

## In this Issue: Nutrition

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This issue of the Delaware Journal of Public Health is about food and nutrition, and we open this edition with the following three quotes:

“Let food be thy medicine and medicine be thy food.” –  
Hippocrates [we’re not sure we agree with the second part, but  
fully on board with the first]

“The doctor of the future will no longer treat the human frame with  
drugs, rather will cure and prevent disease with nutrition.” Thomas  
Edison [The future is clearly not here yet, since it also requires the  
population and patients of the future]

“He who takes medicine and neglect to diet wastes the skill of his  
doctors.” Chinese proverb [Amen to that]

These quotes provide the backdrop for what we call the ‘irony of imbalance’ of food and nutrition in 2016’s USA, and we should consider the following as they relate to nutrition in our state and globally. These definitions are provided by the World Health Organization.

**Malnutrition** refers to deficiencies, excesses or imbalances in intake of energy, protein and/or other nutrients. Contrary to common usage, the term ‘malnutrition’ correctly includes both under-nutrition and over-nutrition.

**Under-nutrition** is the result of food intake that is continuously insufficient to meet dietary energy requirements, poor absorption and/or poor biological use of nutrients consumed. This usually results in loss of body weight.

**Over-nutrition** refers to a chronic condition where intake of food is in excess of dietary energy requirements, resulting in overweight and/or obesity.

In Delaware, under-nutrition is most likely to occur at birth and at end of life, with the exception of certain illnesses and eating disorders, as well as from the results of cancer and cancer treatment.

Our bigger challenges come in the form of over-nutrition where we consume the foods and beverages far in excess of our energy needs, and malnutrition where we consume foods and beverages that are high in sugars and fats, but low in nutritional value.

We hope you will enjoy this issue of the DJPH. We end with a quote from Michael Pollan- seven powerful words: “Eat food, not too much, mostly plants.”

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