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Montenegro, Malnutrition

Montenegro: Malnutrition is one of the most serious health issues.

The Republic of Montenegro has been an independent country since 2006. Montenegro is located in the Balkan Peninsula in southeastern Europe. It borders Bosnia and Herzegovina to the north, Serbia to the northeast, Kosovo to the east, Albania to the southeast, and the Adriatic Sea and Croatia to the west (Encyclopedia Britannica). Famous for its magnificent coastline, limestone peaks, and glacial lakes. With an incredible culture and tradition, it counts with a population of 621,873 inhabitants (*World Bank, United Nations*). The English name of the country is derived from Venetian, translated as "Black Mountain", derived from the appearance of Lovqin Mountain in the dense evergreen forest. The administrative capital of Montenegro is Podgorica, although its cultural center is the historic capital and ancient Cetinje. For most of the 20th century, Montenegro was part of Yugoslavia. From 2003 to 2006, it was part of the Federal Union of Serbia and Montenegro. Unfortunately, the people of Montenegro face many challenges, including the national poverty rate of 8.6%.

Montenegro's terrain varies from high mountains along its borders with Kosovo and Albania to karst areas in the western Balkans, as well as narrow coastal plains that are only 1 to 4 miles (2 to 6 kilometers) wide. The coastal plain vanished entirely in the north, where Lovchen Mountain and other peaks arose abruptly from the Kotor Bay's entrance. Coastal districts are well-known for seismic activity. Karst areas in Montenegro are usually located at 3,000 feet (900 meters) above sea level, although some areas rise to 6,000 feet (1,800 meters). The lowest part is in the Zeta River Valley, about 1,500 feet (450 meters). This river is located in the center of Nikšić Polje. Nikšić Polje is a flat, elongated karst area, which is a typical feature of karst areas. The main limestone rock layers have also melted down, forming subsidences and underground caves. Montenegro's mountains have some of Europe's most rugged terrain, with an average elevation of more than 7,000 feet (2,000 meters). It's worth noting that Bobotov Peak in the Durmitor Range is the country's highest point, at 8274 feet (2,522 meters) above sea level. The Montenegrin Mountains were the most frost-eroded region in the Balkans during the last ice age.

According to Encyclopedia Britannica, the climate in the lower part of Montenegro is the Mediterranean, with dry summers and mild, rainy winters. The temperature varies dramatically depending on altitude. In July, Podgorica, which is near sea level, is the hottest place in the world, with an average temperature of 27°C (81°F). The average temperature in Cetinje, which is situated at an altitude of 2,200 feet (670 meters) in the Karst region, is 10 degrees Fahrenheit (5 degrees Celsius) lower. In January, the average temperature in Bar, on the southern coast, ranges from 46°F (8°C) to 27°F (3°C) in the northern mountains. A third of Montenegro is still covered in broad-leaved woodland, mostly in the high mountains. However, in most parts of the southern karst region, where there is usually no soil, bare rock is the norm. The region was still forested in the classical period, with oak and cypress trees dominating, but the soil was heavily eroded due to deforestation for domestic fuel and building, which eventually led to the replacement of Mediterranean bushes called shrubs.

Encyclopedia Britannica states that despite the country's limited soil and climate suitability, agriculture dominated Montenegro's economy until the middle of the twentieth century. Only about a tenth of the land is cultivated, with cereals accounting for about two-fifths of that. Grazing is the primary agricultural activity in highland areas. Forests cover more than two-fifths of Montenegro, and forestry is an important economic sector. Despite the country's extensive coastlines, commercial fishing is insignificant. Montenegro's primary metal resource is bauxite, which is used to make aluminum. Mostly found near Niki. The Piva River Power Plant, which is located on a tributary of the Drina River, and the Peruchka Plant, which is located on the Zeta River, both produce massive amounts of hydroelectric power. In Montenegro, there is also a thermal power plant that burns lignite coal mined near Prevlja.

This beautiful country encompasses 2000 households. The average size of the households is 3, 7 members, of which 2, 6 are adults. The average Montenegro table of any farm stay is filled with meat, fresh cheese, homemade bread, and salads made from fresh vegetables. It also offers rich flavored dishes such as stews, smoked fish, and Montenegrin classic cuisine (such as Kamakak and Mahogany). They usually get their food from a local and green market, they like to make their food, like homemade bread. Compared with children born in countries with the highest levels of education and healthcare, children born in Montenegro now grow up to only 62% of their productive potential (*World Bank, United Nations*). All Montenegrin residents are required to have health insurance under the Healthcare Law. Approximately 96 percent of Montenegrins use at least basic health services. Information given by Montenegro - Energy Sector states that Montenegro's energy system is very small, with only 285,000 customers and a demand of approximately 3,400 GWh. Montenegro has hydropower and thermal power plant development potential. Tap water in Montenegro is regarded as safe.

The most popular types of business in Montenegro are renting cars, mopeds or motorcycles, beauty salons or massage rooms, hotels, inns or apartments, grocery stores, cafes or restaurants, travel agencies, entertainment centers. The average net earnings in Montenegro amounted to 521 euros (\$573) in April. The average poverty rate in Montenegro is about 8.6%, of which the poverty rate of economically vulnerable states is 33%. However, the average poverty rate in the northern region is about 10.3%. This trend is improving positively, it's currently on track or maintaining SDG achievement.

