Malnutrition and poverty are still rising in Mexico

An adequate and healthy diet depends on economic, social, and cultural factors. Poverty and social backwardness are the main constraints for families in order to have access to healthy food.

Mexico is considered as a country whose economy is in progress, according to the International Monetary Fund. However, last year there were vulnerable conditions in the country due to the lack of access to healthy and high-quality food in almost 30 million Mexican people, which means 22.5 percent of the population; the National Council for Evaluation of Social Development Policy (CONEVAL) reveals.

Economic incomes are a determining factor to have access to food, in the same way that a balanced and healthy diet. 46.7 percent of the Mexican families mentioned that they are afraid of running out of food due to the lack of money or resources, and 12.7 percent of the families expressed that they ran out of food at least once due to the lack of income; as revealed in the National Survey on Incomes and Expenses in Housing in 2020, developed by the National Institute of Geography and Statistics (INEGI).

As a consequence of inequalities in Mexico, every year about 8 thousand 500 hundred people get sick and die due to malnutrition. Among them, about 850 people were under the age of 5 years, as shown in data provided by the Federal Health Department. Families do not have enough resources for buying what they need for eating a balanced diet as a consequence of the continuous conditions of poverty, social backwardness, marginalization and discrimination that many people suffer in thousands of families in the country.

SUMARY

Congregación Mariana Trinitaria through its Welfare Ecosystem Model has benefited thousands of families in vulnerable conditions after delivering subsidies and developing actions to promote a healthy diet for all the people, which is a vulnerable issue in Mexico.

CMT successful case

A recent success story related to the CMT Network of Food took place in the municipality of Ensenada in Baja California.

There, almost 44 thousand liters of liquid milk were delivered to benefit families in vulnerable situations in order to allow them to have access to high-quality and nutritious food, particularly the youngest ones in the families.

DATA

The number of people in poverty increased from 51.9 million Mexican people in 2018 to 55.7 million Mexican people in 2020, that is to say, 43.9% of the total population.

This fact shows that 3.8 million Mexican people live in poverty, as revealed in the Measurement of Poverty developed by CONEVAL in 2020.

Combat against malnutrition and poverty

It is important to mention that food poverty is considered as a phenomenon related to the incapacity of people to have enough economic resources to buy the items in the food basket that might guarantee that they are able to have basic meals like: milk, tortillas, beans, rice, among others.

The Food and Agriculture Organization of the United Nations (FAO), considers that having access to a good diet is not related to nutritional conditions only, but also to economic, material, ecologic, social, and cultural matters.

Congregación Mariana Trinitaria, following the guidelines provided by its founder, Doctor Honoris causa Catalina Mendoza, prioritized the integral health of Mexican families by fighting malnutrition in Mexico day after day. The benefits provided to thousands of Mexican families living in precarious conditions through actions and subsidies promoted by its 11 Networks of Welfare, allow the decrease in the number of people who get sick and pass away due to malnutrition.

CMT is not related to the delivery of thousands of liters of liquid milk and milk powder only, but it is also in charge of community kitchens in communities and schools, milk banks, and community stores located in rural areas. Besides, it is also in charge of delivering tons of seeds and grains between people working in the fields so that their families can produce and harvest high-quality products.

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