



# Food Poisoning—How Big Is the Problem?

## Global, according to WHO.

- 600 million cases of foodborne disease each year
- Around 420,000 deaths due to food poisoning—preventable
- Children under 5 account for ~30% of deaths due to food poisoning

## Who is in More Danger?

### Infants & Young Children

Immature immunity makes them more prone

- Dehydration happens faster in children



### Pregnant Women

Hormonal changes weakening the immune system

Listeria Infections



### Weak Immunity

People with poor immunity, like AIDS/HIV patients, transplant recipients, cancer patients, and long term steroid takers



### Risk Factors

- Poor Food Hygiene
- Street Food
- Improper Food Storage
- Eating expired or spoiled foods
- Contaminated Water (A big problem)



## India

- 100 million cases annually
- Foodborne infection may rise by 3-40% during monsoon season due to overgrowth of bacteria
- Unsafe water, poor hygiene, and improper Food storage are leading causes

## Causes and Risk Factors

- Bacteria – Salmonella, Listeria, E. coli, Campylobacter
- Viruses – hepatitis A
- Parasites
- Toxoplasma, Giardia
- Toxins – Botulinum Toxin of Clostridium botulinum, Staphylococcus enterotoxins, Bacillus cereus Toxin, Mycotoxins
- Chemical – pesticides
- food additives, or heavy metal contaminants



## 10 Common Foods That Can Cause Food Poisoning



Unpasteurized Milk (Chickam Maari)



Undercooked Meat (Especially Chicken and Mutton)



Leftover Cooked Rice



Raw Eggs



Seafood—fish, prawns, oysters

