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POPULATION THAT CANNOT AFFORD A HEALTHY DIET IN ROMANIA COMPARATIVE WITH THE NEIGHBOURING COUNTRIES

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Abstract:

The main objective of this paper is to assess the problem of the unaffordability of a healthy diet in Romania comparative with Hungary, Serbia, Bulgaria, Moldova and Ukraine, between 2017 to 2022. For the most part, people around the world still cannot afford diets that include a variety of safe and nutritious foods, particularly in South Asia and Africa. The least expensive combination of readily accessible local products that satisfy a food-based dietary guideline is considered the cost of a healthy diet.

• Introduction

The United Nations defines food security as the consistent physical, social and economic access to healthy, safe and nutritious food that satisfies individual dietary preferences and requirements for an active and healthy lifestyle. Providing food security will be extremely difficult because, by 2050, 9.3 billion people will need to be fed worldwide. Also, food prices are anticipated to increase as a result of the expanding global population and climate change. Urbanization will progress rapidly, with almost 70 percent of the global population expected to reside in urban areas, up from 49 percent currently.

• Material and method

This paper presents a research based on external data, pertaining to the price of a healthy diet, which is the least expensive assortment of items that fulfills government and public health organizations' dietary criteria. A diet is considered unaffordable when its expenses, in conjunction with essential non-food requirements such as accommodation and transportation, surpass daily income.

• Results and discussions

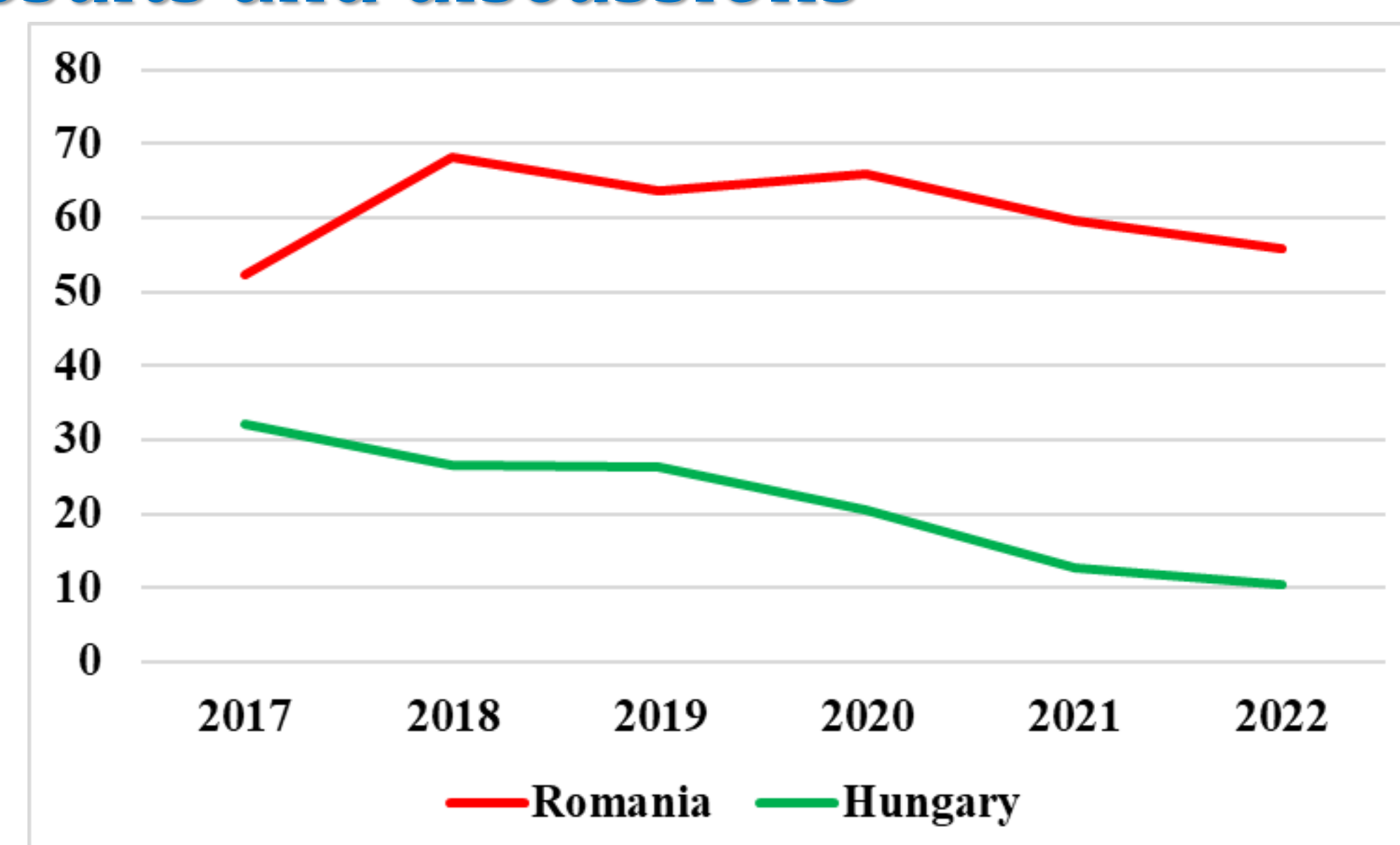


Figure 1. Population that cannot afford a healthy diet in Romania comparative with Hungary from 2017 to 2022

• Conclusions

As can be seen, Romania's situation regarding the population that can afford a healthy diet is distinctly unfavorable than that of neighboring countries and the values registered in Romania are alarming. Bulgaria is the country that has the most favorable situation regarding the population in question, with its values compared to those of Romania being in the case of the year 2018 nearly 8 times lower. Moldova and Serbia are the next countries in the ranking, followed by Hungary. Thus, Romania's efforts appear less successful when compared to Bulgaria, which has successfully adopted social programs focused at aiding low-income households.