

BÖLÜM 8

AFET VE ACİL DURUMLARDA ÖNEMLİ BESLENME YETERSİZLİĞİ HASTALIKLARI

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GİRİŞ

Son yıllarda tüm dünyada deprem, tayfun, kasırga gibi doğal afetler ve afetlerin neden olduğu toprak kayması, tsunami, bina çökmeleri ve çatlaklar gibi felaketler meydana gelmektedir (1). Bu tür bir dizi afetten sonra etkilenenlerin yaşam koşulları genellikle kötüleşir ve beslenme koşullarında bozulma görülür. Böyle durumlarda özellikle bebekler, hamile ve emziren kadınlar, hastalar ve yaşlıların hayatta kalabilmeleri için yeterli beslenmeye ihtiyaçları vardır ve öncelikli desteğe ihtiyaç duyarlar (2). Ancak, doğal afetlerden sonra anne ve çocuklara verilen destek çoğu zaman yetersiz kalmaktadır. Beslenme uzmanlarının bile, yemek teslimatları kesintiye uğradığında acil yemekler sunmak için alternatif menüler oluşturmaya hazır olmadığı bildirilmiştir (3). Mülteci kamplarında özellikle ergenlik dönemindeki kızlar, düzensiz beslenme alışkanlıklarına, düşük demir içeren yiyeceklerin alınmasına ve demir emilimini engelleyen yiyeceklere yol açan gıda yardımına bağımlıdırlar (4).

Yetersiz beslenme, çocuklarda büyümeyi engeller, temel vitamin ve minerallerden yoksun bırakır, bulaşıcı ve kronik hastalıklara karşı daha duyarlı hale getirir. Küresel olarak, 5 yaşın altındaki çocuklar arasında yetersiz beslenme oranları yükselmeye devam etmektedir. 2020 yılına kadar yaklaşık %22'si (149

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bitkisel yağ ve iyotlu tuz gibi kuvvetlendirilmiş gıdalar, genellikle afet ve acil durumlarda gıda temininin bir parçası olarak tercih edilmektedir. Ayrıca, afet sırasında ve sonrasında periyodik olarak takviyelere ve zenginleştirilmiş gıdalara duyulan ihtiyaç değerlendirilmelidir. Kriz hafifledikçe, takviyenin genel dağıtımı muhtemelen azaltılacak ve daha sonra giderek belirli grupları hedef alacaktır. Zenginleştirme veya takviye olmadığında, diyetlerin çeşitlendirilmesi ve dengelenmesi gerekir. Bununla birlikte, lojistik kısıtlamalar nedeniyle taze, çabuk bozulan gıdaların büyük ölçekte dağıtılmasının zor olduğu kanıtlanmıştır. Bu mikro besin ögesi eksikliklerin çoğu, beslenme eğitimi, çeşitli gıdaları içeren sağlıklı bir diyet yanı sıra gerektiğinde gıda takviyesi yoluyla önlenabilir. Mevcut birçok zorluğa rağmen, afet ve acil durumlarda popülasyonların beslenme durumlarını iyileştirme çabaları devam etmeli ve büyük bir halk sağlığı sorunu olarak öncelik verilmelidir.

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