

OSTEOPOROSIS, ARTHRITIS AND MUSCULOSKELETAL DISORDERS

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Hidden hunger among women - A cause for osteoporosis

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Statement of the Problem: Hidden hunger generally known as micronutrient malnutrition develops when there is a deficiency in the micronutrients such as vitamins and/or minerals. These deficiencies of micronutrients could be due to insufficient dietary intake or poor absorption. Though required in minute quantities, the deficiency would result in severe health issues. This hidden hunger is seen across the globe, among all age groups and different physiological statuses. Deficiencies of calcium, vitamin D, and phosphorus might lead to osteoporosis in later life. Restricted diet, anti-nutritional factors present in the food, higher micronutrient demands during specific phases such as pregnancy and breastfeeding, and health concerns such as illnesses, and infections, can lead to micronutrient deficiencies. The clinical signs of hidden hunger, like deterioration of bone health due to insufficient Vit D3 and calcium, are often seen at a very later stage. Most people have “invisible signs” or the less evident symptoms that lead the micronutrient deficiency to a hidden problem.

Methodology & Theoretical Orientation: Hidden hunger is a highly prevalent problem that still remains uncontrolled. For the present study, the keywords used were 'hidden hunger, micronutrients, malnutrition, osteoporosis, women's health'. Databases such as PubMed, Google Scholar, and Web of Science were searched for relevant material. The orientation of the study is as follows:

- Prevalence of osteoporosis among women
- Factors leading to osteoporosis
- Strategies to manage osteoporosis

Findings: It is estimated that two million people suffer from hidden hunger globally. The factors that lead to hidden hunger include genetics, socioeconomic, physiological, nutritional, and behavioral. The strategies to manage/prevent hidden hunger are - home gardening, dietary diversity, supplementation, medication, food processing, food fortification, and lifestyle modification.

Conclusion & Significance: Hidden hunger is a huge problem but is often overlooked. Osteoporosis, if left undiagnosed and untreated may result in serious health consequences to the women as well as the family.

Recent Publications

1. Ms. Zainab Cutlerywala. Effect of Physical activity on enhancing Bone health among women., on 15th International Conference on Orthopedics, Osteoporosis & Trauma from March 14-15, 2022 in London, UK (Virtual oral presentation)
2. Given talk on Nutrition and Fitness at a community gathering in Pune.

Biography

Zainab Cutlerywala., Asst. Faculty Institute of Nutrition and Fitness Sciences. An INFS Expert Certificate and ESS certification holder and has been training online in Fittr for two years She is an Asst. Faculty at INFS and handles various papers at INFS.

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