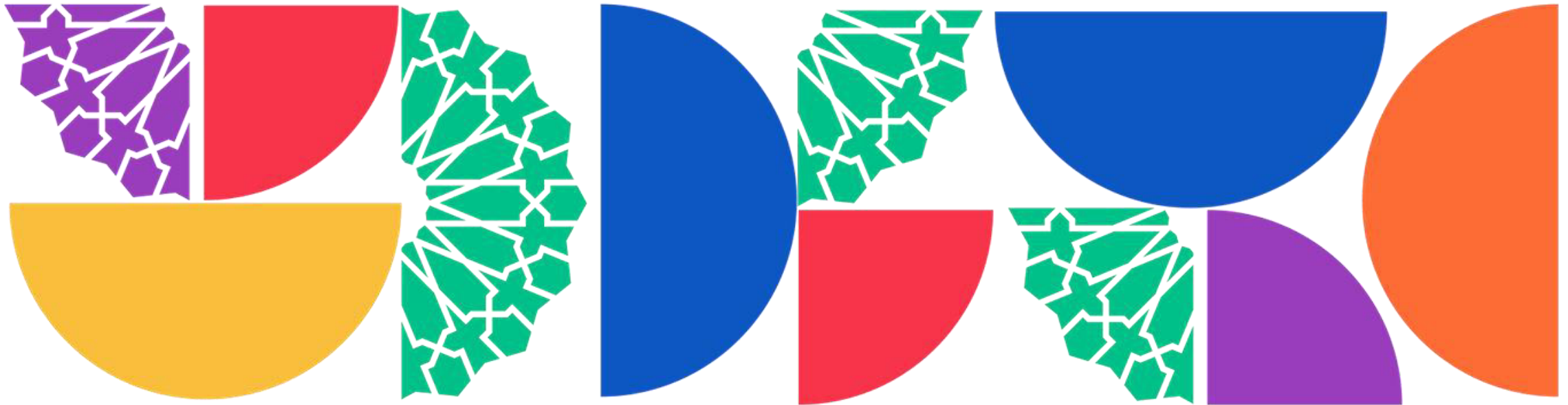


Health Awareness and Nutrition

Department of Clinical Nutrition and Dietetics
College of Health Sciences

Lecture 1: Introduction: Health and Nutrition



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Definition of Health :

A state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity (WHO, 1948)

It is the general condition of a person's body, mind and spirit

It does not only mean to be free from illness, injury or pain

Dimensions of Health



The seven dimensions of wellness are **physical, social, emotional, spiritual, environmental, occupational, and intellectual.**

Often, one dimension may be more prevalent than the other, but ignorance of any factor may have an adverse effect on overall health.



Determinants of Health

Factors affecting our health and wellbeing:

