



## WHAT IS HUNGER?

Hunger is much more than the feeling of an empty stomach. According to the WFP (World Food Program), a designated United Nations (UN) agency<sup>1</sup> that aims to fight hunger, “a hungry mind cannot concentrate, a hungry body does not take initiatives, a hungry child loses all desire to play and study.”<sup>2</sup>

The concept of hunger is usually associated with other, more technical terms:

→ **Malnutrition** encompasses two large types of condition: when it caused by the excessive consumption of food, it results in obesity or excess weight; when it involves an insufficient diet it is **undernourishment**.<sup>3</sup>

→ **Undernutrition** can also be the result of undernourishment, the ineffective absorption and/or the deficient biological use of nutrients consumed<sup>4</sup>. There are three kinds of undernutrition:

<sup>1</sup> More information about the UN and its designated agencies: <http://www.un.org/es/sections/about-un/funds-programmes-specialized-agencies-and-others/>

<sup>2</sup> WFP publication: *¿Qué es el hambre?* <http://es.wfp.org/hambre/el-hambre>

<sup>3</sup> WHO publication: *What is malnutrition?* <http://www.who.int/features/qa/malnutrition>

<sup>4</sup> VIVERO POL, José Luis, Presentation about *Teoría del Hambre*, FAO Guatemala (2004): <http://www.fao.org/docs/eims/upload/5068/viveropol.pdf>



1. **Critical undernutrition:** deficiency in weight for height (W/H). Extreme thinness can be observed, and the condition is linked to periods of famine or illness, and is limited in time.

2. **Chronic undernutrition:** stunted growth for age (H/A). Normally associated with situations of poverty, and has consequences on learning abilities.

3. **General undernutrition:** deficiency in weight for age. Underweight. This index is made up of the previous indices ( $W/H \times H/A = W/A$ )<sup>5</sup>.

Insufficient and inadequate nutrition has **extremely serious fundamental consequences for children under the age of five**. It prevents the integral development of the child, limits their learning capacities and increases the risk of death, as the individual is more vulnerable to contracting any kind of illness<sup>6</sup>.

## FOOD: A HUMAN RIGHT

The **Universal Declaration of Human Rights**, approved by the UN in 1948, is the first international instrument to formally recognise the human right to nutrition. It does so in **Article 25**, within the framework of the right to an adequate life: **“Everyone has the right to a**

**standard of living adequate for the health and well-being of himself and of his family, including clothing, housing and medical care, and in particular food (...)**<sup>7</sup>.

**Article 11** of the **International Covenant on Economic, Social and Cultural Rights**<sup>8</sup>, approved by the UN in 1966, recognises the right to nutrition, and in the second section it calls upon **States to protect all people against hunger as a duty:**

→ Through **“disseminating knowledge of the principles of nutrition”** and by developing **agrarian systems so as to achieve the most efficient utilisation of natural resources”** (Article 11.2.a)

→ And in ensuring **“an equitable distribution of world food supplies in relation to need”** (Article 11.2.a).<sup>9</sup>

The **Sustainable Development Goal (SDG) 2** is truly fulfilling Article 11.2.a of the International Covenant on Economic, Social and Cultural Rights, approved in 1966: **putting an end to hunger, achieving food safety and improving**

<sup>7</sup>Universal Declaration of Human Rights: [http://www.ohchr.org/EN/UDHR/Documents/UDHR\\_Translations/spn.pdf](http://www.ohchr.org/EN/UDHR/Documents/UDHR_Translations/spn.pdf)

<sup>8</sup> More information about the Covenants and the three generations of human rights: *Los Objetivos de Desarrollo Sostenible, una herramienta transversal en el aula*, FABRE Foundation (2016)

[http://www.fundacionfabre.org/Galerias/Material\\_didactico\\_profesorado-Origenes\\_de\\_los\\_ODS.pdf](http://www.fundacionfabre.org/Galerias/Material_didactico_profesorado-Origenes_de_los_ODS.pdf)

<sup>9</sup> International Covenant on Economic, Social and Cultural Rights: <http://www.ohchr.org/SP/ProfessionalInterest/Pages/CESCR.aspx>

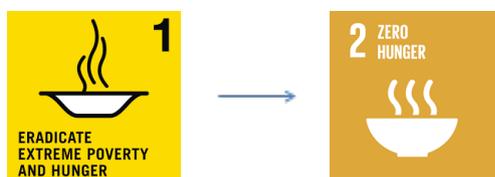
<sup>5</sup> *Glosario de términos sobre desnutrición*, UNICEF: [https://www.unicef.org/lac/glosario\\_malnutricion.pdf](https://www.unicef.org/lac/glosario_malnutricion.pdf)

<sup>6</sup> UNICEF Report *El Enemigo Silencioso* (2007), p. 11.



nutrition, as well as promoting sustainable agriculture before 2030.

