



## HELP CARD

# Malnutrition and Disease

- If people do not have food they suffer from famine and die. A serious crisis like this can happen if there is a natural disaster such as drought, flooding or volcanic activity. Usually many countries give aid at times like this.
- A much more common problem is when people suffer from **malnutrition**. This is when they only have a small amount to eat and the food they have lacks the correct balance of proteins, vitamins and minerals. Without these ingredients, people become weak and unable to fight off diseases.
- **Diseases** can be spread by viruses or bacteria and are very common where the water is not clean, where toilets are not provided and where the weather is hot enough to help spread the disease quickly. Many people, especially children and babies, die of simple illnesses like sickness and diarrhoea. There are not enough doctors, nurses, clinics or hospitals to make sure everybody receives help.
- As the population of the world keeps rising it is going to be a challenge to make sure that everybody has enough food and the necessary healthcare to have a good standard of living.