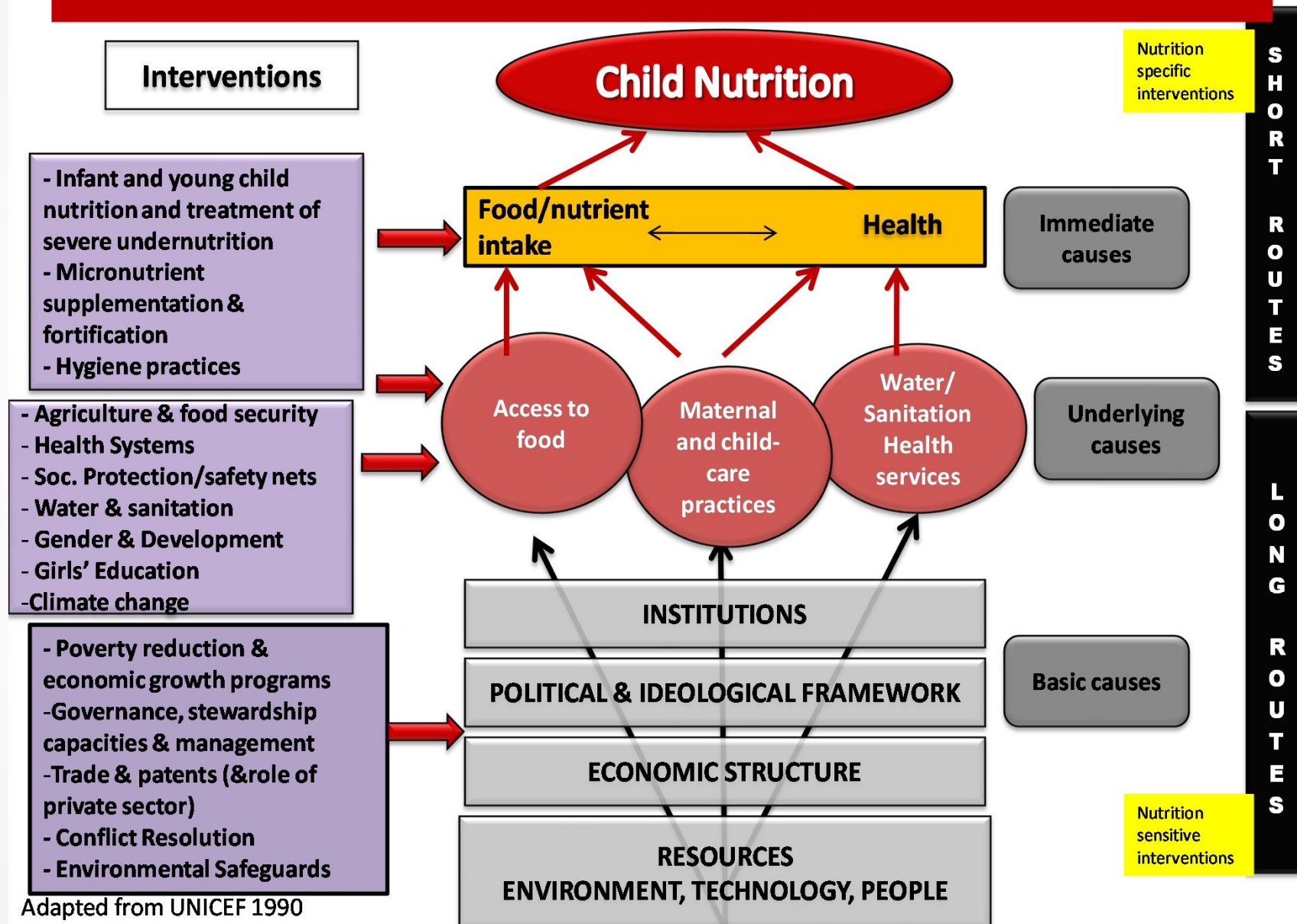


# Impact of Socio economic Trends of Nutrition transition ; Sri Lanka Perspective

Dr. A.M.A.S.B. Mahamithawa  
Director / Estate and Urban Health  
Former Director / Nutrition  
Ministry Of Health, Nutrition and Indigenous Medicine



# Determinants of Child Nutrition and Interventions to Address them



Adapted from UNICEF 1990

# Socioeconomic dimensions and nutrition

Socioeconomic factors such as **income, education, physical environment and race** directly and indirectly contribute to children's nutritional status

*Centre for Disease Control and Prevention.*

These factors may **increase a child's risk** for malnutrition, weight gain and **obesity**, which contributes to the development of other chronic diseases including cardiovascular disease, high blood pressure, high cholesterol and diabetes.

