

JOINT EVENT

Global Public Health Congress | Annual Congress on Nutrition & Healthcare

October 18-20, 2018 Paris, France

Double burden of malnutrition in Cuba

Statement of the Problem: Cuba is in an advanced stage of the epidemiological transition, where overweight, micronutrient deficiencies and NCDs are highly prevalent. This study evaluated the double burden of stunting, overweight and iron deficiency anemia in children below five years of age and pregnant women.

Methodology & Theoretical Orientation: National surveys of the whole population or from Havana city and data of children and pregnant women from the national food and nutrition surveillance system during 2011 were used for the assessment of the double burden of malnutrition using Cuban national growth charts. Overweight and obesity were 2.5 times higher in stunted than in normal children under five years of age (45% vs. 18%). The double burden in those children was 3.7%, two times higher than the expected prevalence assuming independence in the prevalence of each condition. At six and 24 months of age, the overweight/obesity prevalence was 23% and 31%, and anemia 38% and 15%, respectively. The anemia prevalence within overweight/obese and obese children was quite similar. The proportions with the double burden of anemia and overweight/obesity at six months and two years of age were 8.3% and 3.6%, significantly lower than expected values. At the individual level in pregnant women at the first and third trimester, the prevalence of overweight/obesity was 24% and 22%; 13.9% and 21.7% of them, respectively, were anemic. The double burden of anemia and Ow/Ob was present in 2.6% and 5.1% at the first and third trimester of pregnancy, respectively, values which were also significantly lower than expected.

Conclusion & Significance: Effective actions are required to promote healthy nutrition and linear growth during the first 1000 days of life combined with the prevention of rapid growth after two years of age. This double burden of under nutrition an excess body weight shall be extensively considered in the nutrition programs.

Biography

Manuel Hernández Triana is a Senior Researcher and full Professor in Biochemistry at the Faculty of Medicine, University of Havana. From 1984-2014, he was the Director of the Department of Biochemistry and Physiology of the Cuban Institute of Nutrition. His research work has been focused to dietary protein quality, energy recommendations and isotopic methods for the measurement of body composition, energy expenditure and *Helicobacter pylori* infection. He is an expert since 1999 of the International Agency of Atom Energy, International Advisor of the Argentinean National Agency for Science and Technology, President of the Cuban Nutrition Society, Member of the Spanish Nutrition Society and President of the Latin American Nutrition Society from 2009-2012. He is a Member of the Organizing Committees of the ICN and Latin American Nutrition Congresses. He is a Nutrition Professor at the International Institute for Healthcare Professionals, Boca Raton, Florida since 2015.

manumacondo@hotmail.com



Manuel Hernandez Triana
International Institute for
Healthcare Professionals, USA

**Santa Jiménez-Acosta², Maria
Elena Diaz-Sánchez³ and Armando
Rodríguez-Suárez³**

²Anthropology Laboratory,
Department of Comunitary Nutrition (MEDS)
³Institute of Nutrition and Food Hygiene, Cuba

Notes: