



Perspective change is imperative to keep up sound food environment at masses level in covid 19

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Abstract

Covid-19 has given us scarcely any focal activities. The cardinal point to note is, ensuring prosperity is past simply the clinical care and contacts prosperity and invulnerability at particular levels; the best approach to voyage through the dark pollutions or illnesses. Extraordinary food is huge already, during and after an infection. Sicknesses contrarily influence the body especially when these explanation fever, the body needs extra essentialness and enhancements to maintain healthy nutritional status. In like manner, keeping up prosperity and eating up a sound eating routine is huge during the COVID-19 pandemic. While no sustenance or dietary upgrades can prevent COVID-19 ailment, keeping up a sound eating routine is a noteworthy bit of supporting a strong safe structure. Is keeping up a helpful eating routine so characteristic when the masses encounter the crush of void racks of the retail stores toward one side and the chronicles of milk being hurled on the lanes is coursing around the web over the globe? The article talks about the necessity for reformulation of courses of action and structures for keeping up strong food environment at population level, and the possibility of "palatable eating schedule" amidst deficiency and inaccessibility to fundamental food.

Keywords: covid 19, food condition, food environment, nutrition.

Introduction

Coronavirus ailment (Covid-19) is an irresistible infection brought about by the novel coronavirus, SARS-CoV-2 that has arrived at the pandemic status, influencing 5.9 million people across 213 nations and domains till date ^[1]. The ailment doesn't present any specific symptoms, which makes it clinically vague from other viral respiratory sicknesses. Despite the fact that fever was the most widely recognized sign of Covid-19, the without fever time of disease stays obscure, which may cause patients not to be distinguished at first, and a few patients may even be asymptomatic ^[2]. To control the pandemic from causing destruction, serious measures were taken by numerous nations to decrease/control its spread. Unexpected, unprecedented advances taken to contain the spread of the infection, entire or fractional lockdowns over the districts has upset the food environment at all levels, over the world. Defined by US Department of Health and Human services, Food environment is the physical presence of food that affects a person's diet. This includes a person's proximity to food store locations, the distribution of food stores, food service and any physical entity by which food may be obtained or a connected system that allows access to food. Significantly, food environments deal with accessibility, availability and adequacy of food within a given geographic domain. The food environment is also known as community food environment, nutritional food environment or local food environment. The retail food environment includes the community level (e.g. presence and location of food stores, markets or both) and the consumer level (e.g. healthful, affordable foods in stores, in markets, or in both). Healthy food environment provides equitable access to healthy foods ^[3].

In view of the pandemic like COVID-19, disruption in the

food environments is inevitable. The pandemic has displaced the attention of the stakeholders to ensure the availability of the fundamental food to the populace at the unit level. Disarray and disturbance in day to day supply of food, inescapable derangement of the food system has affected the economy at the macro and unit at the micro level of the society. United Nation's Sustainable Development Goals are the blueprint to achieve a better and more sustainable future for all ^[4]. COVID-19 has brought to the foreground the need for alternative blueprint to achieve United Nations Sustainable development goals to "zero hunger" and "good health and well-being" for everyone under extremity like COVID-19.

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schedule" amidst deficiency and inaccessibility to fundamental food.

Suboptimal diets are the leading cause of many life-style diseases. Covid-19's effect on disrupting the food environments may result into disarray in malnutrition across all dimensions. Complete or partial lockdown across various countries might have converted healthy food environments into obesogenic environments on one hand and food deserts on the other hand. An expected effect on the purchasing patterns favouring products with longer shelf life, processed foods with poorer nutrition profiles and HSHF (high sugar high fat foods) products leads to the creation of obesogenic food environments. Alternatively, scarcity of food, or inaccessibility during the pandemic can create food deserts for the people in the lower socio-economic groups. In India, Govt run public healthcare schemes, Integrated Child Development Services (ICDS) and Mid-day Meal (MDM) might have been directly and adversely affected at the

community level creating food deserts for the vulnerable population. Integrated Child Development Services (ICDS) is a government programme in India which provides food, preschool education, primary healthcare, immunization, health check-up and referral services to children under 6 years of age and their mothers. The Mid-day Meal Scheme is a school meal programme of the Government of India designed to better the nutritional standing of school-age children nationwide. It would be no error approximation of the shadow the distorted pattern of distress COVID-19 is going to cast across all facets of contacts prosperity.

Food environment distortion can be result of many combined factors covering larger dimensions leaving footprints on individual prosperity. Significantly though food availability, prices, shelf life, supply chain; alternatively accessibility accounting for proximity to markets, long queues, convenience and desirability; result in altered food consumption patterns.