Physical proximity to **healthy food choices** is directly related to socioeconomic status

*Does Social Class Predict Diet Quality?"*

*the American Journal of Clinical Nutrition May 2008*

# Transition

Demographic transition

Epidemiological Transition

Nutrition transition

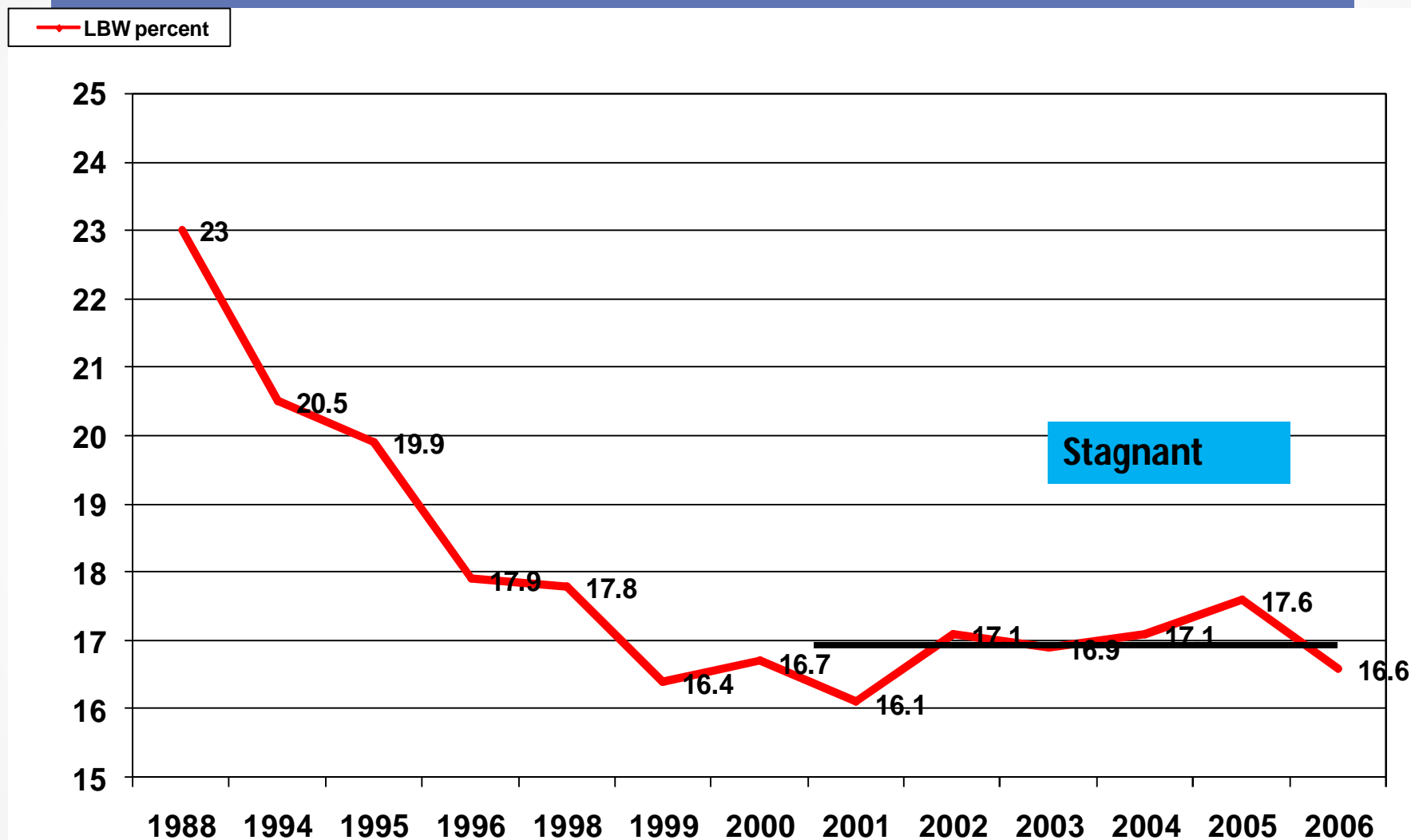
# Sri Lanka

Under-nutrition remains a problem

Micronutrient deficiencies still an issue

Overweight and obesity rising

