DISENTANGLING THE ROLE OF NUTRITION IN PRIMARY HEALTH CARE
Nutrition is the intake of food, considered in relation to the body’s dietary needs. Good nutrition – an adequate, well balanced diet combined with regular physical activity – is a cornerstone of good health.

Source: [https://www.who.int/topics/nutrition/en/](https://www.who.int/topics/nutrition/en/)
Disentangling the role of nutrition in primary health care
Goal: Optimal nutrition through the life-course

- Health Promotion
- Prevention
- Therapeutic (Curative)
- Rehabilitation
- Palliative Care

Prevention

Newborns

A HEALTHY DIET AND THE RIGHT NUTRIENTS DURING PREGNANCY PROTECTS THE HEALTH OF MOTHERS AND THEIR BABIES

Health Promotion
Prevention

Infants and children

GOOD NUTRITION HELPS CHILDREN TO GROW AND GIVES THEM ENERGY TO LEARN AND PLAY

Source: https://www.who.int/nutrition/topics/ENA-infographics/en/

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Prevention

Adolescents

Source: https://www.who.int/nutrition/topics/ENA-infographics/en/
Health Promotion

Everyone

EATING A HEALTHY DIET IS ONE OF THE BEST WAYS FOR PEOPLE TO FEEL GOOD AND STAY WELL

Source: https://www.who.int/nutrition/topics/ENA-infographics/en/
Our vision is not health for some.
It’s not health for most.
It’s Health For All: rich and poor, able and disabled, old and young, urban and rural, citizen and refugee.
Everyone, everywhere

Dr. Tedros Adhanom Ghebreyesus
Director-General, World Health Organization