

# Editorial Note on Nutritional Health and Epidemiology

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## Editorial

A proper balanced diet is good for health and it provides energy, protein, essential fats, vitamins and minerals for the body to live, grow and function properly. The average nutritional requirements depend on characteristics such as age, sex, height, weight, degree of activity and rate of growth. Diet and nutrition plays an important role for the cause of death, illness and disorders like coronary heart disease, stroke, hypertension, atherosclerosis, obesity, cancer, osteoporosis, dental caries and gall bladder disease. It mainly focuses on interaction of nutrients and other food substances with relation to maintenance of an organism, growth and health diseases.

In humans, an unhealthy diet will cause the deficiency-related diseases such as night blindness, anaemia, scurvy, premature birth, stillbirth or nutrient excess health-threatening disorders such as obesity, common chronic systemic diseases as cardiovascular disease, diabetes, and osteoporosis. And Under nutrition may lead to wasting in acute cases, and the stunting of marasmus in chronic cases of malnutrition

At certain cases even if you are getting enough food to eat, and if you are not eating a balanced healthy diet, you may still be at risk for such nutritional deficiencies. And also you may have nutritional deficiencies at certain life conditions like pregnancy, and intake of alcohol and certain medications like high blood pressure and also people who undergo removal of intestinal

sections or intestinal diseases or weight loss management or surgery may also lead to vitamin deficiencies.

Most commonly occurred nutritional deficiency is iron deficiency due to this the i.e., Anaemia and other deficiencies that may affect your blood cells is lack of Vitamin B12 (Cyanocobalamin), and vitamin c (Citrus Supplements). Mostly health conditions are affected by food and nutrition such as food poisoning or bacterial infections due to the intake of contaminated food, and for some people by severe allergic conditions to foods like peanuts, shellfish, or wheat, gastrointestinal ailments.

Nutritional epidemiology studies the role of nutrition in the ethology of disease, monitors the nutritional position of population, develops and evaluates interventions to maintain healthful eating patterns among population, it also focus on the relationship between nutrition and health. Nutritional epidemiology uses knowledge from nutritional science to assist the importance of human nutrition and basic underlying mechanisms. Nutritional epidemiological methods are developed to study the relationship between diet and disease. Reports from these studies may impact the public health to guide the development of dietary supplements for the prevention of certain diseased conditions and cancers. The nutritional epidemiology should be a core component for all health and social service professions to improve the health of public worldwide. However, the nutritional epidemiological studies yield unreliable reports on the role of diet in health and disease, which is known as measurement error.

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