

Urban lifestyle, nutritional transition and eating disorders- a great concern

Padma sukumaran harshan

Society for Human Welfare and Environmental Furtherance, Madhya Pradesh, India.

Abstract

Women in the 21st century is overburdened with dual responsibility of house and office/professional career there by a new kind of urban lifestyle has developed that is slowly affecting the fragile relationships of families and is leading to nutritional transition and eating disorders among the children, leading to a great concern. The nuclear family system is the most affected group as both parents prefer to work because of their societal needs and better education for their children, that leads to a short cut method of providing food in the form of packed, easy to make food stuffs even by kids like noodles, pastas, burgers etc. that later becomes a regular, unchecked food habit an unknowingly a nutritional transition and if mothers are not alert consecutively eating disorders happens very quickly. In the absence of elders at home they prefer to eat whatever their tongue demands and satisfy their hunger. Thus, are devoid of rich, healthy, protein, carbohydrate and rich leafy food and fruits. Some do not have the awareness of even the pulses, cereals, yams and other eatable tubers. The Indian type of food in different regions varies that includes at some places a light or heavy breakfast, a wholesome lunch and a light or heavy dinner may be, a vegetarian or nonvegetarian. Systematic discipline by mothers in having food with the family inculcate the habit of eating food on time and help them to understand the tastes of all eatable and healthy stuffs.

Conclusion: A scientific study if undertaken, the actual results may surprise. Eating disorders lead to many health problems in the early stages of growth of the kids like skin ailments, lack of proper early bowel movements creating constipation, less sleep, going to bed very late getting up late that invites host of diseases, hormonal and psychological imbalances. Traditionally, each home has its own food habits and the preparation methods are passed on by the mother to the daughters and daughter in laws that have started losing ground. An awareness program to new couples and young mothers will definitely help to cope up with such issues that are becoming a bane for a healthy society.

Biography:

Padma Harshan has taken a Doctorate in Entomology in the year 1993. About 10 years of research experience in vector control resulted in research papers of International and National repute. Rest of her years in operational research, monitoring of total sanitation work in 11 districts of the State and verification in State of Andhra Pradesh with the support of trained team and catalysed by MORD, GOI, has given renewed impetus for research. Her successful operational research work on non-chemical farming of 2 varieties of turmeric, arrowroot and black gram with International publications is praiseworthy. Member of One World Asia, Asia Youth Environment Network and life member of Journal of Malariology etc.



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