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## SOCIAL ASPECT OF FOOD, NUTRITION AND HEALTH

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### ABSTRACT

The Food and Agriculture Organization of the United Nations (FAO) reported in its most recent report that the number of people who go hungry increased for the third year in a row. The preceding year's number shows an upward trend when compared to this one. In addition, studies have shown, for the most part, that food insecurity tends to follow social trends in such a way that population groups that are members of minorities or marginalized are the ones who are more likely to be subjected to food shortages and/or lack of access to food that is appropriate for them. This is because population groups that are members of minorities or marginalized are the ones who are most likely to be exposed to social trends in this manner. This is the situation due to the fact that certain population groups have a propensity to follow social trends. In this hypothetical scenario, the concepts of food safety and food insecurity are brought to the forefront of the global conversation, playing a role that is pertinent to the issue of public health on a scale relevant to the entire globe. In today's modern and more globalized world, the creation of a method of food production that is beneficial to both human health and the natural environment is one of the most urgently sought-after objectives. In light of this, the primary objective of this paper is to collect information about the social, environmental, and geopolitical factors that are (or should be) engaged in the ongoing process of ensuring that all people have the effective right to sufficient nutrition and to have a brief discussion about these factors.

*keywords: Social aspect food, nutrition, food security, social trends, food safety, food policy.*

### INTRODUCTION

One way to think about food security is as the science behind food processing, preparation, and storage, which may be summed up as follows: The growing interest in the nutrition education of children and adolescents has led to the development of a number of alternative approaches to problem-solving in the area of food policy. These strategies include the World Health Organization's Global Strategy on Diet, Physical Activity, and Health; the White Paper A Strategy for Europe on Nutrition, Overweight, and Obesity-related Health Issues; the Strategy for Nutrition, Physical Activity, and Obesity Prevention; the Program "Cudate+2012" [Take Care of Yourself] that was implemented in Spain; and the Strategy for Nutrition, Physical Activity, and Obesity Prevention. In addition, the Generalist de Catalunya, which is sometimes referred to as the Autonomous Government of Catalonia, regularly releases educational materials aimed at schools and families in order to support healthy eating. The goal of these materials is to teach people how to make healthier food choices. The vast majority of these policies on food education, however, do not take into account the sociocultural context in which food is immersed, nor do they take into account the fact that what children

eventually eat or do not eat (their actual intake) is strongly influenced by factors such as gender; ethnicity; ideology; the educational, normative, organizational, and dynamic context of the family, school, or community space where food is eaten; the deciding role of pleasure and the fact that what children eventually eat or these considerations include things like gender.

### **Uncertainty in the Availability of Food, as well as Malnutrition**

It is essential to investigate both the idea of food safety and the idea of food insecurity at the same time for the purpose of long-term peace on a global scale as well as for the health of the general population. In the 1940s, there was a widespread acceptance of the notion that the exponential growth in food production across the globe would improve both the quality of life and the accessibility of food. On the other hand, history has not borne out this contention, since the number of people living in poverty and not having enough food to eat keeps climbing from one year to the next. For example, the United Nations (UN), through its division for Food and Agriculture (FAO), has confirmed in its most recent report that the number of people who go hungry in the world has increased for the third year in a row, affecting around 821 million people. This figure was found in the UN's most recent report.

As a consequence of this, the development of a global food system that does not deplete the planet's resources has become one of the most pressing priorities of modern society. The population of the globe increased at an exponential pace from 1961 to 2000, which resulted in a significant increase in the demand for food during that time period. Several different factors, such as advancements in science and technology, public policies, institutional action, commercial investment, innovation, and services, helped to partially satisfy this need. It is estimated that by the year 2050 there will be 9.7 billion people, and that in order to properly feed them, taking into consideration the current distribution model, it would require an increase in food production of approximately 70 percent. Nevertheless, the increase in agricultural product intake and exports has a devastating impact on human life and the environment.

It is possible for there to be a favorable influence on the performance of this sector over the long term, which will lead to a large effect over the next 20 years, if there is a worldwide commitment to improvements in social, economic, environmental, technical, and geopolitical conditions in sectors associated to food security. This commitment could come from anywhere in the world. Urbanization, the rise of megacities, demographic upheavals, and changes in eating patterns will all have a serious negative effect on the supply of food in the case that natural resources continue to be depleted. This is because natural resources are finite. Despite this, the Food and Agriculture Organization of the United Nations (FAO) has recently advocated for the need for significant changes to be made in the agricultural and food systems of countries all over the world.