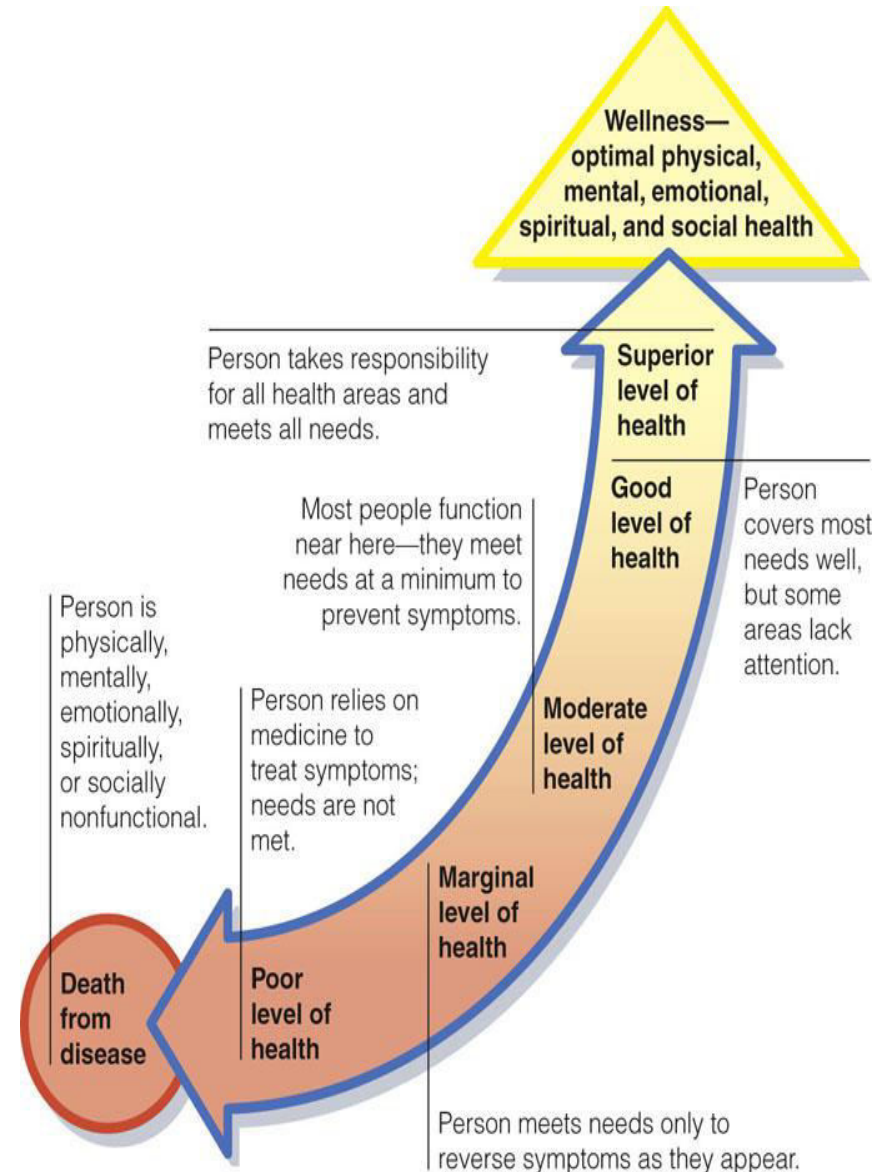
- Age, sex and Individual Physical Makeup
- Individual Lifestyle Factors
- Social and Community Networks
- Living and Working Conditions
- Unemployment
- Water and Sanitation
- Health Care Services
- Housing
- Work Environment
- Education
- Agriculture and Food Production

The Health Line

Person's health can fall anywhere along a continuum, from maximum wellness to total failure to function (death)

