

Promotion of Healthy Diet to Prevent Non-communicable Diseases

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An epidemic increase in Non-Communicable Diseases (NCDs) is a major cause of global mortality and morbidity, and perpetuating poverty in low and middle income countries (LMICs). The continued rapid population growth along with higher fertility rates among the poorest sections of the population challenges sustainable inclusive development (UN 2015). Among other targets, Sustainable Development Goals (SDGs) aim to reduce premature deaths from NCDs by one third and to end malnutrition in all its forms by 2030.

Diet-related NCDs are the leading cause of morbidity and mortality and their burden is likely to increase if urgent remedial actions are not initiated on a large scale. They have to be addressed with a transformation of food systems in favour of a healthier and more sustainable diet. The successful implementation and execution of diet-related health promoting policies along with changes in population attitudes and practices towards healthier diet are required. Interventions that tackle the root causes of poor and unbalanced diets by scaling up healthy diet promoting programs are essential.

This paper will review the practical application of different approaches that can address these issues such as, Holistic and Multi-disciplinary method Settings Based Approach to maximise disease prevention with community participation, partnership, empowerment and equity; Population Based Approach that addresses the needs of diverse population groups such as children, women, the elderly, workers or communities; and Issues Based Approach that targets a wide range of determinants of health or risk factors such as isolating diet-related risk factors and focusing on them.

