

HEALTH EDUCATION PROGRAM
FOR
DEVELOPING COUNTRIES
(THE MOST IMPORTANT KNOWLEDGE)



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INTERNATIONAL & NATIONAL STANDARDS & PRACTICE GUIDELINES
WHO—World Health Organization & its divisions & collaborating partners.
HHS—Dept of Health & Human Services & its divisions & collaborating partners.

HEALTH SCREENING
PATIENT EDUCATION & COUNSELING
Section 38: Nutrition & Physical Activity and
Section 41: Heart Disease & Stroke

38A. NUTRITION-EATING THE RIGHT FOODS

Nutrition has become one of the most critical factors in determining the health and wellbeing of people throughout the world. Both under-nutrition and over-nutrition cause millions of unnecessary deaths each year.

Millions of the world's poor, especially children, continue to suffer and die from diseases related to under-nutrition. Under-nutrition affects the immune system and many of these children die from infections. More than one third of child deaths worldwide are due to under-nutrition

However, there is now also a world-wide epidemic of obesity due to over-consumption of the wrong kinds of foods. Obesity and the related diseases of diabetes, high blood pressure, heart attacks, strokes and cancer are now among the greatest killers of adults throughout the world. Obesity often begins in childhood, and has become a serious problem in developing as well as developed countries. This often leads to serious health problems and early death as an adult.

We will review under-nutrition first.

In developing countries, being underweight is one of the most common killers of children.

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WHO 5 KEYS TO A HEALTHY DIET



38B. NUTRITION