

# Community Health Nursing Department

## Nutrition Health Services

- lecture -10

### Nutrition

The combination of processes by which the living organism receives and utilizes the nutrient from food for the maintenance of its functions and the growth of tissues and for production of energy.

#### These combinations are:

1. Eating.
2. Digestion.
3. Absorption.
4. Metabolism.
5. Excretion and Egestion.

**Diet:** An element that is used in many tradition treatments of disease or food prescribed a physician.

Food: are nourish the body and sometimes to treat particular illnesses for which dietary has an accepted scientific rationale.

#### Classification of food:

1. Energy food (carbohydrates).
2. Body building food (protein).
3. Protective foods (vitamins and minerals).

**Food pyramid:** A general dietary structure that should ensure adequacy and yet at the same time make it more likely that other nutrition guidelines will be followed.

#### Classification of nutrients:

1. Macro nutrient (CHO, PRO, FATS and Water).
2. Micro nutrient (Vitamins and Minerals).

#### Good nutrition is important for:

- 1.The ability of adults to work well.
- 2.The bodies' resistance to infectious disease.
- 3.Healthy pregnancy and deliveries.
- 4.Physical and mental development of children and adolescent.
- 5.Eradication of malnutrition diseases.

#### Factors' affecting community nutrition:

##### **1. Good agriculture:**

- Clearing the land.
- Planting of sufficient crops.
- Use of irrigation and fertilizer.
- Harvesting of the right time.
- Safe storage of the food.

- Good transport and distribution system to get enough food for all regions.

## **2. Healthy environment:**

- Safe and sufficient water, essential water for drinking, cooking, e.t.c...
- Safe and not too far way from houses.
- Vectors and disease control.
- Raising of the general standard of sanitation.
- Improved housing.

## **3. Good economy:**

- Sufficient money and resources wisely allocated.
- Enough cultic able land to grow sufficient crops.
- Enough productive jobs and hard work.

## **4. Good education:**

- Spreading of knowledge about good nutrition and child health in school, families and community.
  - Should ways of improving present attitudes and practices, special emphasis/ should be laid on education nutrition of the vulnerable groups (child, pregnancies and patients).

## **5. Healthy and social family life:**

- Family size.
- Appropriate distribution of money, work and food within the community and family.
  - Care of children from broken or incomplete family.

## **6. Prevention and control of diseases:**

- Infectious disease can cause malnutrition in children.
- Early detection and effective treatment of acute disease in adults.
- Good management of chronic disease in adults.
- Control of alcoholism to avoid waste of money and man power.

## **Roles of community health nursing in nutrition services:**

- Encourage breast feeding until after weaning.
- Emphasize the nutritional values of many local and traditional foods.
- Identify the food values of locally grown foods and encourage their production and use.
  - Advice on the storage and preservation of local foods.
  - Organize nutrition education.
  - Work to improve nutrition through ward development community.