

2nd World summit on HEALTH NUTRITION

August 09, 2021 | Webinar

Promoting nutrition for better Public health Outcomes: Indian Perspective

Shibu John and Perna Singh

¹*School of Management and Business Studies, India*

²*Department of Healthcare and Pharmaceutical Management, New Delhi*

People with adequate nutrition are more productive and can create opportunities to break the cycles of poverty and hunger gradually. The World Health Organisation (WHO) also states that poor nutrition leads to increased susceptibility to diseases, loss of immunity, and daily life. However, dietary habits have shifted due to increased manufacturing of processed foods, rapid urbanisation, and changing lifestyles. India is one of the world's largest producers of milk & pulses, rice, wheat, sugarcane, groundnut, vegetables, fruits, and cotton. Despite this position, the State of food safety and food nutrition in the world, 2020, reports that 14% of India's population are undernourished. The Global Hunger Index, 2020 ranks India poorly at 94 out of 107 countries. The only solution to this is to increase the nutrition level. This will eliminate many sources of infections, communicable and non-communicable diseases. It is a science that helps promote the country's health status by changing the food nutrition system.

Keywords: Nutrition, Malnutrition, Public health

shibu.john14@gmail.com