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**ASSIGNMENTS 4**

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**RE: DIPLOMA IN HUMAN NUTRITION**

1. Identify at least four characteristics of a healthful weight.

* Good body posture- having a proper body posture can be a good indication of a healthful weight.
* Flexibility – one of the most important characteristics of a physically healthy person is how flexible he/she is. A health person should be able to do easily and freely without too much problems.
* Breathing – another important indication of a healthy person is steady and rhythmic breathing. Our bodies need oxygen and a healthy breathing brings the right amount of oxygen to all parts of the body.
* Positive attitude – a healthy person often has a positive attitude. Their positive attitude is an indication of being happy and optimistic when things are not right

1. Can you increase your basal metabolic rate? Is it wise to try? Defend your answer.

The answer here is Yes Basal Metabolic Rate can be increase. And it is wise to try, Basal Metabolic Rates can be increase by Consuming High – fiber food these require the body to work extra hard in the process of digestion, the body expends great efforts to try to breaks it down and in that process it results in the increase of caloric burn from the process.

Secondly, this can be achieved by drinking two glasses of ice water as soon as you wake up. The water has been understood to jump- starts your body from sleep mode into awake ,while the coolness of water starts shunting water from the internal organs to the peripheral muscles that get your blood pumping and flowing which will boost your metabolism rate.

Thirdly, by eating Salmon, Salmon is a great lean proteins source and metabolism booster. Salmon is high in Omega3 fatty acids, a healthy fat that the body does not produce on its own. Omega 3 fatty acids decrease the risk of heart diseases, irregular heartbeats and lower blood pressure level.

1. Identify at least four societal factors that may have influenced the rise in obesity rates in the United States since 1963.

* Community environment- the raise in obesity in US is due to availability of food and that is been access by many population therefore, influence the raise in obesity.

In developed counties, modernization of transport system which high technology that excite many people and majority are no willing to walk to and fro the place of work because of good road and cars are there to be use, may influences the raises in obesity in United State.

* Genetics- give the body instruction to response to changes in the environment. The variation I how people response to the environment promotes physical inactivity that increases hunger and intake of high-calories foods suggests that genes do play a role in development of Obesity.
* Other factors: Diseases and Drugs- some illnesses may lead to obesity or weight gain for example diseases polycystic ovary syndrome. Drugs such as steroids and some antidepressants may also cause weight gain.
* Food marketing and promotion-agricultural investment in the food industries has a significant impact in the raise of obesity. This is due to availability and affordability of food produces in the market.

The marketing companies which modify and make it too attractive during sales make people to have much of what they wish and therefore, end up consuming food with nutrient dense and high calories.

1. Your friend Misty joins you for lunch and confesses that she is discouraged about her weight. She says that she has been trying “really hard” for 3 months to lose weight but that no matter what she does, she cannot drop below 148 lb. Based on her height, you know Misty is not overweight, and she exercises regularly. What questions would you suggest she think about? How would you advise her?

The question she think was “what else she can do a part from what she was been doing”?

The Advice I would give her is:

* As much as she is doing all these activities, Energy –rich foods should be avoided. These are foods rich in fat and sugar but providing little in way of vitamins and minerals, therefore, such foods include oils, fats, fried food, cakes and alcoholic beverages. They should be eaten extremely sparingly, if at all.
* She should avoid foods which are relatively high in energy yield but also good sources of proteins, vitamins and minerals. They should be eaten in moderate amounts.
* She should also continue with foods which are generally rich sources of vitamins and minerals, high in starch and non-starch polysaccharides and low in fats and sugar (i.e. nutrient dense) these can be eaten as much as she wanted.
* The initial problems, which is to help the overweight or obese person to reduce his or her weight to within the desirable weight, where life expectancy is maximum.
* The long term problems of helping the now lean person to maintain desirable body weight. This is largely a matter of education, increasing physical activity and changing eating habits

1. Can you name the different kinds of malnutrition and then describe the signs that might tell you that childhood malnutrition is a problem in your community?

* The word malnutrition in this context is defined as an abnormal physiological condition cause by deficiencies, excesses or imbalances of energy and Nutrient requirement in the body.

Therefore, there are two kinds of Malnutrition:

1. Type 1 of malnutrition is the proteins-energy malnutrition that is leading to specific diseases with specific micronutrients deficiencies.

Examples of this micronutrient Deficiencies are as follows:

1. Scurvy due to a vitamin C deficiency
2. Night blindness and xerophthalmia link with vitamin A deficiency
3. Severe Anemia due Iron deficiency
4. Goitre due to Iodine deficiency.
5. Type 2 is micronutrients deficiency diseases resulting from a deficiency of specific micronutrients which lead to the same responses.

Examples of types 2 micronutrients are:

1. Tissue repairs and growth cease
2. Negative balance for all type 2 nutrients
3. Growth rate is the dominant determinant of requirement.
4. No convalescence from illnesses