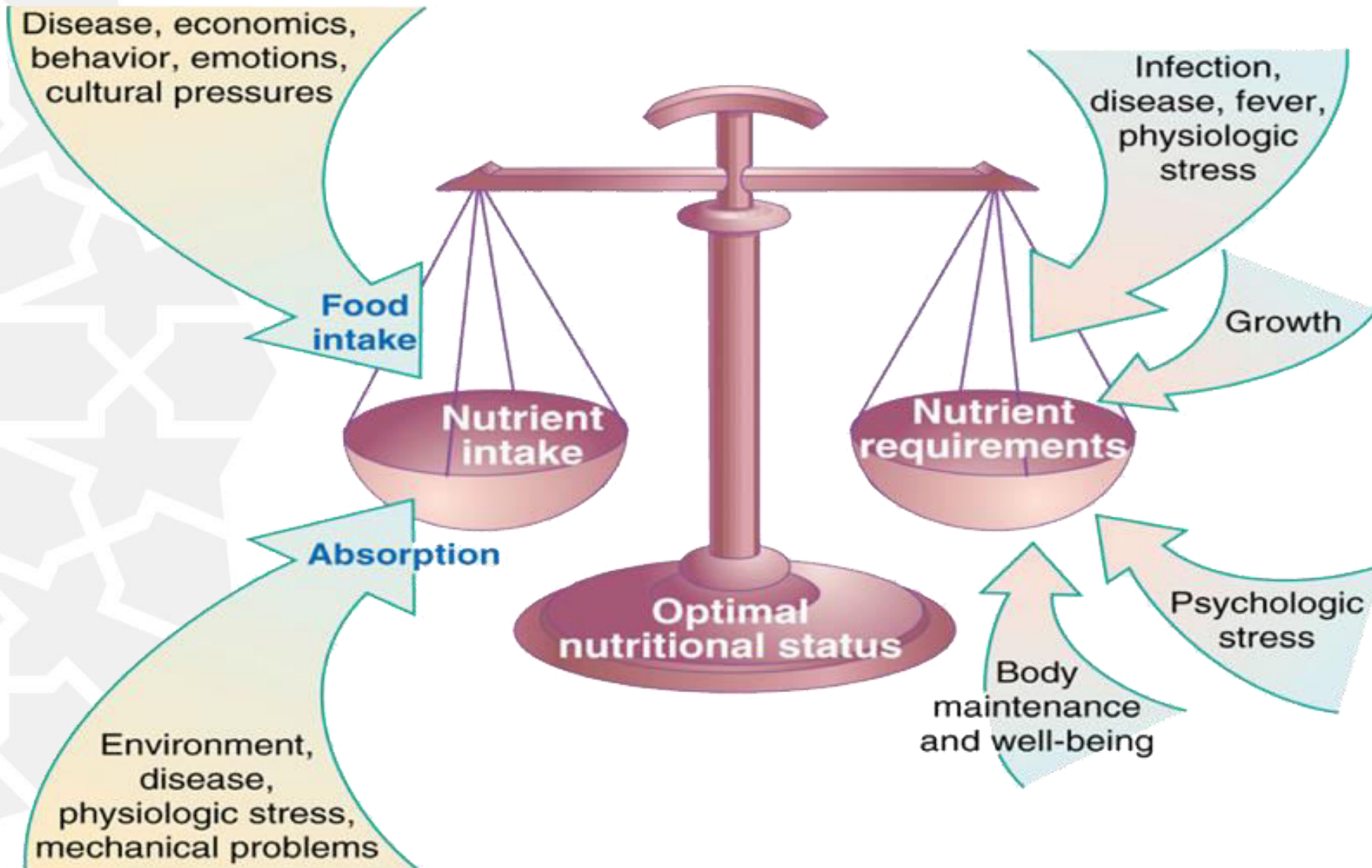
Wellness

All of the characteristics that make a person strong, confident and able to function well with family, friends and others