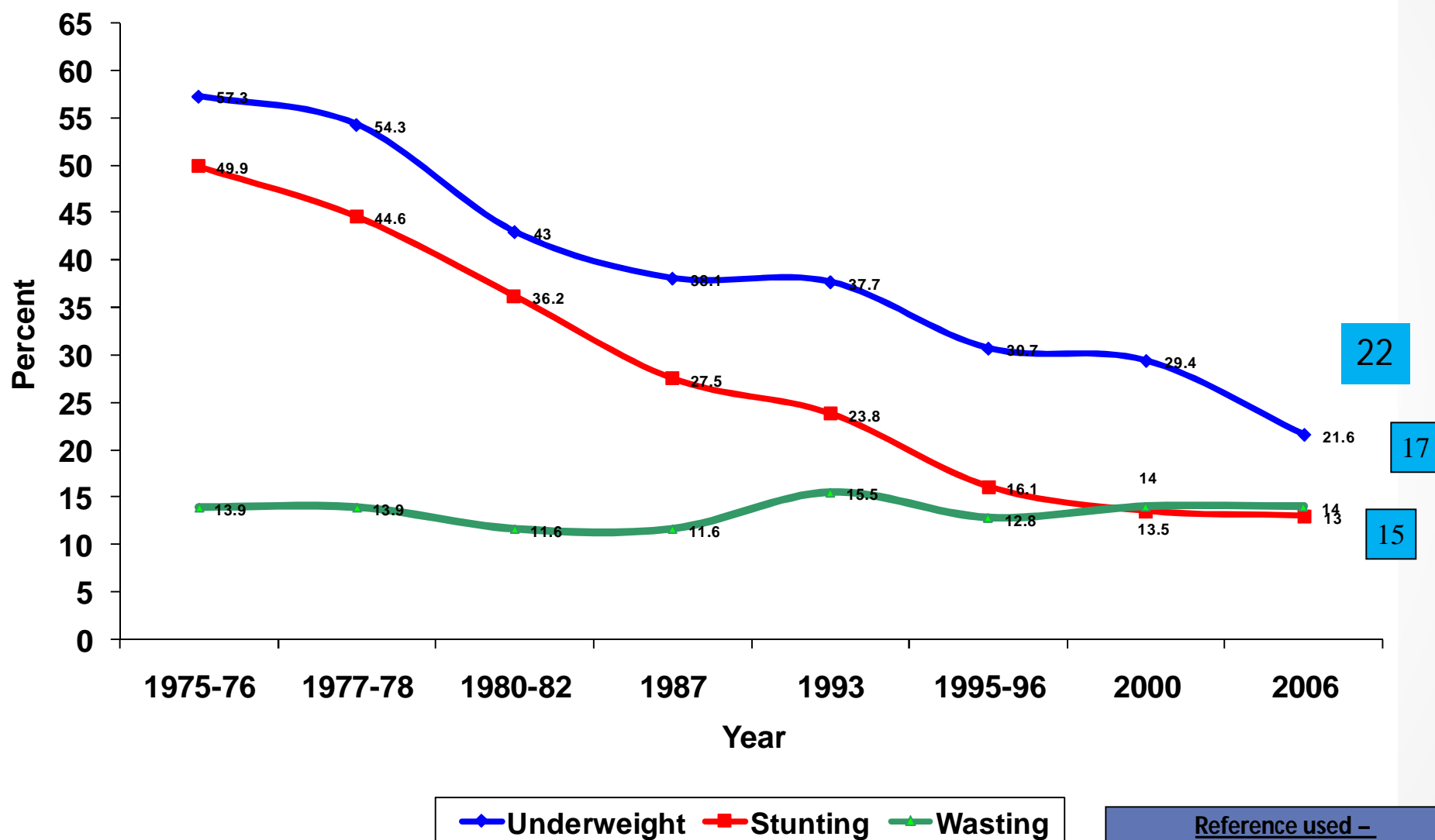
# Trends in LBW



Medical Statistician and DHS surveys 1993,2000,2006



# Malnutrition among under 5 yr children



Source: MRI database & DHS survey

Reference used –  
WHO/NCHS upto 2000  
WHO Growth standards – 2006/07

# Micronutrient deficiencies

**Anaemia prevalence 15 – 24 percent**

*( varies according to physiological groups )*

**Vitamin Deficiency 29 percent**

*( biochemical deficiency among under 5 age group*

