

# **Bulletin of National Nutrition Institute Arab Republic of Egypt**

**The Official Publication of the National Nutrition Institute**

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The bulletin is the official publication of the National Nutrition Institute (NNI). It publishes; (original articles, papers, book reviews, case reports, research reports, invited editorials, letters to the Editor, special communications, announcements and upcoming events) in the area of human nutrition in health and disease and related sciences. It is published tow times / year.

Principal areas covered are community nutrition. nutrition education, nutrition assessment, psychology of food habits and behavior , hospital dietetics, capacity building in nutrition, food safety, food security, food sciences, biotechnology, anthropology, nutrition biochemistry.

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# Bulletin of the National Nutrition Institute

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## Editorial

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In recent decades, new trends have emerged in Egypt, influencing and often challenging the country's development potential. These include social changes such as rapid population growth, ageing populations, changes in disease patterns, urbanization, and migration as well as changes in poverty trends. They also include environmental changes due to climate change; technology developments; economic shocks such as the food and fuel price crises and the global financial crises between 2008 and 2010; and political turbulence. The resultant changes in lifestyles, food consumption and behavioural patterns have stretched existing resources and support systems at both national and household levels while negatively affecting the nutritional status of many Egyptians. These developments have highlighted the increasing importance of preventive approaches and resilience-building, particularly for nutritionally vulnerable groups and communities.

Further evidence provided on the need for more integrated, multi-sectoral approaches to tackle nutritional challenges. Why multi-sectoral approaches are becoming recognized as a critical part of the long-term solution for nutrition security is because factors contributing to malnutrition emanate from multiple and linked causes including food and water preparation and intake, sanitation practices, access to health services and care practices, institutional and environmental factors amongst others. Ultimately, all causes of malnutrition are rooted in basic or 'structural' conditions in the society, including poverty, gender, power structures and governance. These basic conditions in the society are, themselves, determined by the nutritional status of the members of the society! Hence, improved nutrition is not only an outcome of poverty alleviation and social justice it is actually a key driver of these developments!!!

The recent literature also sought to evaluate efforts to combat malnutrition at both global and local levels and highlighted the growing prevalence in low-income and middle-income countries (LMICs) of a "double burden of malnutrition", where longstanding undernutrition (stunting) coexists with overweight and obesity.

**EDITOR IN CHIEF**

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