© Thomson - Wadsworth

Nutrition and Health



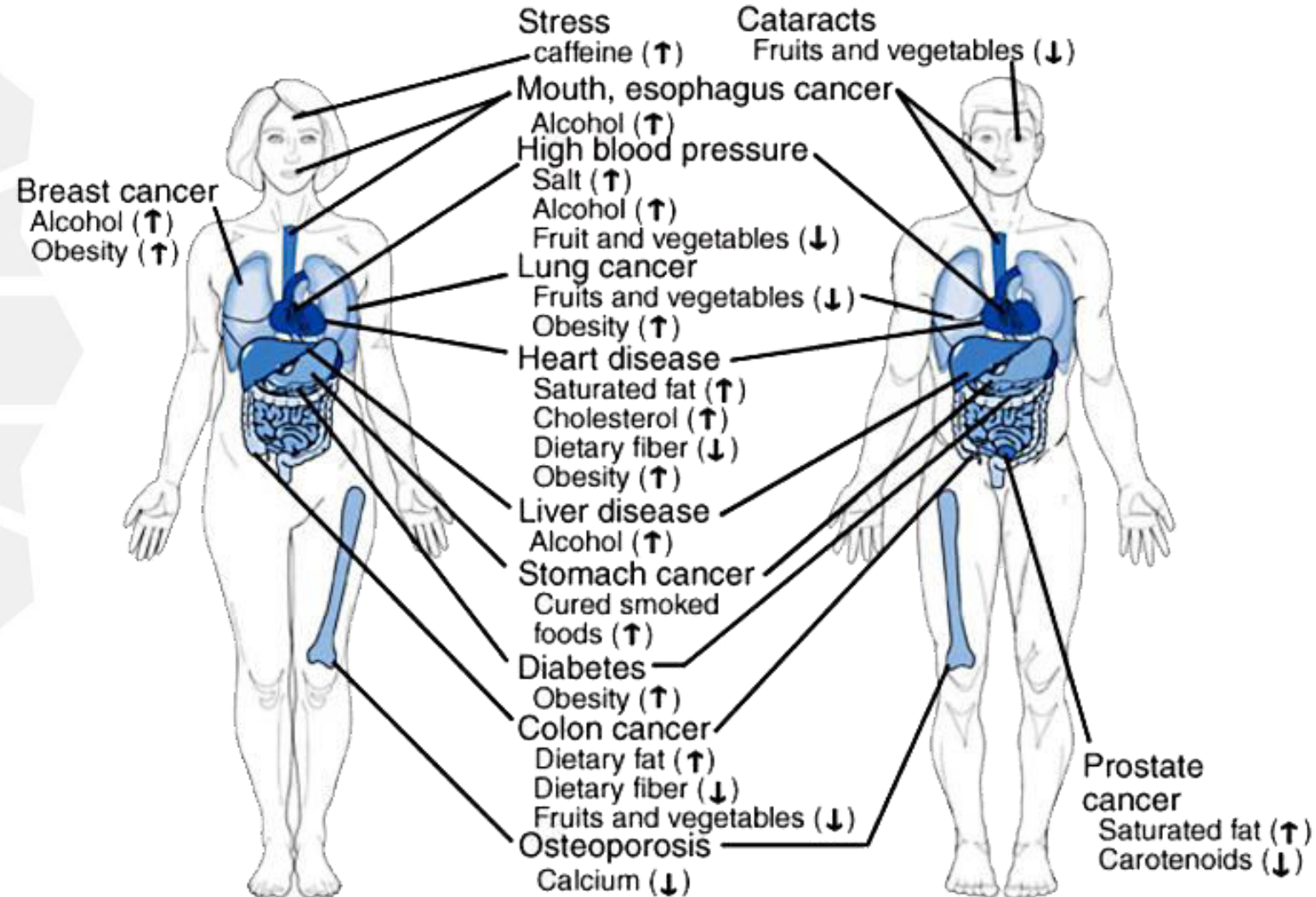
Nutrition and Health

Nutrition is a critical part of health and development.

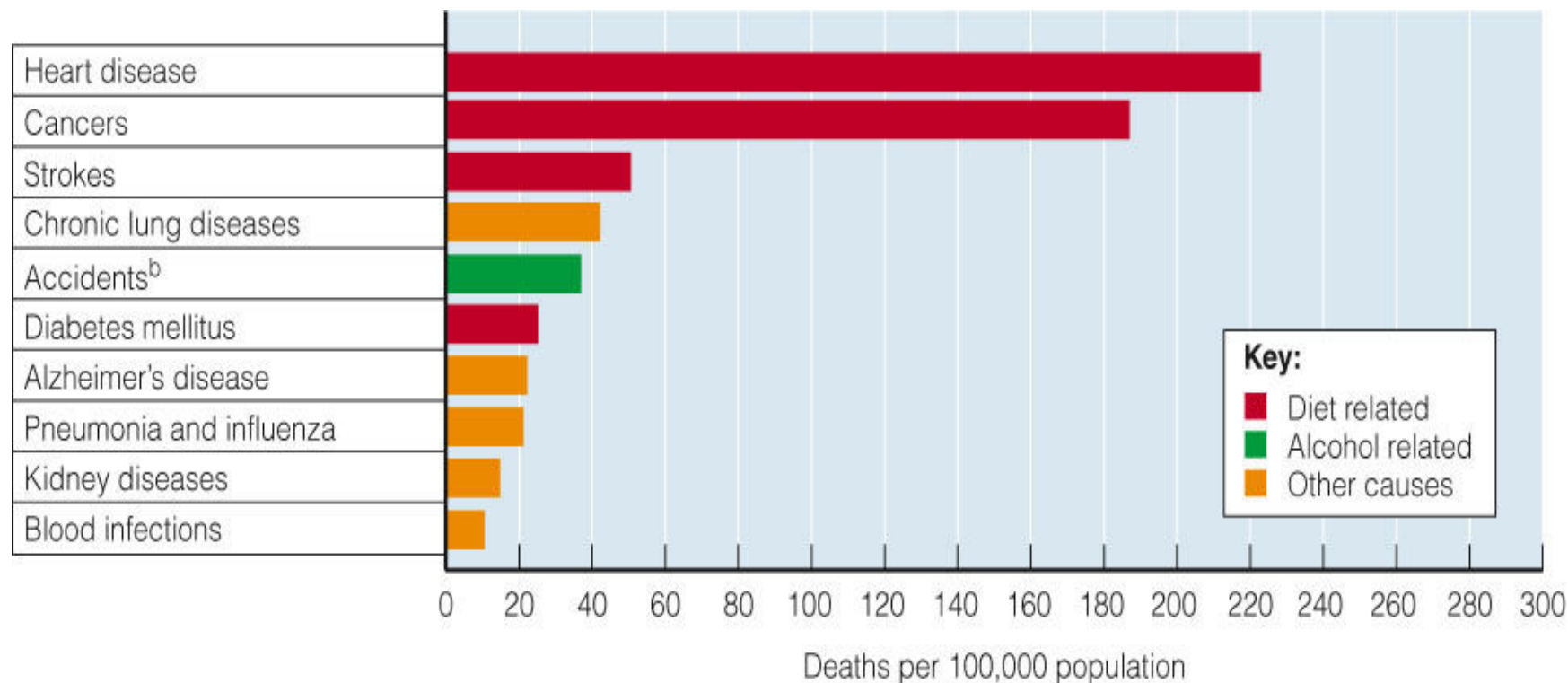
Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.