# Overweight and Obesity

	Overweight	Obesity
Children < 5 yrs	1.6 (+2 SD)	
Women 15-49 yrs	24.0	7.2

Ref- DHS 2006/7

Done in 4 prov. 2005	Overweight	Obesity
Male (30-65 yrs)	17.9	2.4
Female (30-65 yrs)	27.7	8.8

Wijewardane K et.al. 2005

Done in Colombo	Overweight	Obesity
M/F above 18 yrs	39.9	17.83
Central obesity	52.5	

Gunawardane PTK et.al. 2013

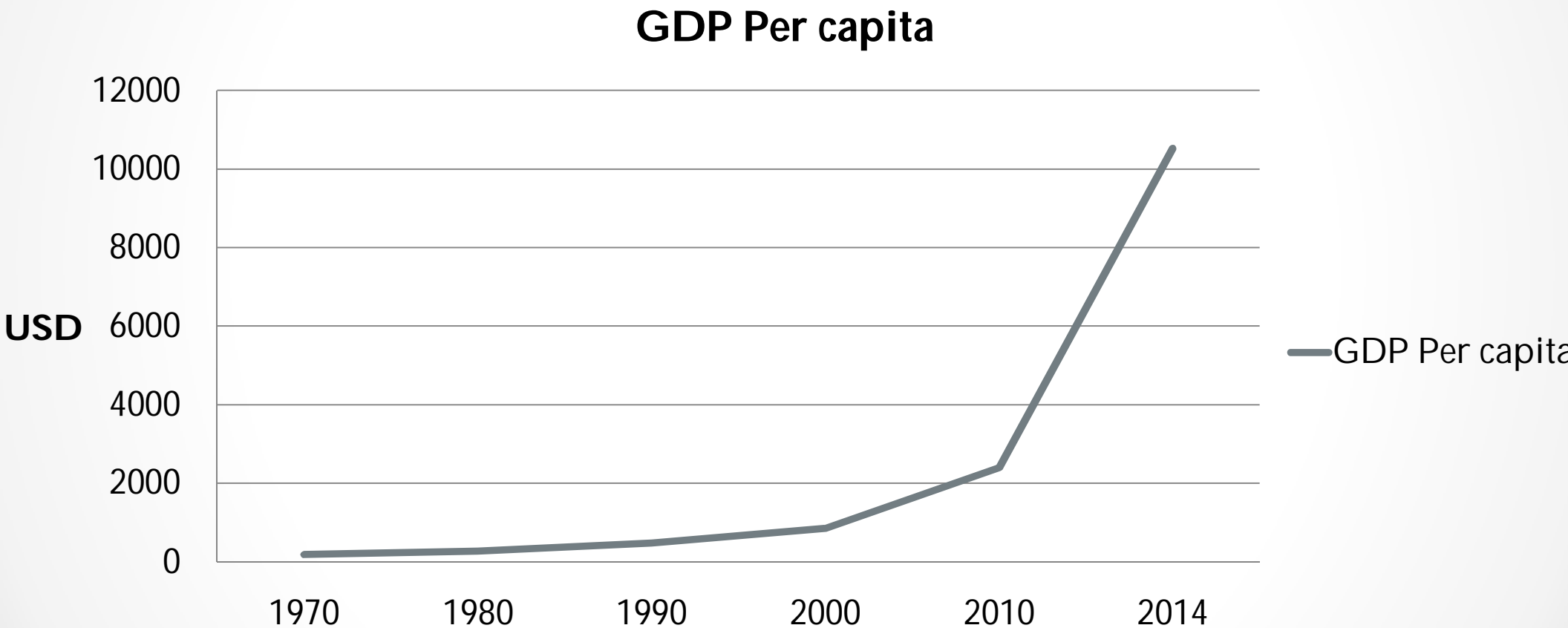
# Socio economic Dimensions

...