Where the Millennium Development Goals (MDG) included the fight against hunger within the MDO 1 (eradicating extreme poverty and hunger), Agenda 2030 puts forwards the challenge of “Zero Hunger”<sup>10</sup> as a global goal with five targets to achieve it<sup>11</sup>.



## ACHIEVING THE SDG 2: DISCOURAGING DATA

Challenge 2.2. proposes the end of malnutrition in all its forms. According to the latest Report on the State of Food Safety in the world, “**excess weight in children and obesity in adults are increasing around the world**, even in countries with low and medium-level incomes”; and, at the same time, this Report announces that **following a prolonged fall on a global level, hunger is once again on the rise**”<sup>12</sup>.

<sup>10</sup> Discover the Zero Hunger Challenge: <http://www.un.org/es/zerohunger/challenge.shtml>

<sup>11</sup> SDG 2 targets: <http://www.un.org/sustainabledevelopment/es/hunger/>

<sup>12</sup> Report by the FAO, FIDA, UNICEF, PMA and WHO: *Estado de la Seguridad Alimentaria y la nutrición en el mundo 2017*, p.6 (see image) <http://www.fao.org/3/a-I7695s.pdf>

The Report estimates that the number of malnourished people around the world in 2016 increased to 815 million, in comparison with 777 million in 2015 (albeit far from the over 900 million registered as malnourished in 2000). This increase is fundamentally attributed to climate changes (SDG 13, 14 and 15) and to the increase in armed conflicts (SDG 16).

Some 63% of these people are concentrated in Sub Saharan Africa and South Asia. Around **one in four people from these regions suffer from hunger**<sup>13</sup>.

*Image 1: Hunger in Sub Saharan Africa and South Asia.*

*Source: The Sustainable Development Goals Report 2017.*



According to the latest SDG Report, if the situation continues as it is, “**the world will not be able to meet the Zero Hunger objectives for 2030**”.

<sup>13</sup> The Sustainable Development Goals Report 2017 <https://unstats.un.org/sdgs/files/report/2017/TheSustainableDevelopmentGoalsReport2017.pdf>



## WHO CAN DO WHAT?

### ON AN INTERNATIONAL LEVEL



International cooperation for development is essential in the eradication of hunger. Goal 2.c of the SDG 2 calls for “greater international development”, which implies more projects for sustainable agriculture and nutritional recovery.

### ON A NATIONAL LEVEL



To make this greater international cooperation effective, the States that provide Official Development Assistance (ODA) must meet the commitment that they have taken on internationally to designate 0.7% of their Gross Domestic Product to the ODA<sup>14</sup>.

### ON A LOCAL LEVEL



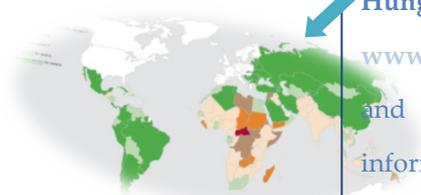
Discover the work carried out by the Food Bank Foundation in Navarre: **Statement from Carlos Almagro**, vice-president of the Food Bank of Navarre.

<sup>14</sup> In 2016 only six countries met the 0.7%: Sweden, the Netherlands, Norway, Luxembourg, Denmark and the United Kingdom. Spain is the fourth lowest country in terms of contributions to the ODA, with only the Czech Republic, Slovakia and Poland falling behind it.

### AND WHAT CAN YOU DO?



“One child, one teacher, one book and one pen can change the world”, Malala Yousufzai.



**For all ages!**  
Use the interactive **Global Hunger Index** map on [www.globalhungerindex.org](http://www.globalhungerindex.org) and discover all the latest information about the hunger situation in each country.

#### Infant and Primary Pupils

Adapting content to each level, you could create files about a healthy diet, and research the local fruits and vegetables from countries in Sub Saharan Africa, South Asia and Latin America.

#### Secondary and Baccalaureate Students

What is the ODA? They could initiate research about international cooperation development NGOs that aim to reduce hunger. What are the ODA's priority countries?

A good resource! Link to the Action Against Hunger video: **The tyranny of hunger**.

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