

The Double Burden of Malnutrition in Mexico

The prevalence of obesity in Mexico is amongst the highest in the world. Mexicans are increasingly replacing traditional foods with ultra-processed foods and sugar sweetened beverages. As a result, many are suffering directly from the double burden of malnutrition (DBM).

The DBM occurs when over nutrition (overweight & obesity) happens simultaneously with undernutrition (stunting, wasting, nutrient deficiencies).



1

Pregnancy

Pregnant women consume ~27% of total calories from UPFs, which increases the risk of gestational DM and preeclampsia. 53.3% of children with stunting have overweight or obese mothers. The DBM in mothers may correlate with DBM development in their children.

2

Infant

94.2% of Mexican mothers breastfeed. Mexican families may mix breastmilk or formula with sweetened liquids which increases the risk of tooth decay, iron-deficient anemia and may increase the risk of developing DBM.

3

Toddler & Preschooler

Amongst children <5, 13.9% suffer from stunting, 4.4% are underweight, 1.5% suffer from wasting, and 8.4% are overweight. Poor early childhood nutrition increases the risk of NCDs and the DBM.

4

Child & Preadolescent

The consumption of UPFs and SSB increase the risk of the DBM in children and preadolescent children of lower socioeconomic status. 19.6% of children are overweight and 18.6% are obese.

5

Adolescent

Micronutrient deficiencies, stunting and anemia are prevalent amongst this population. 26.8% are overweight and 17% are obese. This increases the risk of developing NCDs and the DBM.

6

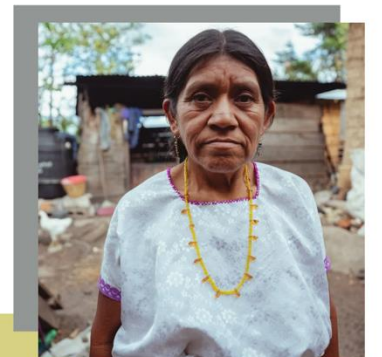
Adult

75% of adults are overweight or obese. The prevalence of T2DM and HTN in Mexican adults are 15.7% and 30.2%, respectively. UPFs account for ~30% of daily food intake and SSBs account for 9.8%.

7

Older Adults

Metabolic risk factors and NCDs are primarily responsible for loss of health. 53.1% suffer from HTN, 16.3% T2DM, and 11.6% from heart disease. The DBM during the lifecycle may contribute to these health issues later in life.



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