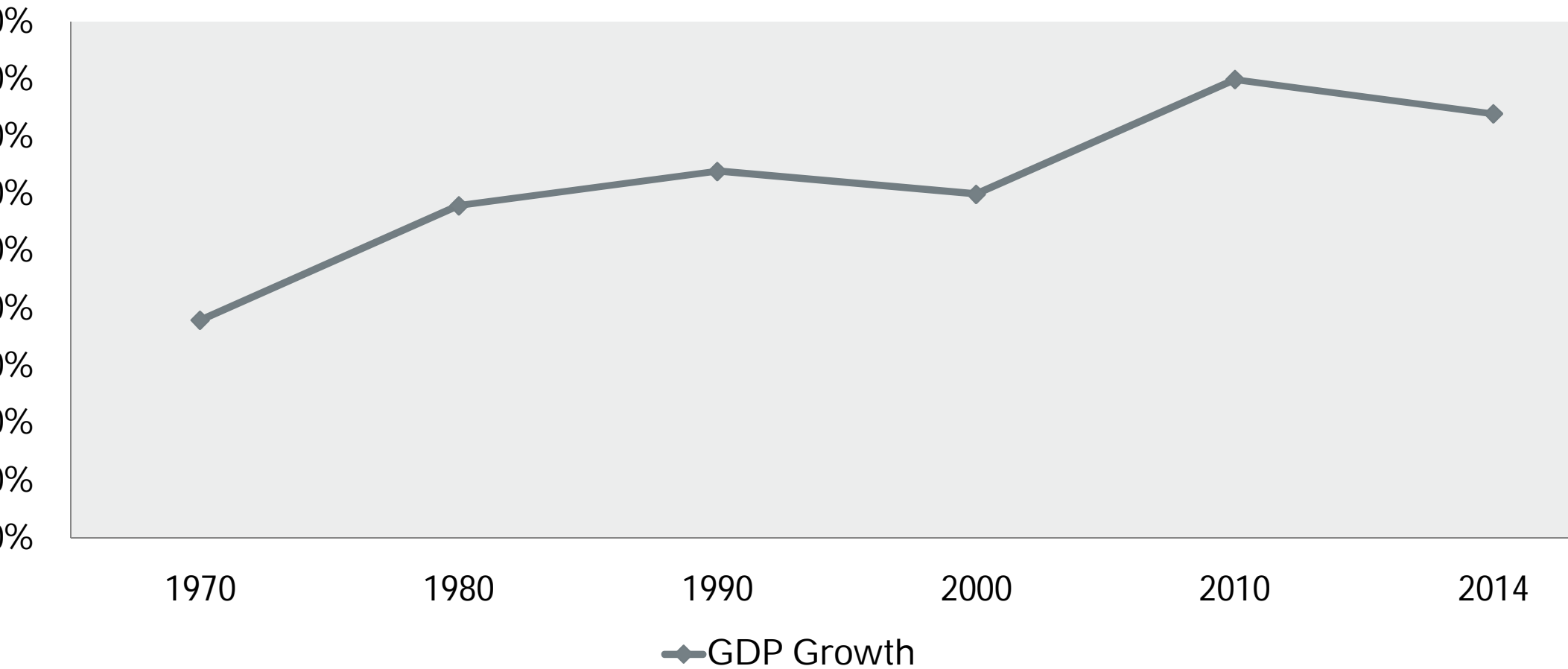
# Percapita GDP



# GDP Per Capita

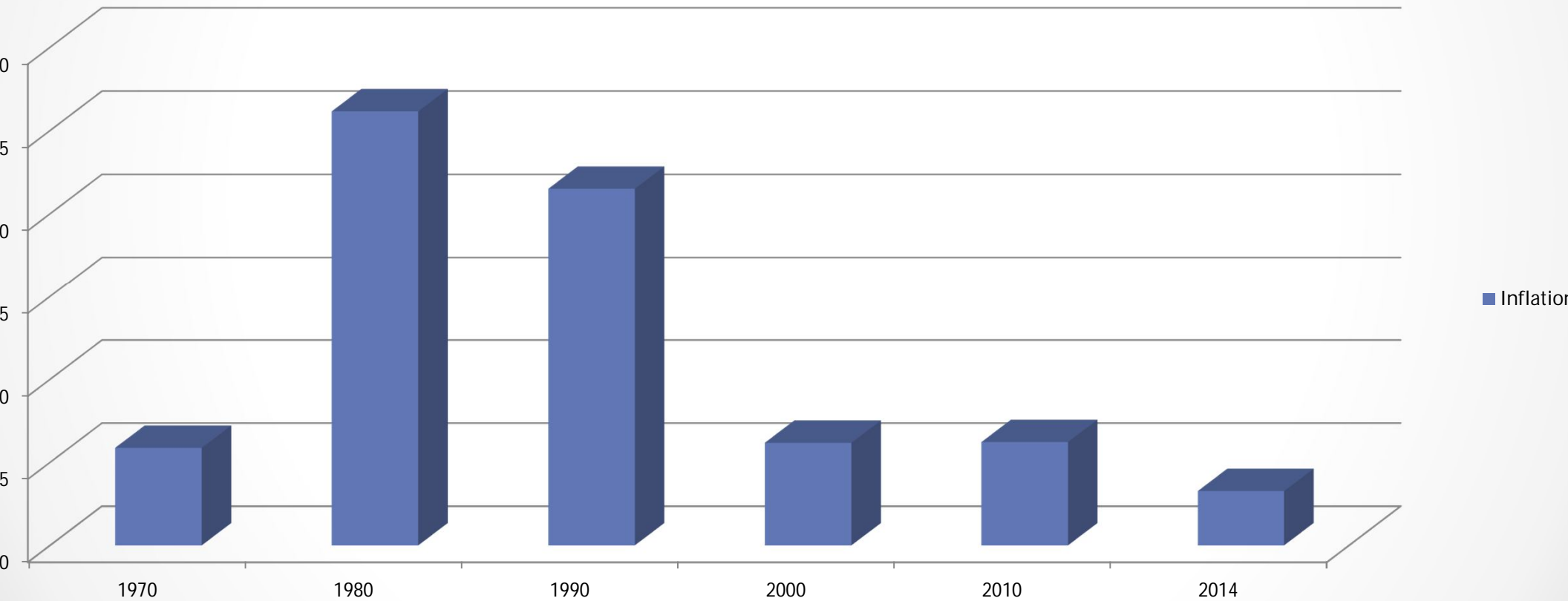


