

SUMMARY

The present document was elaborated for and presented at the Fifth Brazilian Symposium on Food and Nutrition (V SIBAN) held at Maceio, Alagoas in January 1978. The objective was to diagnose the food and nutritional situation in the state of Amazonas. The data presented includes demographic and geographic aspects, health statistics, food distribution programmes, food patterns, food and nutrient consumption, food production, occurrence and types of malnutrition. The following conclusions are reached.

- 1 — Development of the State is concentrated in Manaus and surrounding areas with a consequent rural exodus.
 - 2 — The sanitary situation of the majority of the population is precarious.
 - 3 — The frequency of gastrointestinal disease is elevated, especially in comparison with other endemic diseases (Hanseniasis, Tuberculosis, Malaria, Leishmaniasis).
 - 4 — The production of food is stagnant with increasing importation of foods, especially those such as Wheat which will never be produced locally.
 - 5 — The varzea of the Solimões-Amazonas river is not being used sufficiently for food and cattle production.
 - 6 — There are large numbers of migratory small scale subsistence farmers with no land rights.
 - 7 — Consumption and the production of vegetables and legumes is low. Fish consumption is very high assuring protein requirements.
 - 8 — Breast feeding is still prolonged, but is diminishing in urban areas with little apparent local concern. Supplementation occurs very early in both rural and urban areas usually in the first month.
 - 9 — There is an elevated frequency of chronic protein calorie malnutrition, anaemia and clinical signs of vitamin A and Riboflavin deficiency. This it is proposed is most probably related to the high frequency of gastrointestinal disease and the low consumption of vegetables and legumes.
 - 10 — Elevated frequency of dental caries.
- Based on these conclusions suggestions are offered as to how these problems should be resolved in the long, medium and short terms.