

A comprehensive Review on Impact of Malnutrition on Street People of India

Tayanika Tapadar¹, Jagannath Ghosh^{2*}

¹M.Sc. student, Department of Food and Nutrition, Swami Vivekananda University, Barrackpore, W.B., India

^{2*}Assistant Professor, Department of Food and Nutrition, Swami Vivekananda University, Barrackpore, W.B., India

Corresponding author: jagannathg@svu.ac.in

ABSTRACT

The world's homeless population is growing daily. The 2024 census estimated that 150 million people—also known as street people—were homeless. This demography will soon surpass that of India in particular because of poverty, dysfunctional family systems, and intra-family conflicts. The majority of street people are employed as sellers, beggars and other workers. Therefore, malnutrition is prevalent among homeless persons. Additionally, food habits and the physiological alterations they cause may exacerbate chronic illnesses, increasing susceptibility and decreasing quality of life. The majority of street persons were malnourished, while only a small portion had normal nutritional status. Malnutrition and chronic illnesses are among the psychological and health issues that street people face as a result of their improper lifestyle and lack of access to adequate food. Prevalence of homeless persons wandering the streets, which is a sign of malnutrition and poor nutritional health. The goal of the current study is to highlight the nutritional state of homeless persons.

Keywords: *Street people, Beggars, Sellers, Malnutrition, Nutritional status*

Introduction

The growing incidence of street people in major cities in India as well as human carriage, kidnapping, Indecent assault and a host of antisocial behaviour has break down of the Family system. For instance, female beggars taking shelter under the open area on street. Street people and homelessness are often happened for anti-social behaviour issues by various stakeholder, including the briadcaster, legislator, dealer, law Administration officers and organization, well-being and community service providers, the common people (Lynch, 2005). To this end, a survey report indicated that street people were victims of Abuse, neglect and abandonment (GN/UNICEF, 1990). According to Lynch (2005), an average of most people is likely to beg daily. Carrous (cited in Qudiz, 2005:46) reported that an estimated 850 million people are famished while 2 billion suffer from nutrients deficiencies. In view of this, it was subjected that between now and upcoming year, there will be food-oriented Problems, with the Most endangered cities in India being Near and north- East, the Uttar Pradesh, Bihar, Madhya Pradesh and Andhra Pradesh. In consent, Wolf (2005) described that people, who ask for money, do so in order to Meet likelihood needs; in addition, Qudiz (2005) revealed that 88% of answered indicated sufficient Nutritional needs as their major reasons for solicit money as compared with need for housing (53%), Alcohol-reliance (41%), health maintainence (29%) and drug used (24%). We remarked that none of the informer solicit money because it was remunerative or easy money; the hypothesis drawn from all these studies point out that Impoverishment is the main factor associated with street people. All these and many more full carries to assess the reason and outcome of street people in India.

Street People earn a itinerant life while occupying streets as their living and Subsistence place. Street people are referred as the people who are shelterless and Reside on the streets at different urban Cities and places worldwide, they are also known as Street old age and street children. There is no specific statement for street people. For law makers the thought Given by UNICEF's stategy for street people is "shelterless female and male the age of 7 years to 80 years Living on the streets"2 polygyny parents and turned Down from home that is the major reason for people to start dwelling on the streets in enlarged Countries. Street people are often found to be distinctly involved in Thievery, drug trafficking, criminal activities owing

to lack of submission to society, folklore, virtuous, wages, dwell, health, social community network, nutrition and hygiene, Adolescent children are found Gratify in low paying labours, parking, car washing, shoe polishing, mechanical work and more. Most of these people come from families conflicted with intra-family quarrel; Impoverishment and poor family Structures who operate to push the people on to the Streets or run off from their residence. The number of Street people is on a continual arise with each passing Day and they are anticipated to reach a rising number of 800 million in the Scarcity of appropriate bring forward Particularly for this group of the community. There are 53% of street people who suffer from Chronic malnutrition and 63% go to bed with starvation, 7.27 Million are mostly underweight and 33 million are drop Out from school. Most of these People work as beggars, Car washer, street vendors, garages helpers, newspaper distributaries and other perilous works. This puts Them at the risk of dropping of human capital that can turn to become providing citizens of the country for a better economy and hence, poverty alleviation. As stated by The community for the conserved of the Rights of the people (SPARC) there are 1.2-1.5 million Of street people in built-up areas of India of whom Malnourishment census are unspecified. This diminished part of the community needs to be dealt with at the brittle stage of adolescence to enhance their health evaluation and support them in becoming well and responsible people of the country to ease the Financial as Well as health burden. Therefore, health need evaluation of nutrition of street people.