Health Problems Associated with Poor Dietary Habits



Nutrition and Health: Global Perspective



^aRates are age adjusted to allow relative comparisons of mortality among groups and over time.

^bMotor vehicle and other accidents are the leading cause of death among people aged 15–24, followed by homicide, suicide, cancer, and heart disease. Alcohol contributes to about half of all accident fatalities.

SOURCE: Data from National Center for Health Statistics, 2006.

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Interrelationship: Health & Nutrition

Balanced diet → Optimum Nutrition → Good Health

Imbalanced diet → Malnutrition → Poor Health

Under Nutrition

Deficiencies

Imbalance



Over Nutrition

Overweight & Obesity

Nutrient Excess



Interrelationship: Health & Nutrition

Balanced diet: A diet that contains **all the nutrients** in the **right amounts** and **proportions** to meet the **nutritional requirements** and enables **growth and development** to promote **good health**

Imbalanced diet: A diet that contains one or more nutrients in **excess** or **deficient** amounts to what is required by the body



Nutritional Status

Nutritional status: The *state of nutrition* in the body that is determined by the *intake* and *utilization* of nutrients

Optimum nutritional status: The state of nutrition in the body maintained by **adequate intake** and **utilization** of nutrients leading to good health

Factors Affecting Your Health

1. Diet

Imbalanced diets that are high in Fat, Sugar, Sodium, and Alcohol promote Chronic diseases such as, cancer, heart disease, osteoporosis, diabetes, & obesity.



Factors Affecting Your Health

2. Exercise

Promotes health by positively influencing body weight/composition, metabolism, bone density, cognitive function, blood pressure, blood cholesterol, and the cardiovascular system.

Strive for 30 minutes each day



3. Other Factors

-

Malnutrition

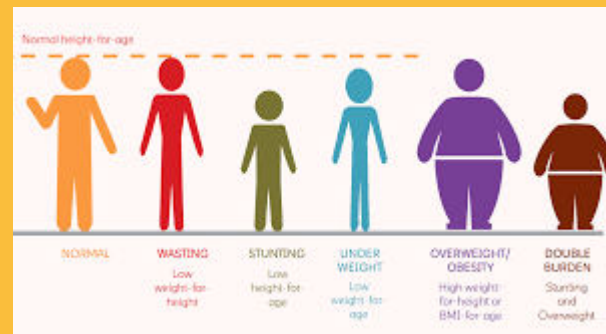
Malnutrition refers to deficiencies, excesses, or imbalances in a person's intake of energy and/or nutrients.

The term malnutrition addresses **3 broad groups of conditions:**

1-Undernutrition

2-micronutrient-related malnutrition

3-Over nutrition(Excesses)



Malnutrition

Undernutrition:

Inadequate state of nutrition resulting from **lack of food intake** or **failure to absorb or utilize nutrients** in the body

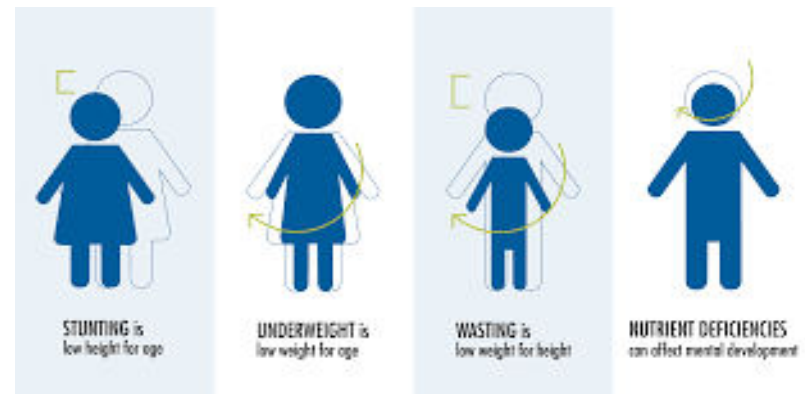
It is the outcome of **insufficient food intake** and repeated infectious diseases leading to **poor absorption**.



