Nutritional security-putting the way forward (A food-based preventive approach)

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Commentary:
India is one of the fastest growing major economies in the world, but still faces the problems related to poverty, malnutrition and inadequate health care services. Nutrition is one of the bases of judging national development. Oral health and nutrition have a synergistic multi directional relationship. Malnutrition is a dangerous form of non-communicable disease and it causes different oral infectious diseases which can have a huge impact in the future. Malnutrition is an issue of critical importance and the problem deserves to be a global policy priority¹,² .Having a balanced diet means providing our body with all the essential nutrients in adequate & required amounts and in proper proportions. Diets which are low in nutrients can make our oral cavity susceptible to infections. A balanced diet including micro-nutrients helps in the development of strong & decay resistant teeth in children. So, innovative strategies for nutrition security need to be developed and tested to reduce the burden³,⁴.

Food-based intervention should primarily focus on modifying the policy in making the food environment accessible, available and affordable to the community⁵ .There should be a sustainable strategy by collecting information from food databases & dietary guidelines which will help in the formation of food synergy⁵,¹ .There is a requirement of proper policy for diversification of food crops with facilities like post-harvest processing & storage that can maintain & stabilize the cost of food. Monetary support should be provided to farmers & individuals for diversification of agriculture and homestead food production. This will improve the availability of different types of food; also will help in women empowerment and generate income.⁵,¹.

Climate change is a concerning factor which globally affects various agricultural practices. During such climate changes food can be stored and made affordable by controlling its prices⁵.

Finally, constant monitoring & evaluation is necessary to maintain the health benefits and sustenance of the strategy⁵,¹ .This poster represents the modification of the strategy to fight malnutrition by increasing the nutrient security of a country through different holistic approaches. An enhanced nutrient security will provide many health benefits including better pregnancy outcome, lower morbidity, cognition, proper growth, lower incidence of anaemia, improved micro-nutrient status and lower incidence of cancer ultimately resulting in a good oral health and qualitative life⁵.
References


Keywords: Food Based Intervention; Holistic Approach; Malnutrition; Nutrition Security; Preventive Approach.

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