# GDP Growth Rate



# Inflation Rate (%)

**Inflation Rate**

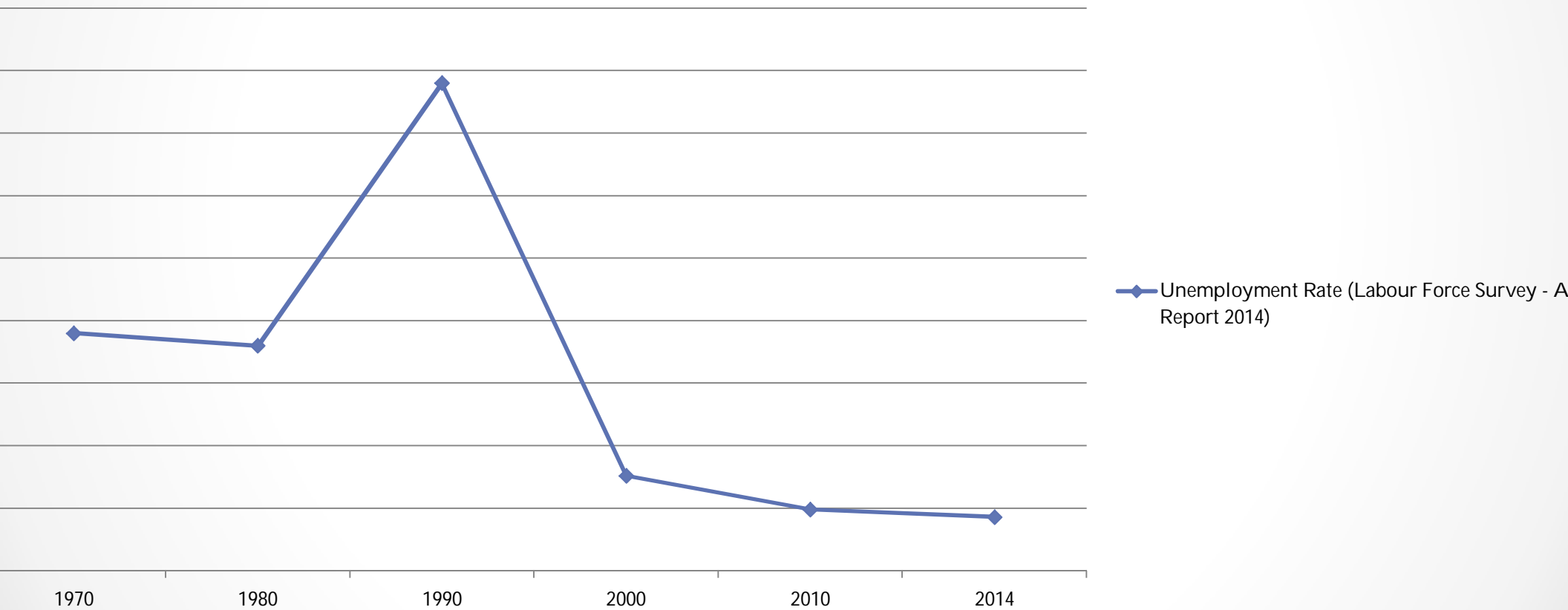