Malnutrition

Undernutrition: which includes

- wasting (low weight-for-height),
- stunting (low height-for-age) and
- underweight (low weight-for-age)



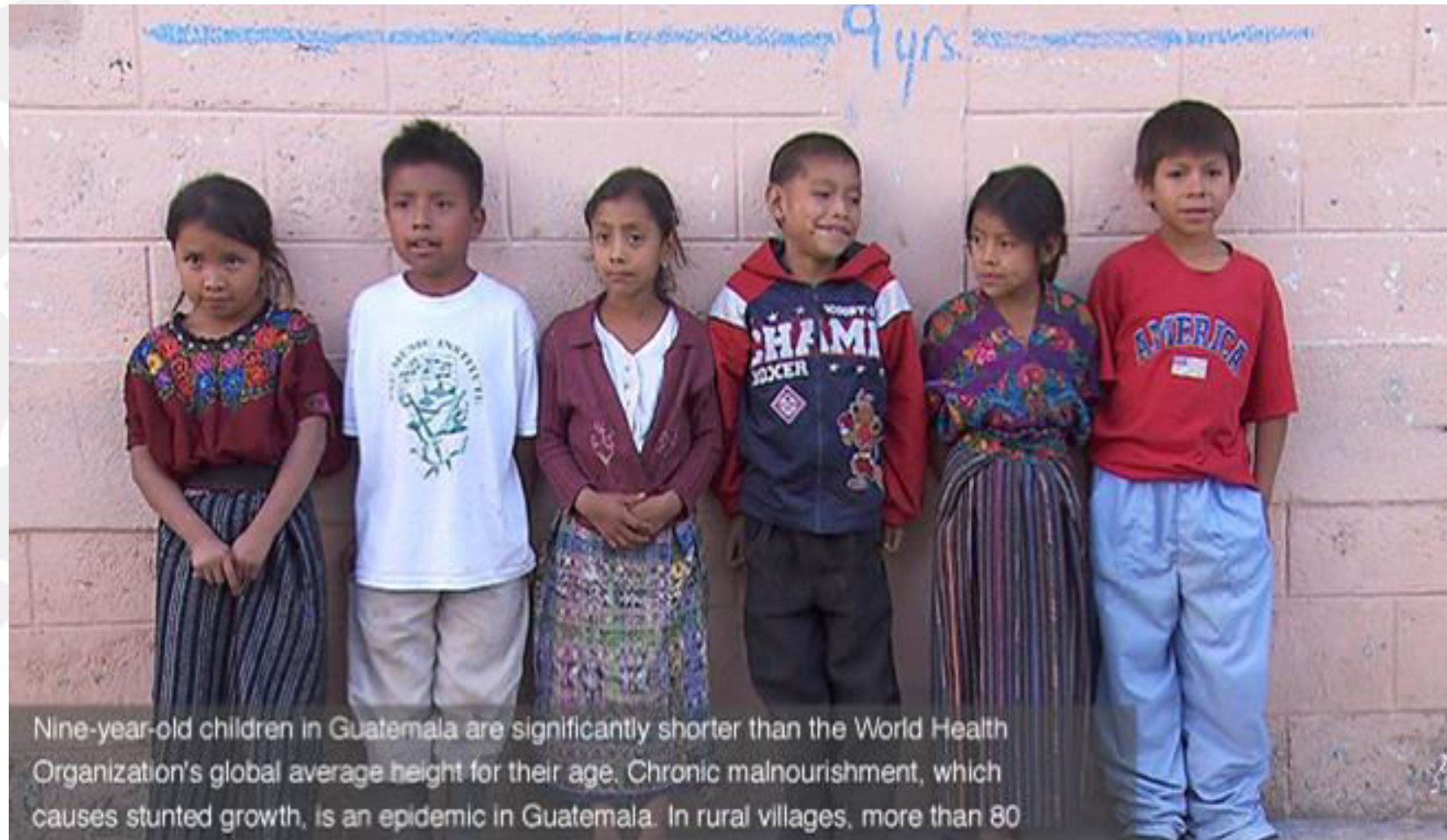
Malnutrition

Micronutrient-related malnutrition: which includes micronutrient deficiencies (a lack of important vitamins and minerals)



