

Defying Secular Trend

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Abstract

The secular variation of biological anthropology tends to assess the degree of socio-economic development that is why nations try hard to achieve better secular trends of growth. Taller height has been often described as a sign of social status and privilege, therefore it became a personal as well as a society wish. Generally, in the last decades, stature tends to stabilize; however, weight continues to grow causing overweight to take pandemic forms. Nutrition and genetics are the main determinants of height trends and since maximum genetic potential can be restrained; nutrition takes the lead. Growth acceleration, during pursuit of positive height trend, correlates with long-term health problems in humans. Most studies show a positive association between rapid growth (height, weight, or both) and increased overweight and obesity, regardless of age. Therefore, the ultimate goal is to defy the secular trend and achieve a better height potential without the health burdens of excess weight. Protein quality rather than quantity is what truly makes a difference in height. Although nutrition in most countries can be raised by rational dietary guidelines, the deterioration of the protein index, even in the wealthiest nations, is alarming.



Biography:

University professor, clinician and researcher in the field of Pediatric nutrition with 30 years of exceptional record, experience and contributions in teaching nutrition knowledge and skills to medical students and applying such expertise for the welfare of patients. A member of many international Pediatric and Nutrition societies and pronounced reviewer in several distinguished journals. Supervisor of over 100. Pediatrics Master and MD Theses in the faculty of Medicine Ain Shams University with numerous publications in the field of Pediatric Clinical Nutrition. Valuable efforts in the establishment of the Clinical Nutrition clinic in the Children's Hospital, Faculty of Medicine Ain Shams University and Al-Adan Hospital, MOH, Kuwait

Speaker Publications:

1. "Clinical Nutrition 2019: Defying secular trend- May Fouad Nassar- Ain Shams University

26th European Nutrition and Dietetics Conference; Berlin, Germany - April 20-21, 2020

Abstract Citation:

May Fouad Nassar, Defying Secular Trend, Nutrition Congress 2020, 26th European Nutrition and Dietetics Conference; Berlin, Germany - April 20-21, 2020.

(<https://www.nutritionalconference.com/europe/abstract/2020/e-babe-defying-secular-trend>)