



Preventive Nutrition: Advantages and Future Developments

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Description

A subfield of nutrition research called preventive nutrition aims to stop, delay, or lessen the effects of illness and illness-related consequences. It is focused on maintaining a high degree of personal wellbeing, preventing disease, and diagnosing re-occurring health difficulties or discomfort signals that frequently signal future health problems.

The use of preventive nutrition may help adults have additional “healthy living years” later in life and delay the onset of non-communicable diseases (such Type 2 diabetes or cardiovascular disease). With the prevalence of overweight and obesity rising significantly among children and adults over the past 40 years, there is an increasing demand for preventative nutrition. Every societal structure has a different approach of explaining preventative nutrition to the general population. This is done either through a public health forum, governmental programmers and policies, or nutritional education.

Benefits

Everyone is aware that eating well has numerous advantages. One of the main causes of hypertension, according to a report on the hypertensive population in China, was fat. In accordance with the article, hypertension is a major public health concern in China. Despite existing public health policies and efforts to lessen the burden of hypertension, the prevalence of hypertension awareness, treatment, and control is still low.” For just this reason, preventive nutrition was developed. It is important to stop people from getting overweight or out of shape before they suffer from the negative consequences of obesity, harm, or other issues connected to poor diets, such as anxiety and sadness. For instance, it has been demonstrated that senior

individuals who follow a predominantly Mediterranean diet for a year have greater health than they did before.

After one year of following the Mediterranean diet, a sample of seniors was found to have a much more varied population of gut flora. Additionally, the elderly individuals displayed diminished indicators of frailty in their hand dexterity, walking speed, and cognitive ability. This is because “the intervention group’s more diversified micro biota produced more short-chain fatty acids that have been associated with greater health.” The advantages of preventative nutrition and nutrition in general go much beyond this, as nutrition can have highly distinct effects on each person and/or group.

Even though most people are aware of which meals are healthy and which are not, obesity is still a major issue in many nations throughout the world. Despite widespread acceptance of the concept of preventive nutrition, many people still do not adhere to the dietary recommendations required for a healthy lifestyle. Kovacs says that changing existing dietary habits to more sustainable and nutritious ones is one way to address health issues. Many people don’t eat healthily because they don’t have sustainable diets. Another issue is that they lack the resources to eat healthily. This is a major issue since “the poorest have an elevated risk of malnutrition when they confront disproportionate impediments to acquiring healthful food,” according to research. However, those who are severely poor do not have any access to food at all. People in cities frequently have greater access to food than those in suburban areas. With rising urbanization, the divide between the rich and the poor is only widening, and fewer people will have access to nutritious food as a result.

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In general, “the effects of diets on metabolic responses and exercise performance in endurance athletes have not been clearly established.” In other words, there isn’t really enough data to say cer-

tain diets will specifically help which populations. However, there is data to show that a good diet can make a huge difference in one’s ability to enter and maintain competition on the field, court, or track. Preventive nutrition has a highly promising future, and things can only grow better from here.