Types of Malnutrition

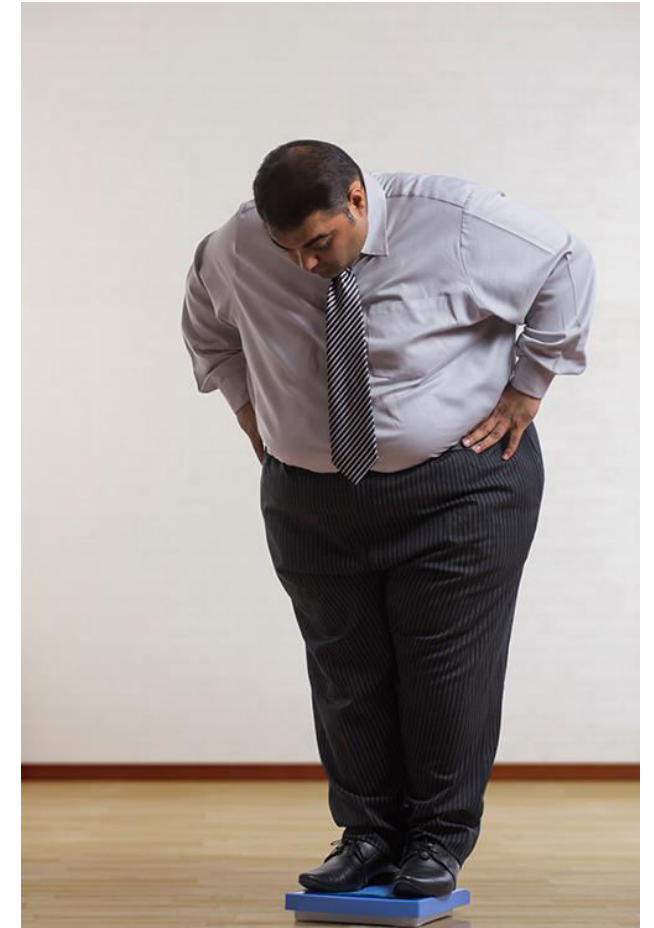
Undernutrition:



Nine-year-old children in Guatemala are significantly shorter than the World Health Organization's global average height for their age. Chronic malnourishment, which causes stunted growth, is an epidemic in Guatemala. In rural villages, more than 80

Malnutrition

Over nutrition(Excesses):
overweight, obesity and diet-related noncommunicable diseases (such as heart disease, stroke, diabetes and some cancers).

