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Nutrition and Lifestyle Interventions for Improved Child Health

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Message from the Guest Editors

Nutrition is a vital part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease), and longevity.

Rates of malnutrition are continuing to rise, due to the nutrition transition that many developing countries are experiencing, where undernutrition remains alongside micronutrient deficiencies and rapidly growing overweight/obesity rates. This double burden of malnutrition is especially high in low- and middle-income countries, where the poorest and most marginalized communities are the most affected. However, malnutrition is preventable, mostly through the consumption of a healthy diet containing diverse foods.

Achieving the SDG 2 and a world with Zero Hunger cannot be achieved without supporting individuals, wider communities, and policy makers to make meaningful, long-term changes to their behavior. Therefore, nutrition, lifestyle and social and behavior change interventions are critical in reducing all forms of malnutrition.



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Editor-in-Chief

Message from the Editor-in-Chief

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