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INTRODUCTION

According to the WHO report monitoring progress in the fight against non-communicable diseases and Global Nutrition Policy Review 2016, governments are making progress in addressing food risk factors and increased prevalence of non-communicable diseases, but not enough to meet the global goals [1; 2; 3; 4; 5].

Unhealthy and non balanced foods, dietary behaviors and nutritional status are important determinants of non-communicable diseases (NCDs). These factors are not only risk factors for NCDs, but major causes of illness themselves. Poor nutrition is a major risk factor for a range of chronic diseases, including cardiovascular disease, cancer, diabetes and other obesity-related conditions [5].

AIM OF STUDY: This bibliographical review aims to highlight evidence on nutrition-health interactions and how nutrition and nutrition-related policies can contribute to prevent and manage non-communicable diseases (NCDs) such as diabetes, cardiovascular disease, obesity and some cancers.

METHODOLOGY

This work was carried out through a bibliographical analysis from 2014 to 2023.

RESULTS OF THE BIBLIOGRAPHICAL ANALYSIS

The current work shows that NCDs affect people worldwide predominantly in low- and middle-income countries where occurred 80% of deaths due to NCDs [1; 2; 3; 4; 5]. 29% of these deaths were in people under age 60 [5]. Overall, foods, diets and nutritional status are important determinants of NCDs. Foods, diet and nutritional status, including overweight and obesity, are also reported to be associated with elevated blood pressure and blood cholesterol, and resistance to the action of insulin. These conditions are not only risk factors for NCDs, but major causes of illness themselves [2; 3; 5]. Sub-Saharan Africa populations are increasingly exposed to foods and diets that influence the risk of developing NCDs. Globally, calories obtained from meat, sugars, oils and fats have been increasing during recent decades, and those from fibre-rich foods decreased. Consumption of processed and convenience foods increase significantly year by year in these countries. As undernutrition, this nutrition transition affects dietary patterns and nutrient intake, and places people at risk of developing NCDs [1; 2; 5].

RECOMMENDATIONS FOR THE CONTROL OF NON-COMMUNICABLE DISEASE

Specific recommendations for a healthy diet include: eating more fruits, vegetables, legumes, nuts and cereals; reducing salt, sugar and fats. It is also advisable to choose unsaturated fatty acids rather than saturated fats. Improving eating habits is not just an individual problem, it is indeed a societal problem that will therefore require the adoption of a population-based, multi-sectoral approach, multidisciplinary and culturally appropriate. The main measures recommended herein for the control of NCDs are given as an hexagon in figure 1.

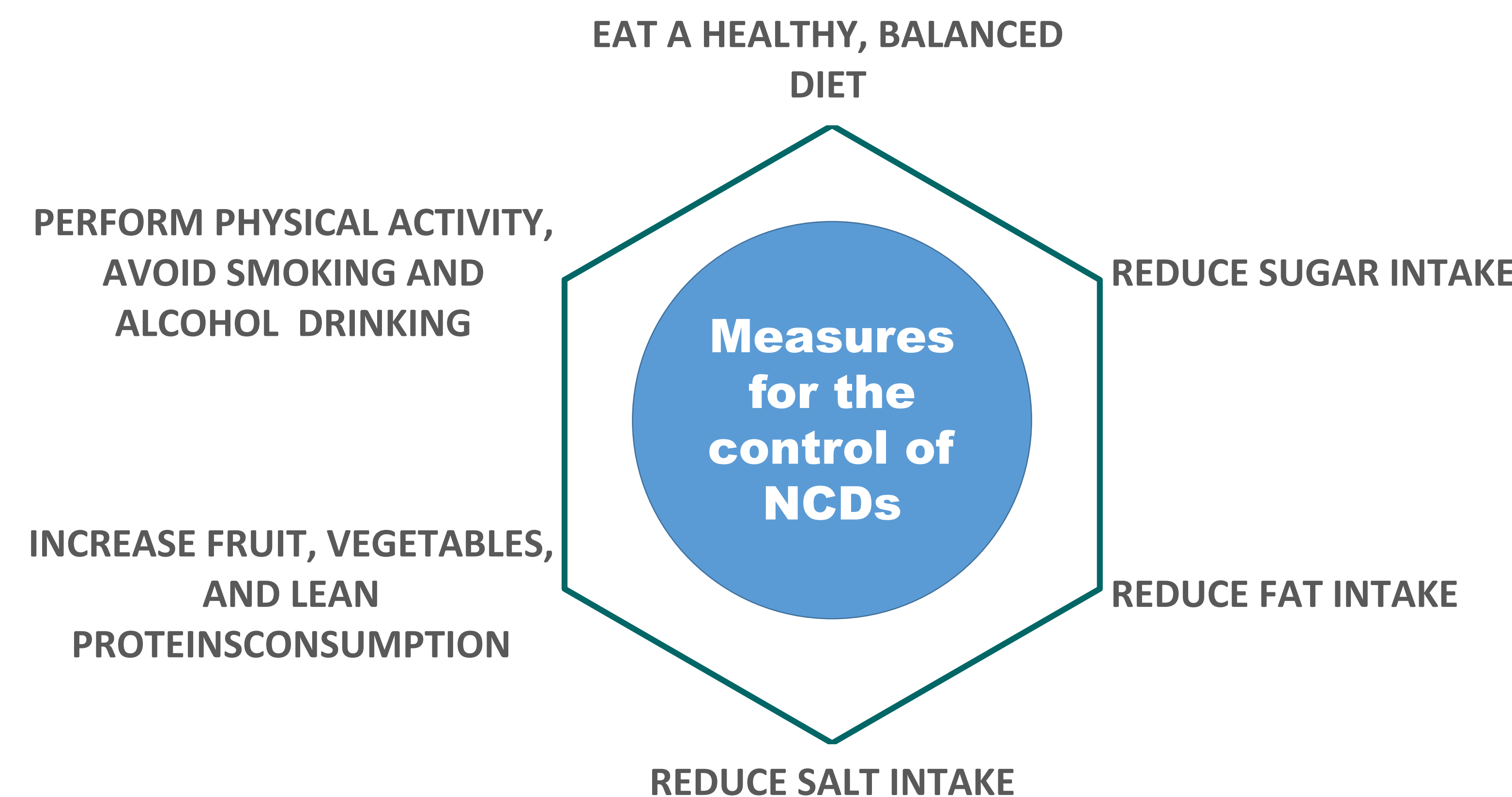


Figure 1: Hexagon of measures for the control of non-communicable diseases

CONCLUSION

Our dietary behaviors, what we eat and our nutritional status can lead on cardiovascular diseases, cancer and diabetes. Undernutrition, and its impacts on growth, development and maturation has numerous detrimental outcomes, including the potential to increase risk of developing an NCD later in life. A healthy diet and physical activities reduces the risk of cardiovascular disease, cancer, diabetes and other obesity-related conditions. A more concerted response is needed for NCDs policy actions, governance, monitoring and evaluation

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