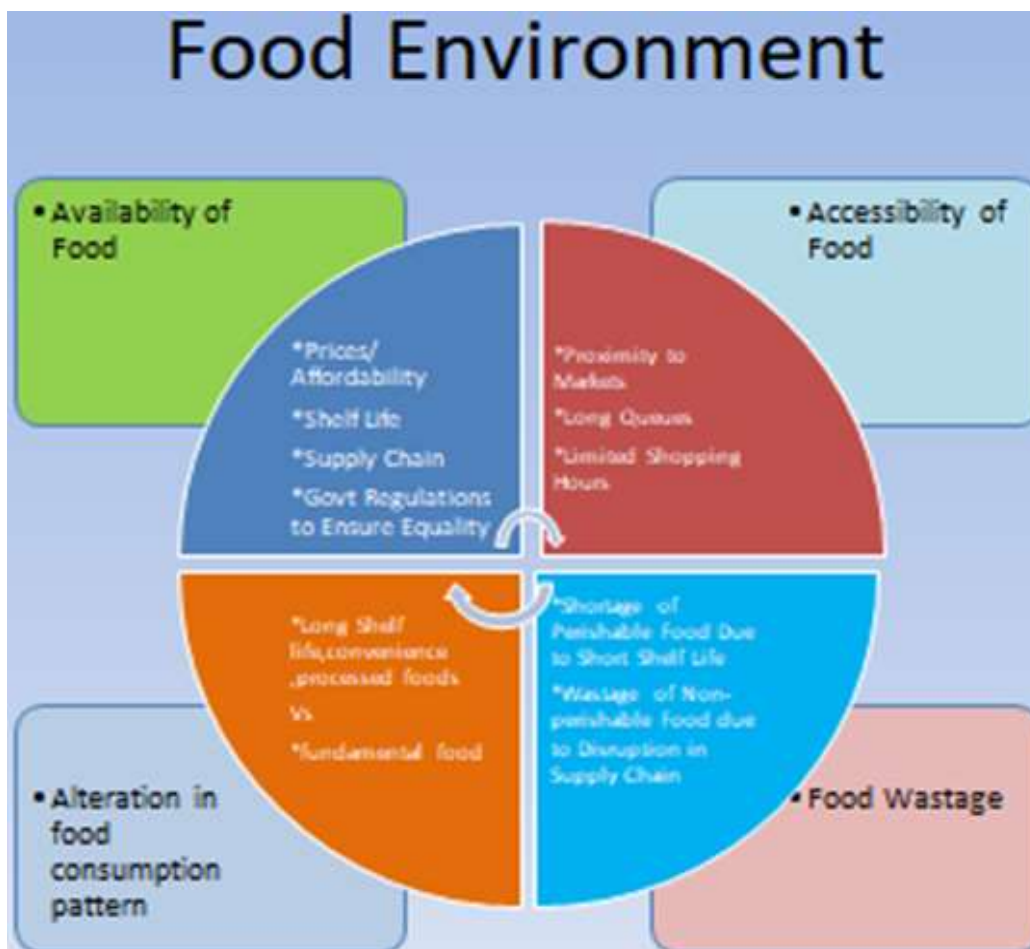


Fig 1: Factors Affecting the Food Environment leading to alteration in food consumption pattern.

Occurrence of Covid-19 has emphasised the goal of sustainable healthy diets for all. Good nutrition is imperative for health. Still on the path to discover a cure for Covid-19, one can only fall back on immunity as a shield to protect life. Mutations in the food supply chain detrimental for the food environments leading to insufficiency of food may bring about potentially altered consumption patterns leading to more intake of highly processed foods, which tend to be high in fats, sugars and salt. Nonetheless, even with narrow and restricted food choices, one can continue eating a diet that supports integrity. This is the birth of a new concept of "adequate nutrition" during the Covid-19 pandemic

emergency or similar extremity. For optimal health, adequate diet is imperative, yet one cannot undermine the significance of physical activity. Both are essential [5].

Given any clinical state, great sustenance is significant before, during and after a contamination. Diseases negatively affect the body particularly when these cause fever, the body needs additional vitality and supplements. Subsequently, keeping up a solid eating regimen is significant during the Covid-19 pandemic. While no nourishments or dietary enhancements can forestall Covid-19 disease, or fix it, keeping up a solid eating regimen is a significant piece of supporting a solid safe framework.

Atherosclerotic cardiovascular disease, diabetes and malignant growth are significant reasons for malady and sudden passing in many nations on the planet today. Existing evidence strongly advocates the major factors determining the prevalence of these diseases at the population level are related to people's choice of lifestyle. The World Health Organisation has estimated that 80% of all cardiovascular disease, 90% of all type 2 diabetes and 30% of all cancer could be prevented by eating a healthy diet, increasing physical activity and avoiding smoking [6]. Therefore, failure to ensure an adequate diet during crisis, followed by altered consumption patterns may result in increased global burden of lifestyle diseases.

Conclusion

Covid-19 has disrupted the food environments which poses a massive global challenge. It also gives us an opportunity to look at the current food systems critically, which may lead towards a novel model towards sustainable food systems and healthy food environment with healthy nutrition as the fundamental unit.

While it is recognised that health of an individual is greatly an outcome of personal desirability and practices, novel approaches to keep up sound food situations are the need of great importance. Reinforcing of outer food conditions, and upkeep of individual food situations alongside sustenance instruction, advancement and accessibility of nutritious food items ought to be the key focal point of the partners and the approach producers. Accentuation ought to be on the amount just as the nature of the food supplies to meet sufficient sustenance needs of the populace. Novel food frameworks should be encircled to guarantee openness, accessibility and ample food inside networks or locales over the globe. At the populace level, it is the duty of every resident to recognize the helpless gatherings or people in the region and guarantee safe nourishment for each.

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