

Impact of Dietary Habits on Public Health.

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Introduction

Public health is the science of defending and improving the health of people and their communities. Health does not without a doubt suggest “absence of disease” or “physical fitness”. It ought to be described as a state of complete physical, mental and social well-being. Unfortunately, today’s world has been tailored to a device of consumption of ingredients which has several adverse effects on human health. Basic nutrients such as carbohydrates, fats and proteins are the basis of all existence activities. They represent the carbon skeleton of various functional molecules, and grant strength through oxidative decomposition. When nutrition is enough or excessive, the physique faces the problems of quantitative control of the absorption and storage of the nutrients. Over nutrition, specifically absorption and storage of energy, can no longer affect fitness and additionally motive many diseases such as diabetes, obesity, cardiovascular diseases and hyperlipidemia. Over nutrition may reduce reproductive ability and promotes the enhancement of a number of cancers.

Dietary habits

Globalization has severely affected one’s eating habits and enforced many humans to eat fancy and immoderate calorie fast foods, popularly known as junk food or modern diet that simply means an empty calorie food [1]. It is a high calorie food which lacks carbohydrates, minerals, proteins, vitamins, amino acids or fibers but rich in energy. It consists of high levels of refined sugar, white flour, trans fat and polyunsaturated fat, salt, and numerous food additives such as monosodium glutamate and tartrazine. This food is excessive in fat, sodium and sugar and provides high calories yet useless in value. Generally, a modern diet is given a very captivating look with the aid of way of including meals components and colours to enhance flavour texture and for growing prolonged shelf life.

Malnutrition caused due to poor intake of nutrition

The study revealed that the prime motive of malnutrition in developed global locations is disease, consequently the expression “disease related malnutrition”. Poor consuming habits such as insufficient consumption of high intake each have destructive results on health. These issues include obesity, high blood pressure, high cholesterol, heart sickness, heart stroke, osteoporosis etc. Poor intake of diet is a part of one behaviour. Poor nutritional and dietary habits affect how we feel, look, think and act. An awful diet effects in lower core strength, slower problem fixing workable and muscle response

time, and less alertness [2]. According to UNICEF bad dietary habits may also purpose many health problems such as weakens of immune system, severity of sickness and impeding recovery. It means that use of little or excessive amount of nutrition can also cause the failure of a range of body mechanisms. Malnutrition in many instances affects all groups in a community, but infants and younger teens are the most pregnable. Another group of undertaking is pregnant women, given that a malnourished mother is at immoderate risk of giving birth to a LBW infant who will be inclined to growth failure at some point of infancy and early childhood, and be at elevated risk of morbidity and early demise [3]. Malnourished girls, in particular, hazard becoming but some different malnourished mother, thus contributing to the intergenerational cycle of malnutrition. Malnutrition is associated to a decline in general purposeful reputé and to reduced bone mass, immune dysfunction, delayed post-surgery recovery, immoderate hospitalization and readmission rates, and increased mortality [4].

Conclusion and Discussion

Use of balance diet helps us to stay healthy and to perform the social activities in beneficial manner. The only way to stay away from modern diet is to encourage eating healthy diet and more of the foods which are usually considered to be a phase of a healthy diet such as the foods that are low in fat, saturated fat, and cholesterol high fiber foods together with whole-grain foods, vegetables and fruits. Knowledge emphasizing about the consuming habits, nutritional diet, and quality of unhealthy foods, their fitness impact and preventive measures should be given to create awareness and render health education for a change towards wholesome healthy food consuming practices.

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