The lack of available financial resources is widely acknowledged to be the single most significant factor that contributes to food insecurity. A preventative public policy that aims to reduce poverty and protect vulnerable non-poor people is an essential technique for addressing the expectations of citizens. This policy should also safeguard vulnerable non-poor people. On the other hand, there is an unsettling situation that is taking place in developed nations like Canada. One example is the opioid epidemic. As a result of ongoing cuts to social security, an increasing number of people in Canada are forced to rely on food banks to meet their nutritional needs. In spite of this, the number of times it was used increased to an all-time high in 2010 and did not begin to decrease the following year.

The detrimental consequences that this situation has had on people's health underline the urgent necessity of taking action as soon as possible. Even though there have been calls for more involvement from health experts and government organizations, food insecurity is still an issue on a global scale. This is the case despite the fact that there have been such calls. It is compatible with a socio-environmental approach to grasping public health concerns to take into account the numerous layers of the possible social effect that may be brought on by a lack of food, and this is something that should be taken into consideration. When seen in this light, the social geography of the population is one of the factors that plays a role in determining an individual's capacity to receive enough nourishment. There is substantial evidence of food deserts in the United States, for example. These deserts are characterized by disparities in availability to food that is both healthy and inexpensive, which, when combined with variations in income and ethnicity, result in increased food insecurity for the people who live in these geographic regions. These disparities are, to a considerable extent, the result of the absence of aid and action by the government.

### **The Relationship Between Inadequate Access to Food and Obesity**

There is a clear correlation between not having enough food and having poor health, and this link persists throughout a person's whole life. This link affects people of all ages, including children as young as infants and those old enough to be in school, women of childbearing age, and adults and the elderly (DHURANDHAR, 2016; MURTHY, 2016). The risk of not having enough food to eat is directly related to bad health and can impact people of varying ages, including children as young as infants and those who are of school age. Undernourishment is already acknowledged as a contributing factor in the development of four of the top ten main causes of death in the United States, namely cancer, cardiovascular accidents, cardiovascular disease, and type II diabetes. This fact is one evidence of the relationship between the two, as it illustrates the fact that undernourishment is already recognized as a contributory factor. People who do not have access to health care and/or are socially marginalized, such as those with disabilities and members of underrepresented racial or ethnic groups, are also more likely to experience food insecurity. This includes people who do not have access to health care and/or are socially marginalized.

This subfield of research within the area of health sciences has experienced tremendous increase in recent years, contributing considerably to the growth and development of an understanding of the idea that is referred to as environmental obesity. In the beginning, the primary concentration of this emerging field of study was on the impact that the artificial and modern environment has on physical activity. More recently, however, it has begun to investigate not only the availability of food in family and individual retail settings but also the accessibility of this food.

According to the findings of the research that looked at geographical patterns of food availability in restaurants and fast-food chains, there is a significant connection between the prevalence of obesity and a lack of access to a diet that is high in nutritious foods. The consumption of nutritious foods like fruits and vegetables may be an indicator of how difficult it is to gain access to these products.

In the east, for example, high-fat diets and the use of vegetable oil rather than animal fat (which is preferred by the people) have both been related to higher risk factors for obesity in the local population. Additionally, the population prefers to cook with vegetable oil rather than animal fat. While this is happening, the introduction of Western fast food franchises in China has also been a significant contributor to the rise of unhealthy eating practices. For example, Ludwig et al. (2001) found that consuming fast food on a regular

basis was directly connected with weight increase and the risk of insulin resistance over a period of 15 years. This correlation was shown to be significant. This meant that, in comparison to subjects who ate less than one quick meal per week, those in the cohort who ate more than twice a week at fast food gained an additional 4.5 kilograms of weight and increased their insulin resistance by 104% both at the beginning of the study and in the follow-up time. Additionally, their insulin resistance increased by 104%.

At least four essential characteristics may be discovered in the physiological mechanisms that explain why eating fast food might lead to weight gain, and these characteristics are as follows: the availability of large portions; a high calorie density as a result of a high fat content; the low energy density of vegetables, fruits, and whole meals; the increasing sale of soft drinks and sugary beverages; and additionally, a high level of trans fatty acids are all factors that contribute to weight gain caused by eating fast food. It has also been speculated that the high glycemic index of the carbohydrates that are frequently used in these restaurants may be a contributor to the progression of this predicament. The average portion size of fast-food products such as hamburgers, French fries, pizzas, and soft drinks has increased by more than 100% over the period of the previous fifty years.

On the other hand, societal prestige, which is driven by the pattern of beauty, can be connected with low levels of energy usage and high levels of metabolic efficiency inside the body. This is because beauty is driven by the pattern of attractiveness.