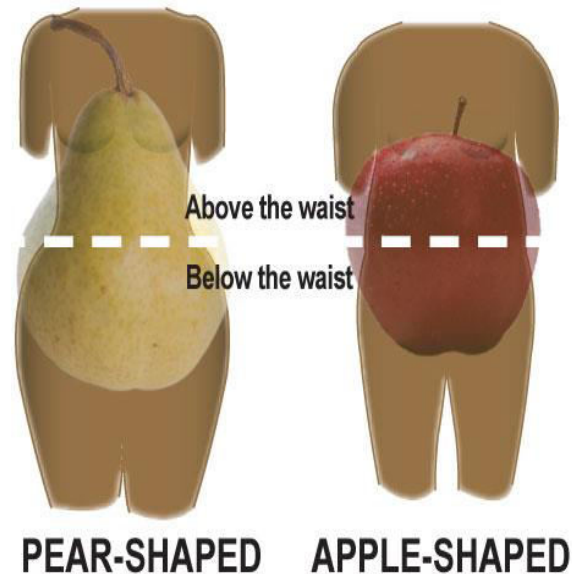


Types of Malnutrition

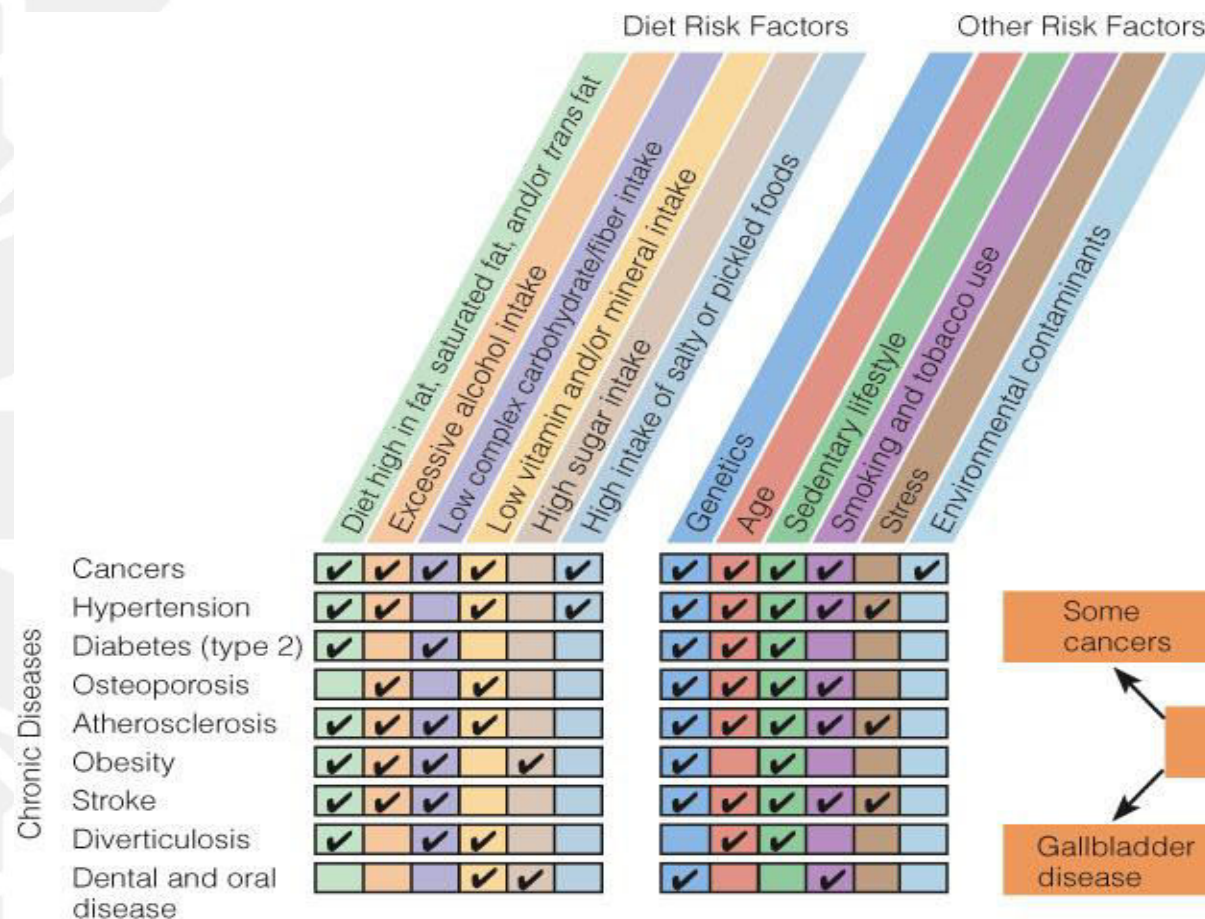
Overnutrition:

An imbalanced nutritional status resulted from ***excessive intake of nutrients***

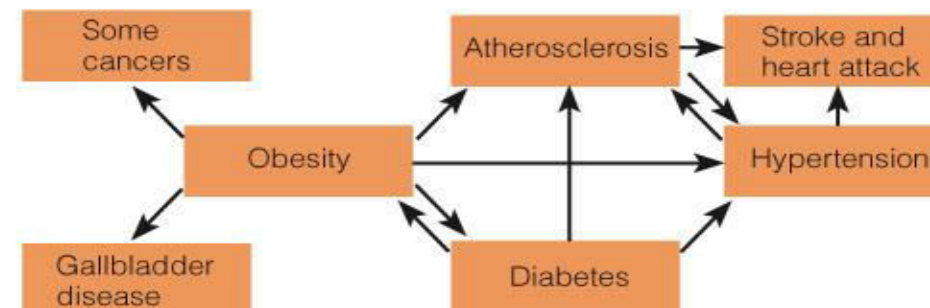
Generally, over nutrition generates an energy imbalance between food consumption and energy expenditure leading to disorders such as **OBESITY**



Nutrition and Health: Global Perspective



This chart shows that the same risk factor can affect many chronic diseases. Notice, for example, how many diseases have been linked to a sedentary lifestyle. The chart also shows that a particular disease, such as atherosclerosis, may have several risk factors.



This flow chart shows that many of these conditions are themselves risk factors for other chronic diseases. For example, a person with diabetes is likely to develop atherosclerosis and hypertension. These two conditions, in turn, worsen each other and may cause a stroke or heart attack. Notice how all of these chronic diseases are linked to obesity.

Assessment of Nutrition Status

ABCD Approach

A: Anthropometry: physical measurements and body composition, e.g. Height, weight, skin/fat fold thickness & circumferences

B: Biochemical tests: laboratory tests of blood, urine, stools, tissues

C: Clinical examination: physical signs and symptoms of nutritional deficiencies and excess

D: Dietary intake: dietary intake patterns, specific foods consumed, estimated nutrient intakes



**EATING A HEALTHY DIET IS ONE
OF THE BEST WAYS FOR PEOPLE
TO FEEL GOOD AND STAY WELL**

