

## What does it mean?

April 2010

### Greetings CKI!

Have you ever wanted to know what some words and definitions were when it comes to the hungry? If so, I have some news for you. If you haven't, I hope that this helps, especially since more and more people are going hungry everyday.

**Hunger:** the body's way of signaling that it is running short of food and needs to eat something. Hunger can lead to malnutrition.

**Undernourishment:** describes the status of people whose food intake does not include enough calories to meet minimum physiological needs. The term is a measure of a country's ability to gain access to food and is normally derived from Food Balance Sheets prepared by the UN Food and Agriculture Organization (FAO).

**Malnutrition/Undernutrition:** defined as a state in which the physical function of an individual is impaired to the point where he or she can no longer maintain natural bodily capacities such as growth, pregnancy, lactation, learning abilities, physical work and resisting and recovering from disease.

**Protein energy malnutrition:** a form of malnutrition measured not by how much food is eaten but by physical measurements of the body - weight or height - and age.

**Stunting:** reflects shortness-for-age; an indicator of chronic malnutrition and calculated by comparing the height-for-age of a child with a reference population of well nourished and healthy children  
According to the UN Standing Committee on Nutrition's 5th Report on the World Nutrition Situation (2005) almost one third of all children are stunted.

**Wasting:** reflects a recent and severe process that has led to substantial weight loss, usually associated with starvation and/or disease

**Underweight:** measured by comparing the weight-for-age of a child with a reference population of well nourished and healthy children.

Thank you for taking the time to read up on your CKI and STUFH terminology and I hope you found this resource helpful to your efforts to help your local communities combat hunger.

Yours,

*Toby Markham*

Toby Markham

2009-2010 Service Ambassador to Students Team Up to Fight Hunger

### Contact Information:

Toby Markham  
STUFH Service Ambassador  
toby.buckeyetrails@gmail.com

Dan Kahn  
President, STUFH  
dkahn@stufh.org



#### THE 2009-2010 SERVICE COMMITTEE

KRISTEN REED – New York District, RACHEL BENNETT – Southwest District, LAUREN DELANA – Utah-Idaho District, AVANTI KOLLARAM – Capital District

LYSSA BERGSTROM – Wisconsin-Upper Michigan District, TOBY MARKHAM – Ohio District, JEN HSIEH – New Jersey District

MINERVA THAI – Carolinas District, CAL BURTON – Capital District