

= Community medicine 6 =

① What is the scientific definition of nutrition?

The study of nutrients that come from food, their action interaction & balance in relation to health and disease and the process by which the organism ingests, digests, absorbs transports, utilize & excrete food.

② What is the main mission of public health? ^{again}

To assure conditions in which people can be healthy.

③ Why do we consider nutrition a part of the public health system?

Because it's an essential aspect of the conditions in which people can be healthy.

④ What drives people to eat / determines how, when & why we eat food?

Hunger, appetite, cultural & social meaning of food habit, emotional comfort, convenience, nutritional value & social interactions.

⑤ What are nutrients? essential & non essential?

Chemical substances in food that nourish the body & provide it with energy & building material

Essential → a must for our bodies to function normally

The body CANT produce them.

Nonessential → healthy bodies make them in sufficient quantities.

⑥ What are the two characteristics that make nutrients essential to human diet?

- Omitting this nutrient leads to nutritional deficiency
- If we put it back into our diet, the deficiency will decrease gradually & the individual will return back to normal.

④ What are the essential nutrients?

Some forms of carbohydrates ~ Certain types of fats

Certain proteins, 13 vitamins, 25 minerals & water.

⑤ What are the functions of nutrients?

Provide energy, metabolic processes, build tissues.

⑥ The six categories of nutrients are?

Carbohydrates [represented by starch], fats [triglyceride]

Proteins, vitamins, Minerals, Water

⑩ What is the difference between macronutrients &

Macro [carbohydrates, fats & protein] → calories for energy

micronutrients?

needed in large amounts.

Micro → needed in small amounts.

⑪ What are the factors affecting nutrition?

Age & gender, life style, economy, Food habits, social interactions, culture & religion, Peer pressure & availability of food.

⑫ What are the social factors that are thought to influence diet?



What are the most important?

knowledge, skills, social support, societal & cultural norms, Food policies, food assistance programs & economic price system

1) Education, 2) Cultural norms, 3) economy

⑬ Community nutrition efforts involve a wide range of programs that provide? ...

① Increased access to food resources ② nutrition education ③ health related care ④ efforts to change behaviour & environment ⑤ Initiate policy.

- ⑭ Compare between the public health practice & the clinical nutrition practice.

	Public Health Practice	Clinical Nutrition Practice
Focus	Prevention of food relative health problems الإثر المميت والضروري	Disease treatment
Target	Populations	Individuals
Setting	Country, district & Communities	Clinics & Hospitals
Strategies	Multiple, Reinforcing الإثر المميت والضروري	Counseling and education (what is the best nutritional solution that people need to overcome their nutritional problems)

- ⑮ What are the types of interventions? and their arrangement according to their impact

Socioeconomic factors (Racism, sexism, poverty) high impact

Structural level (education)

Community level (policies & laws)

Individual & small group (one-on-one counseling)

- ⑯ What are the basic issues related to health and nutrition?

I & vitamin A deficiency, malnutrition, Starvation, other important micronutrient deficiencies including iron, diet-related diseases, impediments to optimal breastfeeding, poor sanitation

- ⑰ What is the basic idea of food & nutrition policy?

All members of the society should be granted enough food to grow & develop

- ⑱ Poor nutrition is a challenge that casts a long-term shadow, why?

Its consequences flow throughout the life cycle & cascade down the generations.

- ⑲ Dietary factors are associated w/ S of causes of death, what are they & why?

Coronary heart diseases, some types of cancer, stroke, non-insulin dependent diabetes & arteriosclerosis

- ⑳ What are the major nutrition problems during childhood?

Obesity, Iron deficiency, dental caries, allergies, lactose intolerance.

② What are the interventions for childhood obesity?

Family involvement, dietary modifications, physical activity, behavioural strategies, prevention

③ How can we help adults to develop a healthy body & life style?

Educating them about optimal energy & fat intake & the level of physical activity.

④ What are the nutritional problems in adolescence?

- 1) Growth & development [physiologic changes, body image]
- 2) Food habits [irregular meals, unhealthy food & snacks]
- 3) Obesity [causes multi health issues]
- 4) Hyperlipidemia & hypertension [at risk of CVDs]