



OPINION ARTICLE



Note on Nutrition and Public Health

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Description

Public health is known for the science and art of avoiding disease. It is also notable for the science and art of extending life and improving quality of life *via* concerted efforts and well-informed decisions made by society, organisations, communities, and people. And the purpose of Public Health Nutrition is to address lifestyle and nutrition-related concerns through promoting nutrition for health and well-being. In today's commercialised world, the food we eat is grown with nutrients, herbicides, and pesticides in carbohydrate soil preserved with chemicals to prevent evaporation and artificially coloured or flavoured.

Dairy foods come from animals that have been given antibiotics, hormones, and artificial feed. Furthermore, modern cooking methods destroy the majority of vitamins, minerals, and enzymes, while food is chosen mostly for taste and convenience. Foods carried over great distances are also selected before they ripen, stored with preservatives, and exported with nutrient depletion. Today's hectic lifestyle in greatly contaminated air, water, and space causes significant stress, which affects our immunity system.

As a result of our cluelessness of our body's needs and supply, we provided sufficient fuel and proper nutrients to our bodies. So there is a nutrition gap in every meal, which expands with age, lifestyle and diet, it even changes our biochemical pathways, resulting in deficient symptoms that have an impact on our lifestyle.

- Even nutrition-related health problems must be treated with a focus on curative measures.
- There has been little operational study on the efficacy of population-based interventions.
- A scarcity of policies that are founded on evidence.

Dieticians' one-on-one or individual consultations and activity in clinics and hospitals, but not in the community, exacerbate these concerns. Furthermore, despite the abundance of public health professionals and nutrition-

ists/dieticians in many areas, their discipline-based process undermines public health impact, whereas situation analysis necessitates such professionals who combine the "skills and qualifications" of public health and nutritional sciences.

It is true that empowering public health nutritionists and recruiting trained and graduate public health professionals benefits the community because those professionals are well-equipped with up-to-date knowledge and applied skills in specialty areas such as research, policy, planning, health promotion, education, monitoring, and evaluation. We require a devoted and committed public health expert to help communities plan and execute evidence-based nutrition programmes and interventions at the local, national, and regional levels. Human resources are required today to create, implement, assess, and combat the illness burden. Academic institutions must supply the evidence-based information needed for programme design, implementation, monitoring, and evaluation, while research findings must be used to advise policymakers.

Nutritional surveillance systems are critical for evaluating nutritional status, food availability and consumption, and population physical activity patterns, as well as monitoring nutrition treatments. Programs and policies targeted at reducing the burden of food and nutrition-related diseases should be monitored and evaluated on a regular basis through accountability. Due to a lack of qualified human resources and policies to address diet related issues, public health nutrition is mostly ignored in many countries and communities.

As a result, tailored evidence-based nutrition policies and preventative initiatives are urgently needed to address the concerns of nutrition-related disorders, malnutrition and lifestyle illnesses. To meet this need, competent and motivated public health nutritionists, as well as a dedication to effective and long-term capacity building, where the Journal of Public Health and Nutrition can have a global impact for future solutions and initiatives are required.