



**INTERACTIONS BETWEEN NUTRITION AND ENVIRONMENTAL
EXPOSURES: EFFECTS ON HEALTH OUTCOMES IN MEN, WOMEN,
CHILDREN**

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Abstract:

Complete ecological units that function as natural systems without massive civilized human without massive civilized human interaction including all vegetation. Microorganisms, soil, rocks, atmosphere and natural phenomena that occur within their boundaries. Universal natural resources and physical phenomena that lack clear cut boundaries. Such as air, water and climate as well as energy, radiation electric charge and magnetism, not originating from civilized human activity. It is difficult to find absolutely natural environments and it is common that the naturalness varies in a continue from ideally 10% natural in one. Extreme to 0% natural in the other more precisely we can consider the different aspects or components or an environment and see that their degree of naturalness is not uniform. Association between an exposure and an adverse health effect do not, on their own, prove that the former is the cure or the latter. Many allergens such as grass pollen grains or faecal material from hour dust mites may cause attacks of asthma or "hay fevers" There is evidence that high exposure to these allergens early in like increase the risk of suffering from asthma later on.

Keywords: *natural resources, health, exposure*

Introduction:

Earth is composed of living and non-living things living are depends on each other like we say that earth is composed of 5 elements i.e. Air, Earth, Sky, Fire, Water. The human beings without this element is impossible. He needs air to breath, earth to live, sky for shelter fire for preparing meal and water for drink.

Without nutrition man cannot survive as a healthy person and nutrition we go from our environment i.e. from plants, roots, fruits, leaves and from animals. Since from ancient time man use the natural resources





as a meal. So its environment is healthy food is also healthy that makes a human healthy.

India is a development country most of the people living in rural area. About 80% of people are living in rural side and 20% are in city. In rural people suffering from most of the problem like environmental sanitation and electricity facilities. There are no educational facilities like school, college, child abuse, illiteracy and lack of knowledge. And there are no medical facilities available so most of the people suffering from various diseases like malaria, chikungunya, cholera, typhoid fever and other various communicable diseases.

In urban areas most of the suffocation, road accident and change in life style. Sound pollution are the most important problems in the city. In the rural area most of the people suffering from communicable and non-communicable disease because of illiteracy and lack of awareness regarding cleanliness.

In children's of under 5 years are malnutrition because of appetite and environment sanitation and also of low knowledge of food intake like vegetarian and non-vegetarian and of traditional plays an important role in malnutrition. This all affects the health of children's.

Environment:

Environment can affect the health of people. Good environment can help the health of people.

“Clean environment better Health”

This statement deficits to our people's health because of clean environment can change the health and unclean disease. Environment can affect the all ages of people like children, adult, male, female etc.

Nutrition & the Environment:

Rapid environmental changes : Rapid environmental changes are profoundly altering the relationship between humans and ecosystem in which they live. These changes include overpopulation, loss of biological resources, ecosystem destruction associated with industrial and commercial development, climate change, urbanization, modern agriculture employing pesticides and





Descriptions in environmental integrity can affect patterns of human health disease and nutritional status.

Conservation and sustainable use of biological diversity is of critical importance for meeting the food, health and other needs of growing world population.

Purpose: To assess the sharing of both genetic resources and technologies are essential.

An understanding of these links offers guidance on nutrition relevant actions that provide sustainable joint to environmental changes.

At a time of unprecedented climatic and environment change nutrition knowledge becomes virtual in enabling individuals and populations to adopt in the most positive manner possible.

The Environment Nutrition Connection:

- 1) As nutrition represents the most fundamental of human needs, it provides a useful perspective from which to address this paradox.
- 2) Nutrition Research provides an essential information on how environmental degradation can lead to major nutrition related health problems such as malnutrition, infectious disease and contamination.
- 3) Diabetes and coronary heart disease that reflect reduced intake of nutrients and non-nutrients. Protecting health underscores the cost of reliance on processed foods or a narrow species base by industrial societies and urban population.
- 4) Persistent organic pollutants (POPs) transported in atmosphere can have adverse effects on traditional food systems far removed from major sites of peptic use.

Seeking Suitable Solution:

- 1) Food base strategies are key to addressing global hunger and malnutrition as well as enabling vulnerable populations to adapt to environmental and socio economic changes.
- 2) Researchers have documented ways in which population with traditional life systems satisfy their nutritional needs through unique human environment relationships. Eg. Rice, pulses and milk products. Provide a balance of amino acids for subsistence farmers in India.





- 3) Nutritional science can help determine whether these traditional system can adapted for use elsewhere.
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 - ❖ Universal natural resources and physical phenomena that lack clear cut boundaries. Such as air, water and climate as well as energy, radiation electric charge and magnetism, not originating from civilized human activity.
 - ❖ It is difficult to find absolutely natural environments and it is common that the naturalness varies in a continue from ideally 10% natural in one.
 - ❖ Extreme to 0% natural in the other more precisely we can consider the different aspects or components or an environment and see that their degree of naturalness is not uniform.
 - ❖ Association between an exposure and an adverse health effect do not, on their own, prove that the former is the cure or the latter.
 - ❖ Many allergens such as grass pollen grains or faecal material from hour dust mites may cause attacks of asthma or “hay fevers” There is evidence that high exposure to these allergens early in like increase the risk of suffering from asthma later on.

Conclusion:

Major health problems of the 21st century include nutritional deficiencies and dietary changes in both rural and urban settings. Nutritional analyses, combined with an understanding of traditional systems and resources, can help identify the biological and socio cultural components of solutions to dietary and health problems associated with dietary change and adaptive strategies for the future. Address nutritional needs offers a primary rationale for the preservation of traditional knowledge and life-styles, the conservation of wild and cultivated resources and the sustainable use of the environments in which they are located.





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