

Acute Malnutrition

Children who are suffering from extreme nutritional deficiency may fall into one of two distinct types, or may overlap both:

Kwashiorkor

Swollen body, feet
 Poor appetite
 Lethargic, sad
 Pale fragile skin/hair

Marasmus

Loss of fat, muscle
 Very hungry
 Irritable, anxious
 Skin loose, wrinkled



Kwashiorkor



Marasmus

Age usually over 18 months	Usually under 1 year old
Lacks protein-rich foods and other nutrients	Lacks energy-rich foods and other nutrients
Relatively more often in tropical countries	Often in dry climate/drought/disaster/war
"Wet" malnutrition, but may be wasted also	"Dry" malnutrition, but may have edema
Any edema means SEVERE malnutrition Child is not "fat"	May be classified as moderate or severe
Swollen belly from fatty liver, edema and/or parasites	May have swollen belly from parasites or weak muscles

These children are in grave immediate danger, and require urgent nutritional rehabilitation. However, most children who die from malnutrition will not appear obviously ill with kwashiorkor and/or marasmus. Deadly "Hidden Hunger", or micronutrient malnutrition, is found in growth stunted infants and children. Community-wide interventions are required to improve the survival rates of those chronically malnourished children who actually represent a much higher percentage of the vulnerable population. ©2010 MAMA Project, Inc.