In addition, there is some evidence from trials that demonstrates that a person's social status can affect not just the usage of the calories from meals and the related metabolic efficiency of that, but also the quantity of energy that is ingested. This is the case despite the fact that social standing has no bearing on the number of calories that are consumed from meals. According to the conclusions reached by many investigations,

## **OBJECTIVES OF THE STUDY**

1. Food insecurity and malnutrition research
2. Food and conflict resolution: communication, education, and food

### **Conflicts with food may be found in our modern culture.**

According to the Food and Agriculture Organization (FAO) the right to enough food is an internationally recognized human right that has been around for a long time. Many nations have made the commitment to defend this right, but it is not even close to being fulfilled. During the course of the last few decades, a number of nations have developed and put into effect constitutional amendments, new federal laws, strategies, policies, and programs with the intention of enforcing the right of all people to sufficient food. Since more than thirty-five years ago, the right to enough food has been a legally enforceable human right under international law. Since that time, numerous legal safeguards have been extended to certain groups, such as women, children, and persons with disabilities. The right to adequate food has been a globally recognized human right since more than thirty-five years ago. The "Voluntary Guidelines to Support the Progressive Realization of the Right to Adequate Food in the Context of National Food Security" were approved by consensus by the member nations of the FAO in 2004. These guidelines provide practical orientation on how to apply the right to adequate food in a wide range of areas of policies and programs. More recently, the "Voluntary Guidelines on the responsible governance of tenure of land, fisheries, and forests in the context of national food security," or the United Nations' "Zero Hunger Challenge," put importance to the implementation of the right to food. Both of these initiatives aim to eliminate world hunger. On the other hand, the organization that was just described has shown that

there are more than 793 million people throughout the world who go to bed hungry every single night. In Spain, one-third of children are at risk of being excluded from social life, thirty percent of children are at risk of having their nutrition compromised, and one-quarter of children do not consume fruit or vegetables on a regular basis. The number of students who do not consume lunch prior to attending school has also risen, as have the number of social and non-governmental efforts for the distribution of food in schools. However, given the legally binding nature of the right to adequate food, it is not appropriate for this right to be satisfied through charitable actions or welfare assistance. The right to food is a fundamental human right that belongs to every woman, man, girl, and boy. In order to ensure that this right is respected, governments and non-governmental actors must take the appropriate activities. Despite this, the Spanish government, along with a number of organizations and associations that are part of the third sector, have started a program to help people who are struggling to make ends meet as a result of budget cuts that were implemented by the government in the wake of the socioeconomic crisis that began in 2008. This phenomenon has considerably expanded disparities in terms of access to food and availability. Additionally, it has increased the amount of friction that exists between families and communities in regards to access to social assistance (for example, financing the cost of school meal services).

### **Food and conversation, food and learning: the role of food in the resolving of conflicts**

It is generally agreed upon, at least among the academic fields that examine food from a social and humanistic vantage point, that eating is about more than just getting the necessary nutrients. Not only does the act of eating provide us with sustenance, but food also allows us to connect, express ourselves, and form relationships with one another. Because we do not consume everything that is capable of being consumed by living organisms, our decisions about what and how much to eat are influenced not only by economic, political, social, and ideological factors, but also by the accessibility and availability of food.

In a same manner, by analyzing the dietary patterns of a group, we are able to gain a deeper comprehension of the lives that they lead.

Proposals for an all-encompassing approach to food education, sometimes known as food education or food as a method of learning

On the previous pages, we were able to demonstrate the great variety and complexity that exist in relation to food in the modern society that we live in today. There are a variety of perspectives on, attitudes toward, and approaches to the preparation of food, which, in turn, are representative of the diverse ways of thinking and acting that can be found all over the world. These multiple perspectives and levels of social interaction frequently result in controversies and conflicts (both food macro conflicts and food micro conflicts), which are not always straightforward to resolve. Similarly, we could see that food disputes and controversies are related to disparities in food access and availability, as well as biopolitical and commercial nuances that make it difficult to make food decisions.

### **CONCLUSION**

Since the Malthusian population theory came into existence, the attention of the world has shifted to the issue of food. Despite this, there is widespread agreement that ensuring food security and eliminating situations of food insecurity in the human species is still a complex challenge for modern societies, particularly capitalist ones. In order for this objective to be accomplished, the health care systems of the globe will need to undergo substantial adjustments on the political, economic, cultural, and social fronts. There is no question that human health is intertwined with the food issue; however, in order to break the cycle that supports the lack of access to food that is suitable for a significant portion of the human population, a multifaceted method of interventions will be required, and in this process, the scientific community plays a key role. There is no doubt that human health is intertwined with the food issue. Therefore, ongoing research into this topic is required in order to construct strategies that are more inclusive and, at the same time, to be

able to cover all social layers in preparation for the urgent reformulation of the model of food production, distribution, and consumption around the world.

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