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Role of nutrition in health promotion and chronic disease prevention

Selma M Mwaruwa
Kenyatta University, Kenya.

According to WHO, Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Optimum Nutrition contributes to the general wellbeing hence development and improved quality of life (Gibney et al. 2009). The Nutrition Care Process can be utilized to carry out health promotion and disease prevention efforts. Primary prevention is the most effective, affordable method of chronic disease prevention and that dietary intervention positively impacts outcomes health across the lifespan (Academy of Nutrition and Dietetics). Poor nutrition is linked to chronic diseases such as cancer, T2DM, cardiovascular diseases, osteoporosis and anemia among others which greatly compromise the physical, social, psychological and emotional wellness of an individual (Lytle et al. 2002). It is therefore very important to promote good nutrition in order to promote good health and wellbeing in all society. The amount of energy consumed in relation to physical activity and the quality of food are key determinants of nutrition related chronic illnesses. Eating nutrient dense foods and balancing energy intake with the necessary physical activity to maintain a healthy weight is essential in all stages of life. Good nutrition has also been associated with better outcomes of disease management.

Biography

Selma M Mwaruwa has a diploma in Clinical Medicine and Surgery and currently a Bsc. Foods Nutrition and Dietetics student at Kenyatta University, Kenya. Currently working as a clinician for Kenya Ports Authority staff clinic.

smmwaruwa@kpa.co.ke

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