

# Food shortage in Mexico

Food crisis in the country causes big problems like obesity, overweight, and malnutrition

Social inequalities are a factor for food shortage in Mexico so, deficient nutrition causes severe health problems that become a risk for Mexican people. Fortunately, Congregación Mariana Trinitaria (CMT) offers integral solutions to face this crisis.

Adequate nutrition is important for each stage in life, because in each one of them you need specific energy and nutrients but, what happens when you do not have a good diet? When you do not have a diverse diet and enough quantities of food, your quality of life definitely changes, and when that happens, the most affected ones are children and elderly people.

Unfortunately, in Mexico two fifths of the population live in conditions of poverty; that is to say 53.4 million Mexican people which represents 43.5% of the total population in the country. Among these people, 9.4 million people which represents 7.5% of the population lives in conditions of extreme poverty.

DATA

- In our country, according to the Food and Agriculture Organization of the United Nations (FAO), there are 24.6 million Mexican people which represents 20% of the total population facing food shortage.
- This shortage increases in specific groups like: indigenous people, handicapped people, and minors.

Having access to a good diet does not depend on nutritional conditions only, but also on economic, material, ecologic, social, and cultural factors; as occasionally the government does not have the capacity to provide support to the whole population. That fact has a big impact on people when they need to have a good diet and cover the nutritional requirements according to their age, gender, physiological state, health condition, and genetic inheritance.

## According to the National Survey on Health and Nutrition:

- There are 1,194,805 children suffering from chronic malnutrition in the country.
- 70.0% of Mexican households face food insecurity.
- 80.8% of households in rural areas were classified in one of the levels of food insecurity.



Due to social insecurity, Mexico has a big challenge to face food shortage because in many regions in the country it is evident that the population lives in terrible multidimensional conditions, which does not affect nutrition only, but it also affects important issues like health, malnutrition, overweight, and obesity.



- 23.3% of the population (27 million people) live in food poverty and 12.5% suffers from chronic malnutrition.
- In the country, chronic malnutrition in urban areas occurs in 10.1% and in rural areas in 19.9%.



## Malnutrition

Malnutrition is a phenomenon that reflects social inequalities. It shows that even when Mexico is a country with specific developmental levels, it is not possible to guarantee the essential right to sufficient, diverse, and nutritious food.

Children and teenagers in the states located in the South are twice as likely to have underweight and smaller size for their age as a consequence of chronic malnutrition, compared to the same population living in the North of the Mexican Republic.

- In Mexico, 1 out of 8 children under 5 years old have a smaller size (moderate or severe) for their age.
- Regardless of the state they are located in, children in households with low incomes and indigenous contexts are more likely to suffer child malnutrition.



## Overweight and obesity

These health problems are the most severe ones in the country. It is a world phenomenon that at the beginning was associated with high levels of economic and social development as it is believed to occur when people have more access to food and they can overeat.

The impact of it on people's health is a catastrophe, and it increases chronic diseases that become frequent like dyslipidemia, diabetes type 2, arterial hypertension, heart diseases, among others.

- In Mexico, 70% of Mexican people suffer from overweight and almost a third part suffers from obesity.
- Unhealthy eating habits and the lack of exercise cause 32% of deaths in women and 20% of men in the country.



## CMT and food

In this topic, Congregación Mariana Trinitaria (CMT), includes in the CMT Welfare Ecosystem integral solutions focused on the Network of Food to offer several solutions that guarantee high-quality food security in order to have healthy and sustainable food, or to encourage families to produce their own food so as to overcome deficiencies.

Through this network, the population is encouraged to have a balanced diet with healthy food, especially among the ones in vulnerable situations in order to have a positive impact on food shortage rates.

## CMT integral solutions

- School and community kitchens
- Milk formula
- Diaries or CMT Centers
- Community grocery stores
- Backyard orchards and crops
- Backyard poultry farms
- Financial support and equipment for local agricultural producers



This way, Congregación Mariana Trinitaria aims to assist communities all over the country and other countries in Latin America to help them to improve their food and health, and to become self-sufficient with the objective of building a better future.

Classification of food	
Group	Food in the group
<b>Body building</b> Rich in proteins	Milk, meat (beef, poultry, game birds), eggs, fish, sausages, cheese, yoghurt.
<b>Regulatory</b> Rich in vitamins and minerals.	Fruit (melon, papaya, orange, apple) and green leafy vegetables (lettuce, carrot, tomato).
<b>Energy giving</b> Rich in carbohydrates and fat.	Cereals (corn, rice, wheat, sorghum), grains (beans, lentils), tubers (also called vegetables like ocumo, potato, yuca) bananas, oils, butter, mayonnaise.

