



Chronic Malnutrition (or Stunting)

This type of undernutrition:

- Is a slow, cumulative process that develops over the long-term as a result of inadequate intake or repeated infections, or both.
- Results in people being too short for their age and it may impair their physical and/or mental development.
- Does not necessarily mean that current dietary intake or health is inadequate - the growth failure may have occurred at some time in the past.
- Goes mainly unnoticed and is sometimes referred to as 'silent malnutrition'.
- Stunting is often believed to be irreversible after two years of age. However, a recent study has demonstrated that interventions that improve nutritional status and offer early childhood stimulation - even after the first two years of life - may help to counter the effects of early stunting.