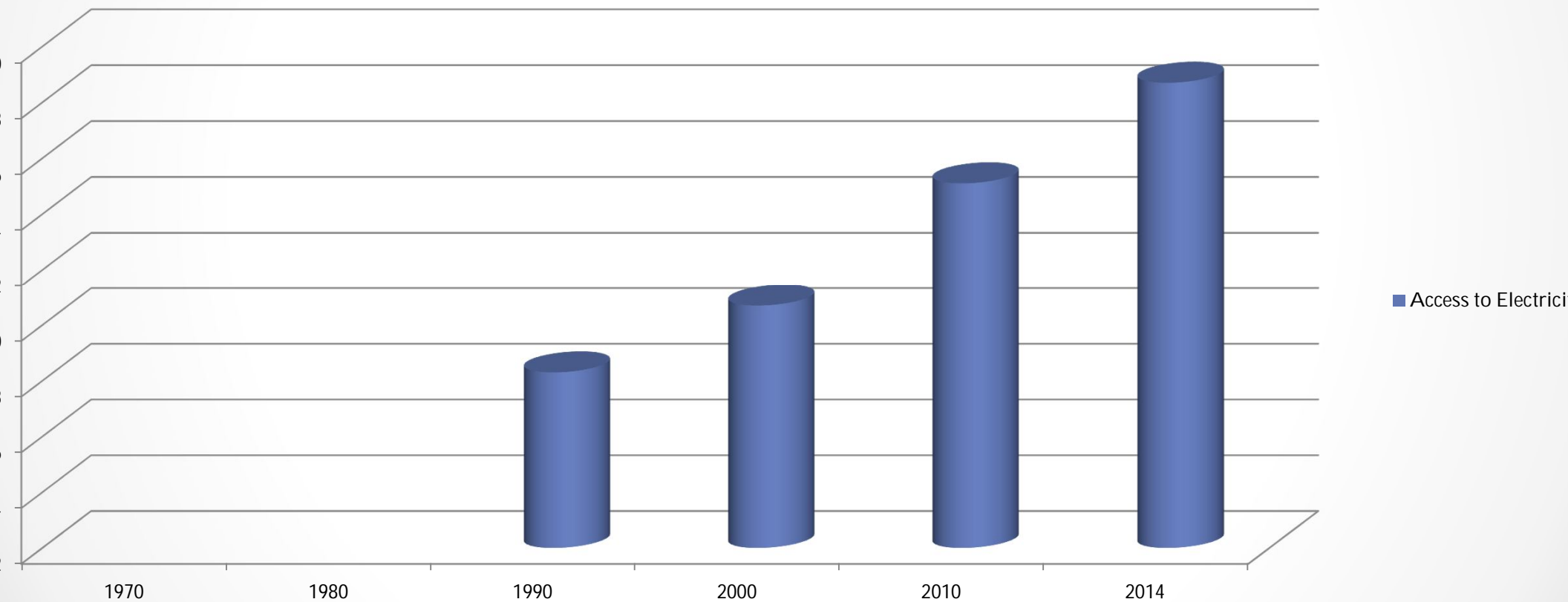
# Unemployment Rate

Unemployment Rate (Labour Force Survey - Annual Report 2014)



