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Food Insecurity

# Introduction

Today, the world is suffering from different chronic concerns which eventually threats the existence of living objects. It is crucial to focus on growing issues and offer better living circumstances to humans. Food insecurity is one of the major universal problems that require necessary attention. It is important to figure out all the dimensions of the food insecurity critically and identify the possible causes of this serious problem. Exploration of the causes of the problem is necessary because it leads to offer possible and most effective solutions to deal with the problem of food insecurity. The phenomenon of food insecurity is defined as the improper or uneven distribution of food for the human population. Unequal consideration of food is one critical concern it ultimately badly influences the domain of food security. When people have not enough food to consume than it reflects the issue of food insecurity. Here, the main focus is to critically explore the perspective of cause and effect of the problem of food insecurity specifically in the case of children.

**Discussion**

Proper consideration of the domain of cause and effect of food insecurity is important because it eventually affects the overall development process in the case of children. Provision of healthy food to all children is utmost crucial to obtain and sustain better forms of growth for all children. It is characterized as one of the fundamental rights of every child to get healthy food intake to meet their nutritional requirements. Undoubtedly, all forms of the population are critically affected by the increasing issue of food insecurity (Ilaboya). The issue of food insecurity is getting worse every day that requires some practical measures. Food insecurity is characterized as one of the major factors that lead the world to the verge of instability. Key challenges associated with the issue of food insecurity demands to offer some realistic solutions.

At the first step, it is integral to observe the entire issue of food insecurity keenly. Understanding of the problem helps to determine possible cause and effects that finally make it easy to propose realistic and viable solutions. The problem of food security can observe in many different forms that have their complications and consequences. The issue of food insecurity is closely linked with the perspective of globalization. The most significant form of food insecurity is that the world has enough food for everyone, but there is an issue that appeared when it comes to equal distribution of all the food resources. It is important to mention that the unequal distribution of food resources drastically influence the lives of children most of the underprivileged countries. Children who belong to developing countries never have enough chances to get the required form of food that ultimately threaten their existence (Ilaboya). Exploration of the perspective of cause and effect is essential to offer some better solutions to the problem of food insecurity specifically for the children. It is vital to identify the cause and effects relevant to food insecurity to ensure a better understanding of the entire scenario of food insecurity.

**Causes and Effects of Food Insecurity**

Poverty

The problem of poverty is characterized as one of the major problems that cause the growing issue of food insecurity. It is obvious that poor people lack when it comes to the availability of sufficient resources to produce or buy quality or enough food. This particular cause is greatly prevailing in case of the issue of food insecurity specifically for the children. Countries with low income are incapable of produce enough and healthy food for children that is essential for them to attain a better form of growth and development. Lack of economic resources at country level ultimately affect food intake for children. Poor farmers are forced on to less productive land due to the lack of economic resources and political voice (Zepeda). It is the core responsibly of the government to address poverty in order to make that people have sufficient food to eat.

Low rates of food production

It is notable to mention that insufficient financial support is making it hard for farmers to grow more crops and fruits. The amount of food production in the United States has not been able to match the extent of the growing population. World's population is growing at an alarming rate, but the unavailability of sufficient resources results in food insecurity. Majority of the countries are relying on the food import from other countries as they are suffering from food insecurity. Countries are not investing greatly in agriculture, but they often forget that agriculture is the backbone of the economy. Being enriched in agriculture will improve the economy of a country, and it will help children and adults from various health issues regarding insufficient consumption of food. Countries must need to focus on coping with the situation by enriching their own agriculture industry so that they can mitigate the severe issue of food insecurity.

Lack of Infrastructures

Lack of infrastructure is a major problem that contributes to food insecurity. Lack of access to food is due to the lack of proper infrastructures. For instance, there are some places across the country where transportation of food is difficult. Due to ineffective transportation of food to various areas, hunger rises. Majority of the poor communities are living in less developed societies where roads are not developed due to which it is not possible to reach to everyone who is in need of food (Ilaboya). It is noteworthy to mention that various agriculture fields are not getting sufficient water supply due to ineffective irrigation infrastructure. The lack of water and sanitation infrastructure are major factors that increment hunger and food insecurity. Children and young adults spend hours each day fetching water which is pulling them away from productive activities.

Climate Change

The entire world is experiencing the effect of climate change due to human-induced factors. The burning of excessive fossil fuels results in the emission of greenhouse gases along with carbon dioxide that goes into the atmosphere and traps there. Radiations from sun heat these greenhouse gases which results in global warming. Global warming is the major contributor to climate changes due to the change in ocean currents. Climate change is another significant factor as it fuels up food insecurity. This is the greatest environmental change and success of meeting this paradigm will determine the future of food insecurity. Due to the increase in temperature, the overall climate of the world is changing which is catastrophic for humans. Now, some places are suffering from significant drought while others are facing immense rainfall. Various agriculture fields are unable to grow crops due to the long rainless season which is contributing to food insecurity (Zepeda). Governments need to make strong policies such as carbon tax to limit the burning of fossil fuel in order to combat hunger.

Unstable Markets

An unstable market is another crucial factor that results in hunger and food insecurity. People mostly spend a major portion of their income on food due to poor financial conditions. Unstable market conditions create additional hardships for these people to buy food for them and for their families. The basic grains such as corn, rice, and wheat are the main ingredients that make up a prominent share of calories. The rise in the prices of these ingredients make it hard for people to afford as they are already struggling to meet their basic needs. Parents tend to cut back the quantity of food due to the rise in food prices which significantly affect the health of children. If the prices upsurge for a longer period, then they might pull their children out of school to earn income so that they can fulfill their need for food. It is notable to mention that people who are hungry are malnourished, especially children, children are not getting enough proportion of food. Insufficient amount of protein for long time results in weight loss in children and in server cases their bodies begin wasting. Food insecurity is recognizable in the physical appearance of poor children who are not able to get enough nutrients to keep themselves healthy. It is evident that everyone needs sufficient nutrients to lead a healthy life. However, food insecurity makes it difficult for people to consume an adequate amount of food which might lead to lifelong effects of chronic diseases.

**Conclusion**

In a nutshell, food insecurity is a major problem which is growing its feet in various regions of the world. Poverty is a significant paradigm that contributes to hunger and food insecurity as people are unable to afford food for their families. The food intake of children is affecting due to the lack of economic development in various countries which results in the emergence of various chronic diseases. Countries are not focusing on the agricultural industry due to which there is a momentous lack of adequate production of food. Global warming is changing the climate of the whole world which results in catastrophic droughts in various regions. Insufficient supply of water is disrupting the agricultural fields which contribute towards food insecurity. Governments need to establish a proper infrastructure to address the issue of hunger and food insecurity.

Works Cited

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