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REPORT ON PROTEIN ENERGY MALNUTRITION WITH ITS PREVENTION

**LIVE WEBINAR IN
COLLABORATION WITH
HOMEOPATHY 360 AND PARUL
UNIVERSITY**

RAJKOT HOMOEOPATHIC MEDICAL COLLEGE

DATE: 03.04.2025

This insightful session under **HomeoTalks 2025**, a collaborative initiative by **Homeopathy 360 and Parul University**.

Today, we delve into Protein-Energy Malnutrition is a major nutritional disorder, especially affecting children and vulnerable populations in low-income regions. It results from a deficiency of protein and calories in the diet, leading to serious health complications such as stunted growth, weakened immunity, and developmental delays.

In this session, we will explore the causes, signs, and effects of PEM, and most importantly, discuss practical and effective strategies for its prevention.

By increasing awareness and promoting nutritional education, we can work together to combat malnutrition and improve health outcomes in our communities.

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HomeoTalks 2025

Join Us for new webinar series

In collaboration between
Homeopathy360 & Parul University

Live Streaming

Title
"Protein Energy Malnutrition and Its Prevention"

Dr Anup Kumar Das
Professor and HOD
Department of Community Medicine
Rajkot Homoeopathic Medical College, Parul University.

3 April 2025
8 PM To 9 PM

Free Registration

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03.04.2025**Report summary:**

Date	APRIL 03 2025
Time	8 PM to 9 PM
Event	Live webinar
Organized by	Homeopathy360 and Parul university
Organizing coordinator	Dr. Anup Kuma Das
No. of students	357
no. of faculty	22

HomeoTalks 2025

This webinar aims to raise awareness about Protein-Energy Malnutrition (PEM), a significant public health concern, particularly in developing countries. It will cover the causes, symptoms, and types of PEM, such as marasmus and kwashiorkor, and discuss its short and long-term effects on growth and development.

Objectives:

Understand what PEM is and its impact on health.

Identify vulnerable populations, including children, pregnant women, and the elderly.

Explore causes like poverty, poor dietary intake, and infections.

Learn strategies for early detection and management.

Prevention Strategies:

Promoting breastfeeding and proper weaning practices.

Ensuring access to balanced, nutritious diets.

Implementing community nutrition programs.

Educating families and caregivers on proper feeding practices.

Strengthening healthcare systems for early identification and treatment.

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PROTEIN ENERGY MALNUTRITION & IT'S PREVENTION

A PUBLIC HEALTH PERSPECTIVE

PREPARED BY: Dr. Anup Kumar Das
Department of Community Medicine

INTRODUCTION

PEM is a broad spectrum of nutritional deficiencies caused by inadequate intake of protein and calories, leading to growth retardation, muscle wasting, and increased susceptibility to infections.

Dr Anup Das

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SIGNIFICANCE IN PUBLIC HEALTH

- Affects millions of children worldwide, especially in developing countries.
- Strongly associated with poverty, food insecurities, and infections.
- A major cause of child morbidity and mortality.

Dr Anup Das

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A global challenge a global challenge of proteiin-energy malnurition

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Home PEM final (1).pdf



A global challenge a global challenge of protein-energy malnutrition


Dr Anup Das

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EPIDEMIOLOGY (as per latest data)

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TYPES OF PEM



<p>MARASMUS (SEVERE ENERGY DEFICIENCY)</p> <p>Severe wasting, no edema.</p> <p>Muscle and fat loss, prominent bones.</p> <p>Child appears alert but irritable.</p>	<p>KWASHIORKOR (SEVERE PROTEIN DEFICIENCY)</p> <p>Edema (swelling in legs and feet).</p> <p>Fatty liver, enlarged abdomen.</p> <p>Skin changes (dermatitis, depigmentation).</p> <p>Child is apathetic, irritable, and weak.</p>	<p>MARASMIC-KWASHIORKOR (COMBINED DEFICIENCY)</p> <p>Severe wasting + edema.</p> <p>Higher risk of infections and mortality.</p>
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SOCIOECONOMIC CAUSES:

Poverty, lack of access to nutritious food.

DIETARY FACTORS:

Inadequate breastfeeding or early weaning.

Dr Anup Das

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• MARASMUS

- Face looks like a prematurely old man
- Impression of ribs can be seen
- Emaciation
- Limbs like stick
- No subcutaneous fat
- Edema nil

• KWASHIORKOR

- GROWTH FAILURE
- APATHY IRRITABILITY
- HAIR CHANGES
- MUSCLE WASTING
- ANEMIA
- FATTY LIVER
- VILLOUS ATROPHY OF SMALL INTESTINE
- DEPIGMENTATION OF SKIN
- DERMATOSES
- EDEMA (HYPERALBUMINEMIA)

DIAGNOSIS OF PEM

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PREVENTION STRATEGIES

PROMOTING BREAST FEEDING AND INFANT NUTRITION	MATERNAL NUTRITION & EDUCATION	COMMUNITY BASED GROWTH MONITORING	FOOD SECURITY MEASURES
<ul style="list-style-type: none"> • Exclusive breastfeeding for 6 months. • Adequate complementary feeding from 6 months onwards. 	<ul style="list-style-type: none"> • Ensure proper antenatal care. • Provide iron, folic acid, & calcium to pregnant mothers. 	<ul style="list-style-type: none"> • Anganwadi centers, ASHA workers tracking child growth. 	<ul style="list-style-type: none"> • Public Distribution System (PDS) providing subsidized food grains. • Fortification of food with essential micro nutrients. 

RECENT UPDATES AND RESEARCH

WHO GLOBAL ACTION PLAN ON CHILD WASTING (2023)



INTRODUCTION OF READY TO USE THERAPEUTIC FOODS

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OUTCOME :

By the end of this webinar, participants will have a clear understanding of Protein-Energy Malnutrition (PEM), its causes, symptoms, and health impacts, especially in vulnerable populations. They will be equipped with knowledge of effective prevention strategies, including proper nutrition, early detection, and community-based interventions. This awareness aims to support better health outcomes and reduce the prevalence of PEM in at-risk communities.