Due to rapid economic growth and increased agricultural productivity, the number of undernourished people has been reduced by nearly half in the past two decades. Many developed countries that have suffered from famine and hunger are now able to meet their dietary needs. Significant progress has been made in the eradication of extreme hunger in Central and East Asia, Latin America, and the Caribbean. Unfortunately, in many countries, extreme hunger and malnutrition remain major roadblocks to growth. As of 2017, an estimated 821 million people suffer from chronic malnutrition, which is typically caused by environmental degradation, drought, and biodiversity loss. Over 90 million children under the age of five are overweight or obese, putting their health at risk. Malnutrition and extreme food insecurity appear to be on the rise in almost every country of Africa and South America. By 2030, the Sustainable Development Goals seek to eradicate all types of hunger and malnutrition and to ensure that everyone, especially children, has access to enough nutritious food throughout the year. This includes promoting sustainable agriculture, assisting small-scale farmers, and ensuring that all people have equal access to land, technology, and markets. It also necessitates international cooperation to ensure infrastructure and technology investments to boost agricultural productivity.

Montenegro is a beautiful country in many aspects, but unfortunately, they have their issues too. An unease and concerning problem are malnutrition. Montenegro has made some progress in malnutrition, but they still lack many opportunities to achieve their goals. No progress has been made in achieving the goal of reducing anemia among women of childbearing age. Currently, 25.2% of women aged 15 to 49 are affected. There has also been no progress in achieving the low-birth-weight goal, with 5.5% of babies born very light (*Malnutrition Prevalence*). Most of the trends are worsening or staying the same. There is no progress being made with most of the goals. A cause is unemployment. Montenegro has been struggling with unemployment for many years. Hunger in Montenegro is largely caused by poverty, which is caused by unemployment. Malnutrition in Montenegro is not just a rural problem, the urban population suffers from it too. The country is affected by the economic crisis, which makes malnutrition a serious problem for the urban and rural population.

Women between the ages of 15 and 49 suffer from anemia but have not yet achieved the goal of reducing anemia. There has also been no progress in achieving the low-birth-weight goal, with 5.5% of babies born very light. The percentage of overweight children under 5 years old is 22.3% (*Global Nutrition Report*). Child malnutrition is related to poverty, low levels of education, and weak access to health services. Due to lack of healthy food, or even lack of food in general, people will get sick and access to health care becomes more complicated. Undernutrition or malnutrition can affect many aspects of children's development, such as hindering physical and mental development. It is the main cause of unhealthy and premature illness.

Many solutions have been brought up such as making sure they eat foods high in calories and nutrients. This reduces the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis, but not everyone has access to healthy food or even food in general which takes me to the other possible solutions. Community nursing services, as well as developmental counseling units, support parents in stimulating optimal child development. Supports major concepts of care such as, promoting mother- and baby-friendly principles, supporting breastfeeding, and promoting family-centered and developmental care that provides an optimal environment and stimulation for young children. Policies and practices in feeding infants and young children. Immunization coverage, maternal nutrition, early and exclusive breastfeeding, early and preschool nutrition, as well as improvement in the nutritional status of the most vulnerable children in Montenegro.

Two of the solutions stated before are more suitable and detailed than the first solution presented. The second and third solutions would meet the needs and help reduce malnutrition. We would start by targeting children under the age of 10 and adults. Let them know we are helping them, but it will not be a lifelong help. Show them how to plant vegetables and what food gives them more nutrients and protein. Volunteers for this project will be needed, we will display the need for volunteers in the media such as Instagram and Tik Tok and explain the purpose of the project. Volunteers should show interest and hopefully participate in the improvement of the country. We can ask our current volunteers to invite their friends to a volunteer event and spread the word.

We will be open, honest, and straightforward with the outcome. The materials given should be used to build their garden that provides nutrients. Money will be managed correctly; the result will be shared with the group, and nothing will be kept a secret. Donating or doing a charity to raise money to buy the seed and

tools, as for buying food we could develop a charity to raise money and buy what we need. Talk to businesses who maybe would want to sponsor or take part in the project. The community members can help with donations as well, not necessarily money, but tools that can help with the building can be donated. The money and donations being done will all go to the project, no money will be used for personal causes, and this will be all used to buy resources we will need.

Specific modern technology (tools) that are needed for the project will be purchased with the money being donated. These tools include fertilizers and pesticides applicator, carts, etc. As said before, if community members or businesses wish to donate, it does not necessarily need to be money, they can participate by giving seeds and materials that can be reused as a tool. Solutions implemented in the rural areas will not always work in the urban areas given the space. Urban areas use a method called urban gardening or urban agriculture. Which is when people with small patios, yards, or balconies use containers for gardening, such as buckets raised beds, window boxes, or anything else that is conducive to gardening. Urban gardening has a good impact on the economy, the ecology, and food security. *(Myers, Written by Jack. Urban Gardening Tips)*

Foreign aid and donations to this project will help to solve malnutrition. The best way to help is by donating money or any other technology and tools needed to reach the goal. Montenegro needs all the help we can get to further develop the country. Foreign aid to underdeveloped countries will help a lot in the increase of solutions for issues that the country alone can't fight.

The majestic country known as Montenegro, has wonderful people, culture, and land. They have done such a great progress in the Sustainable Goals, alas we still have a long way to completely achieve them all. Solutions such as the ones stated before can help with the development and reaching the goal before 2030. If we all work together and unify ideas, significant progress can be made, and the goal can be reached just before 2030. Spreading awareness of an issue like malnutrition is important, stopping this contributes to the development of the country and its people having a stable food source. Diseases and health problems will be reduced, and Montenegro's population will lead a dignified, healthy, and safe life.

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