# Access to Electricity (%)

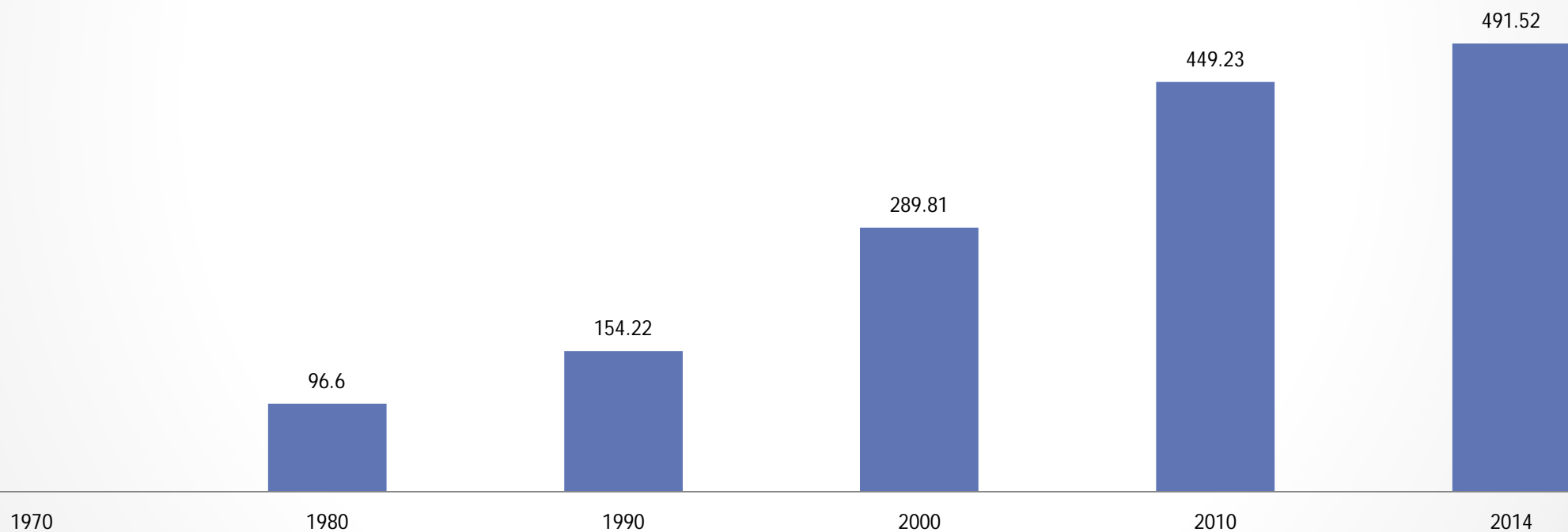
**Access to Electricity (%)**



# Per Capita Electricity Usage

## Per Capita Electricity Usage (kWh)

■ Per Capita Electricity Usage (kWh)



# Highlights of socio Economic changes

Open economy

Improvements in income – income gap widens

Improved housing -Major housing projects

High cost of food and other commodities

Universal Education

Health service expansion

Urban migration

Disruption of extended family system

# Factors affecting food systems

Arable land - fragmentation

Water

Climate change

Labour

Machanisation

# Factors affecting food behaviour

Working parents - decline in care givers

Trend towards commercially available food

Peer pressure

Advertsing/ increased screen time

# Factors affecting physical inactivity

Lack of spare time

Fragmentation of land/ urbanization

Increased screen time

Tuition classes and other indoor activities

Lack of supervision at household



# Cumulative Effect

Income gap widens

Change in Spending pattern

Less healthy food consumed by all socio-economic groups

Type of leisure activities change

Higher risk of overweight and NCD

Higher risk of Nutrition deficiencies for lower socio economic classes

# Conclusive Remarks

Alternate measures to safeguard food systems

Promoting healthy food behaviour in current context

Adequate safety-nets for vulnerable groups

Nutrition governance and accountability

# SDG Goals aimed at

End Poverty

Protect Planet

Ensure prosperity for all