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Nota di contenuto	Appraising Visioning Sustainability for a Healthy and Happy Future -- Sustainable Health in Territorial Planning -- Food Consumption Patterns and Associated Health Risks in Douala Metropolis – Cameroon -- Geostatistical Study on Waterborne Disease Outbreak in India [2011-2020] -- Peri-urban Agriculture and Food Supply -- Gender Dimension of Child Malnutrition among Tribal Children in India -- Food Processing and Nutrition Delivery -- Undernutrition Among the Adult Tribal Populations of India: Review and Meta-analysis -- The Food and Nutrition Status in India: A Systematic Review -- Spirituality in Sustainable Mental Health Protection: Evidence from Vocational Training of Information Technology Professionals -- Physical Activity as a Vital Element of the Development of the Concept of Healthy Cities (SDG 3 and 11) with a Role of Local Governments (SDG 17) -- Body Mass Index and Healthy Lifestyle among Adolescent Girls: A Case Study on Delhi -- Can Doctor's Resource Allocation Improve Residents' Health?: Price, Quality, Patient Mobility -- The Role of Urban Gardening in Global Cities: Three Case Studies in Berlin, Rome and Tokyo -- Distributional Analysis and Access to Fresh Fruits and Vegetable Shops in Residential Neighborhoods of Birnin-Kebbi Metropolis, Nigeria:

Implications for Informal Landuse Planning -- Nutrition, Lifestyle and Health Status among Tribal Communities: A Case Study of Particularly Vulnerable Tribal Group of Kerala -- Living with Reduced HIV/AIDS Stigma & Discrimination: A Grounded Theory Analysis of Infected Migrants -- Towards Sustainable Understanding of Health: Perception and Worldview on Erectile Dysfunction Nigeria -- An Integrated Enviro-Psychological Approach to Health. .

Sommario/riassunto

This book uncovers the multiple layers of challenges posed to achieve sustainable human health and improves the understanding of interactive areas set by the UN Sustainable Development Goals (1) no poverty, (2) zero hunger, (3) good health and wellbeing, (6) clean water and sanitation, and (11) sustainable cities and communities. The book focuses on conceptual understanding, food, nutrition, lifestyle, and their integration to reinforce the ideas of holistic health principles.' The most important drivers of sustainable health are food, nutrition, and lifestyle. Healthy food is a basic need of human beings. In under-developed regions, people are underweight and facing malnutrition, with a prevalence of deficiency diseases due to low intake of micro-nutrients such as vitamin A, iodine, and protein among others. A good diet as well as lifestyle has a tremendous bearing on a person's health, emotional stability, and enthusiasm for life. The global coronavirus pandemic has brought unimaginable devastation and hardship in all corners of the globe, questioning the existing healthcare services, health policies, and health planning across the developed and developing countries. It has also exposed the lacunae in understanding health, the base of human happiness. The global community needs to gravely ponder the health issues we are facing and explore sustainable solutions for health recovery and the wellbeing of humanity.