The Nature of Street People

In Asia, women from impoverished countries like India were attached by organized 'network' to solicit money in cities (Wikipedia Free Encyclopedia 2007). The people usually assemble the process from them. Some beggars print illegal materials or posters related to scheme or any charitable association, which were establish to be either dispersed or non-extinct (Wikipedia Free Encyclopedia 2007). Street people may have trouble estimating services due to their compound amenities and susceptibility. Street people may occurrence distinction, which can make it trouble to attach new groups. Street people may acquaintance with health disproportion due to their deficiency of appraise to sufficient health wellness.



(Source: Allahabad, India – February 10, 2013)

Health status of street people

In this report street people who had no hand cleaning practice before consume meal were more under-Nourished as compared to the people who had habitude of hand cleaning. Same information was found by the report accompany in India. This report indicates that the malnutrition is accurately significantly related with the low age group of people. Malnutrition build- up more Among low age group as collate to the higher than Age group (p-value <0.005). Although, age of the street people made no distinction in nutritional evaluation was established in a report accompany by Tufail et al. There was No accurately important association Established of malnutrition with person and education status (p-value>0.05) In present study. Report established by subjected that the inferior level of education was found often on the street and research report was established in a study that un-enrolled in school Children were associated with the underweight status of the street people:

STREET PEOPLE	PERCENTAGE
Underweight	31
Wasting	19
Malnutrition	63

Stunting	37
Arithmetic Failure	9

(source:CIAF)

Prevalence of Malnutrition

Prevalence of malnutrition among street people Was build up high risk of malnourished rate. In the Recent report which may incapacitate the immune Function of body in the long period. In the sake of this, there was a importance affiliation between hand disinfection practices and related an Communicable diseases Like dysentery & flu in the past few months. The Probability of high Contagious rates due to impoverished living circumstances on the street, is likely to diminish the ferocious cycle of malnutrition and communicable disease. In recent study, no affiliation between dietary consumption and nutritional evaluation of street people was established. Same report was found in a study build up on the nutritional evaluation and adult people in India. It could be reason to the Restriction in dietary consumption Measurement based on recall. Like there were reported in a study guided by Hakim et al, that the large Portion of street people was established to be the malnutrition (66.67%) due To the Deficiency of Ingress to Protected consume water, insufficient Nutritious foods, deficiency of hygiene habitude and Sanctuary. It has been established in literature that hygiene habitude reflects the nutritional evaluation of each person. In The human body function to Assistance Enhancement and development, Wellness, nutritional attention and physiological activities cure Causation of diseases. If nutrients lack exists for longer period, they Consequence in intervention with body performing and hence Aggravated the causation of Diseases. Malnutrition diminish the immunity and this Makes the people more endangered to the contagious disease. Consuming hazard food, insufficient dietary consumption of important nutrients, imperfect dietary practice and reiterate illnesses are immediate reason of Malnutrition. Stress associated to deficiency of nutrition and shelterless can associate to prior smoking and other unethical behaviors of these people. That's why these Street people are considered as aberrant and lawbreaker. Street people have wide vulnerability to diseases such As chronic issues like respiratory Problems, parasitic damaged, and skin contamination. They are also at high probability of materiality abuse. The issue of exposure to

diseases requires higher nutritional consumption.

