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**EATING HABITS AND BEHAVIOR AS A SOCIAL ASPECT OF
PROVISION SUSTAINABLE FOOD SECURITY
AND PUBLIC HEALTH**

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The food we eat every day is a major part of our health. Nutrients, vitamins, amino acids, fats build our whole body perfectly providing all the necessary sources for life processes and the functioning condition of organs and systems. The mental work, attention, general productivity, every movement and action depend on the food consumed. Provision of the population with healthy food will have a positive effect on the health of every person. Consuming food fulfilled with all the necessary nutrients may help to solve the problem of food security in the world.

Social habits and eating behavior have great influence on the food choices during life. According to the World Health Organization (WHO) 26,1 % of adults in Ukraine suffered from obesity in 2016, with the prevalence among females (28,4 %) if compared to males (23,2 %) [1]. The overweight of the adult population is 61,9 %. The incidence of childhood obesity in Ukraine has shown a significant rise over the last decade, increasing from 0.083 % among age groups 0-18 years in 2003, to 1.23 % in 2009 and 1.34 in 2016.

The FAO Strategic Framework 2022-31 [2] in the context of the Agenda 2030 for Sustainable Development [3] aims to ensure functioning and sustainable agri-food system for balanced production and consumption. It stands for “better nutrition” together with “better production”, “better environment” and “better life” pillars. Promoting nutritious food and increasing access to healthy diets will also affect the amount of food waste as it could be significantly reduced as the food sources will be evenly distributed among all population. Eating habits, culture, and behavior, hygiene, and waste management have an impact on microbiota diversity in humans affecting antimicrobial resistance genes distribution in the gut microbiota and environment, thus involving a One Health perspective.

Only comprehensive food system strategies that would balance multiple outcomes related to nutrition, food security, climate, environment, and socioeconomic development will have real effect on sustainable development. Integrated, multicomponent approaches that include clear policy measures will support changing eating habits and behavior.

References

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