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## THE ISSUE OF PUBLIC HEALTH RISK

### “POOR NUTRITION”

Poor nutrition must the government pay attention to specially in the Philippines that are very crucial to this situation. Giving time to undertake these societal issues is very important because many people are experiencing this and we must be the voice to the government about issues of public health risk .

The rampants of poor nutrition that are into physical health. Undernutrition manifests in stunted growth, compromised immune systems, and developmental delays, particularly afflicting vulnerable populations such as children and pregnant women. Overnutrition fuels a rising tide of obesity, diabetes, and cardiovascular diseases, exacting a heavy toll on individuals and healthcare systems alike.

While poor nutrition is mainly the topic it is caused by low- and middle-income countries grappling with food insecurity and inadequate healthcare infrastructure. Some causes for this poor nutrition are food scarcity, micronutrient deficiencies perpetuate cycles of poverty and malnutrition that are resulting in health outcomes.

Effectively addressing these must be an underlying satisfaction. Additionally, promoting healthy eating habits through public health campaigns, nutrition education in schools, and workplace wellness programs is essential. Policy changes are also necessary, including regulations on food labeling and marketing, as well as promoting nutrition standards in various settings.

Knowing the issue of poor nutrition is essential for developing targeted interventions, implementing effective policies, and fostering societal changes that promote health and well-being for all individuals and communities.

My eagerness to respond to poor nutrition lies in the empowerment of communities and individuals. Equipping individuals with the knowledge, skills, and resources to cultivate healthy eating habits and advocating them for a change.