Consequence

This study has recognized that street people are associated with such informal factors as homelessness, impoverishment, joblessness and family refusal to solicit money. Substantiation also shows that researchers are searching for lasting ways of decreasing the situation of solicited money. As long as estimates such as zero monitoring, referral interference has capitulated little, a more dynamic perspective is essential. Also, considering literature as referred that most of the people who solicit money were people of a young generation, it is implicit that the nation is deprived of the profitable contribution of such people, in India as well as endangering the lives of people. The elucidation does not lie with administration alone. Therapy should focus on the family initially, whose chief responsibility of supervision, fondness and amenities of basic prerequisite of life have been displaced as a consequence of industrialization, detachment and judicial separation. Family therapy clinics should be confronted in this area by demoralizing families from immersing young people in street solicited money, support to modify their perspective, and constructing them to perceive the jeopardy inherent in street solicited money which includes accident trouble, sexual abuse and criminal offence.

Conclusion

Most of the street people ramble the streets of India are underweight implying malnutrition. Length of life and hand hygiene are energetically affiliated elements with the nutritional evaluation and the administration retroversion model recognize age and hand hygiene habitude along with task of garbage taker and technological as the powerful forecaster of malnutrition among the report contributors. Malnutrition is a national problem and particularly among the street people. It is a very non-reported area. It should be negotiated with precise policy commensurate and programs commencement particularly for these underprivileged people. Clash of interest: None. Author's assistance: formulation, data assembly, arrival, study plan, document writing, NA: formulation of study plan, final acceptance, MR: Conception of study, data assembly, critical assessment, SA & RA: Data inspection and explanation, Document writing. In prevalence of street people in our country, most of the people are high risk of malnutrition due to they could not get enough

food and drink for the consumption. For being effects of malnutrition that prone to health issues and chronic diseases which end result is mortality. Leanness and stagnant were prevalent among street people and are Affiliated with insufficient meals, improvement dietary area, substance misuse, Hazardous water sources, and sickness histories that could be objected for multisectoral interference.

Reference

Mohiddin, L., Phelps, L., & Walters, T. (2012). Urban malnutrition: a review of food security and nutrition among the urban poor. *Nutrition Works*, 8.

Hakim, M. A., & Rahman, A. (2016). Health and nutritional condition of street children of Dhaka city: an empirical study in Bangladesh. *Science Journal of Public Health*, 4(1), 6-9.

Padgett, D. K. (2020). Homelessness, housing instability and mental health: making the connections. *BJPsych Bulletin*, 44(5), 197-201.

Julien, G. (2023). Street Children: Getting to Know Them. In *Promoting Diversity, Equity, and Inclusion in Language Learning Environments* (pp. 160-174). IGI Global.

Zhang, J. X., Cheng, J. W., Philbin, S. P., Ballesteros-Perez, P., Skitmore, M., & Wang, G. (2023). Influencing factors of urban innovation and development: a grounded theory analysis. *Environment, Development and Sustainability*, 25(3), 2079-2104.

Plummer, M. L., Kudrati, M., & Yousif, N. D. E. H. (2007). Beginning street life: Factors contributing to children working and living on the streets of Khartoum, Sudan. *Children and Youth Services Review*, 29(12), 1520-1536.

Hossain, G. M., Sarwar, M. T., Rahman, M. H., Rouf, S. M., Raza, S., Ud-Daula, A., & Hossain, S. (2013). A study on nutritional status of the adolescent girls at Khagrachhari district in Chittagong hill tracts, Bangladesh. *American Journal of Life Sciences*, 1(6), 278-282.

Zheng, Z. W., & Chou, R. J. (2023). The impact and future of edible landscapes on sustainable urban development: A systematic review of the literature. *Urban Forestry & Urban Greening*, 84, 127930.

Psaki, S., Bhutta, Z. A., Ahmed, T., Ahmed, S., Bessong, P., Islam, M., ... & MALED Network Investigators. (2012). Household food access and child malnutrition: results from the eight-country

MAL-ED study. Population health metrics, 10, 1-11.

Shrimpton, R., & Rokx, C. (2012). The double burden of malnutrition. A Review of Global Evidence. Washington, DC: World Bank.

Haddad, L., Hawkes, C., Udomkesmalee, E., Achadi, E., Bendeck, M. A., Ahuja, A., ... & Shyam, T. (2016). Global nutrition report 2016: From promise to impact: Ending malnutrition by 2030. International Food Policy Research Institute.