

為符合尺寸，請使用A3紙張，並選擇「實際大小」模式列印
Please print in A3 format, and select "actual size" when printing.



營養狀況量度尺

Mid-upper Arm Circumference (MUAC) Tape

每個孩子本應可以過著豐盛的生活，但現實並非如此。每一天，孩子都被迫捱餓。全球四分之一的幼兒（1.81億5歲以下兒童）生活在嚴重糧食貧窮之中。

A life of plenty for every child has always been possible, but that's not reality. Every single day, children are being forced to go without food. Globally, one in four children (181 million children under 5 years of age) are living in severe child food poverty.

透過量度6個月至5歲孩子的上臂圓周，可顯示他們有否出現營養不良。量度尺共分為3個顏色區，以區分不同營養狀況。

Measure the upper arm of children aged between 6 months and 5 years with MUAC to find out if they are malnourished. There are 3 colour zones on MUAC, each representing a nutritional status.

嚴重營養不良 ($\leq 115\text{mm}$)
Severe malnutrition

死亡風險極高 Life-threatening level

中度營養不良 (115mm - 125mm)
Moderate malnutrition

沒有明顯營養不良 ($\geq 125\text{mm}$)
No apparent risk of malnutrition



嚴峻實況 Health Crisis

兒童飢餓狀況是歷代以來最嚴重的。衝突和氣候變化使糧食系統不平等，兒童首當其衝。每個孩子都應該獲得令身心發展健康的食物。每個家庭都有權利在餐桌上提供足夠並合適的食物。我們必須立即採取行動。

Child hunger is at its worst in generations. Children are bearing the brunt of an unequal food system disrupted by conflicts and climate change. Every child deserves the food they need to develop a healthy body and mind. Every family has the right to be able to put enough of the right food on the table. We must take action immediately.

你的行動 Your Action

成為我們的一分子，幫助兒童避免營養不良。
Be one of us to help saving children from malnutrition.

行動 1
Action 1 仔細閱讀內容，了解營養不良如何影響5歲以下兒童；
Read this info, get to know the impact of malnutrition on children under 5;

行動 2
Action 2 剪下「營養狀況量度尺」，向親友展示並講解嚴峻實況；
Cut the MUAC tape out and share the information about this health crisis with your friends and relatives;

行動 3
Action 3 於校內自發舉辦「學界饑饉」活動*，籌款幫助營養不良兒童。
Organise "School Famine" activities* in your school and raise funds to help malnourished children.

*詳情請參考
For details, please refer to worldvision.org.hk