

Talking points and truth in nutrition connectivity.

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Editorial

There are several schemes in place to combat food insecurity in India, but there is a lack of synergy and linking these schemes together to achieve a common goal. Diet interaction can help to create the synergy needed to transform malnourished India into malnutrition-free India. Even though skills and knowledge regarding is recognised as an important component in a variety of settings.

Good nutrition and interaction have received only a small portion of the attention in community nutritional science. Despite scattered efforts to experiment with newer communication styles and media for diet promotion, there is a paucity of published literature. The purpose of this review was to seriously evaluate nutrition communication and understanding research and practise. with an emphasis on India in particular.

This study offers a detailed background of nutrition integration and awareness, as well as a summary of communication styles, media, processes, and innovations used in various studies and programmes, and also the lessons learned. The population's health is critical to a country's growth, and it is jeopardised by macro/microeconomic deficiencies.

Micronutrient intake and excessive calorie intake in people of all ages around the world. Of the world's seven billion people,

800 million are calorie deficient, two billion are malnourished in micronutrients, and 2 billion more are overweight or obese. The communication method also recognises that 'individuals' are people living in societies. They don't function in a vacuum, and a person's eating patterns are affected by his or her social, cultural, and economic circumstances. A person's life cannot be understood without considering his or her family, friends, social system, society, culture, and physical surroundings.

According to research, behaviour change is a gradual and challenging process that necessitates message repetition and reinforcement. They don't operate in a vacuum, and a person's personal eating habits are influenced by social, cultural, and economic factors. A person's life could be fully comprehended without taking into account his or her parents, friends, social structure, community, history, and physical environment. According to study, change in behaviour is a slow and difficult process that requires message repetition and reinforcement. in order to achieve people's dietary well-being.

The focus should not only be on disseminating knowledge, but also on developing environments that encourage people to adopt and sustain healthy behaviours. Eventually, nutrition education and interaction should be considered an important part of a nation's development plan in order to achieve meaningful results; otherwise, the efforts can be in vain.

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