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Nutrition, Food Policy, and Global Health: Addressing Malnutrition Through Sustainable Food Systems

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Malnutrition in all its forms including undernutrition, obesity, and micronutrient deficiencies continues to challenge global public health. This presentation explores evidence-based nutrition policies, sustainable food systems, and community-based interventions that improve nutritional status across populations. Advances in nutritional epidemiology, public health surveillance, and food fortification programs have strengthened strategies for preventing nutrition-related diseases.

The session discusses healthy dietary patterns, school nutrition programs, maternal and child nutrition, and policy initiatives aimed at improving food security. Future directions include sustainable agriculture, precision public health nutrition, and digital health technologies that support equitable access to healthy diets worldwide.

Biography

Ricardo Uauy is Professor of Nutrition and Public Health at the University of Chile, Chile. His research focuses on maternal and child nutrition, public health nutrition, food policy, and sustainable diets. He has served as an advisor to international organizations on global nutrition and food security.