

WASTING

Definition

Wasting is a condition that reflects a state of acute malnutrition and is recognized when the weight-for-length index or weight-for-height index is below 2 SD of the World Health Organization (WHO) growth standards for children.

Can be classified according to its severity; a) moderate when the weight-for-height index is between -2 SD and -3 SD and b) severe when it is less than -3 SD (1,2).

Importance

Is a major health problem that affects linear growth and development in children. This indicator can be used to assess short-term effects such as food shortages, inadequate food intake and the presence of disease; in addition to increasing the risk of mortality and morbidity. Children with wasting are at risk of entering a "vicious cycle" between infection and wasting. The WHO states that improving the proportion of children with wasting who receive timely treatment, as well as the prevention of this problem, are essential to improve child survival rates (3).

Data sources

The National Health and Nutrition Surveys (ENSANUT) was used.

In 1986, Mexico established the National Health Survey System with the aim of generating evidence to support planning and evaluation in the health sector through these surveys.

ENSANUT collects information on the frequency, distribution and trends in relevant health and nutrition indicators, as well as their social determinants.

To estimate the anemia, we used ENSANUT 2006, ENSANUT 2012 and ENSANUT 2018. These surveys have probabilistic sample and by clusters with representativeness national, regional, state and by strata urban and rural.

Indicator estimation

The prevalence of wasting was estimated separately for children aged 2 to 4 years. These estimates were calculated at national, state, and regional levels, across urban and rural strata, and taking into account sex and socioeconomic level.

Results

Prevalence of wasting in the years 1988, 1999, 2006, 2012, 2016 and 2018

	Prevalence (%)					
	1988	1999	2006	2012	2016	2018
Nacional	6.2	2.1	2.1	1.6	2.0	1.4
Region						
North	9.5	2.2	2.3	1.9	1.7	1.4
Center & Mexico City	5.9	2.3	2.1	1.2	2.0	1.0
South	5.0	1.7	2.0	2.1	2.2	2.0
Sex						
Men	5.9	2.6	2.7	1.8	2.6	1.8
Women	6.4	1.5	1.5	1.4	1.4	1.0

References

1. Organización Mundial de la Salud. Marco global de vigilancia en nutrición: directrices operacionales para el seguimiento de los progresos hacia el logro de las metas para 2025.
2. United Nations Children's Fund. Improving child nutrition: the achievable imperative for global progress. New York: United Nations Children's Fund, 2013.
3. World Health Organization. (2014). Global nutrition targets 2025: wasting policy brief. World Health Organization. <https://apps.who.int/iris/handle/10665/149023>.