

# HEALTH STATUS ISSUES

Diet Related Disorders

## Undernutrition

Undernutrition is commonly seen in developing countries where people suffer from lack of nutrients such as; carbohydrates, proteins and fats.

They have difficulty meeting their dietary needs and are underweight.

## Overnutrition

Overnutrition occurs when an individual has an excessive consumption of food, far more than their dietary needs.

Overnutrition leads to heart disease, obesity and other dietary disorders.

# Diet-Related Disorders

The major causes of death in Australia are linked to diet and lifestyle. Some people consume a well-balanced diet while others don't. Poor nutrition and lifestyle are related to many disorders. Making the right food choices can significantly reduce the risk of developing diet related disorders.



# Alcoholism

Alcoholism or Alcohol Abuse is an addiction to the consumption of alcoholic liquor. A person with alcoholism places a priority on having a drink over a meal.

Alcohol poisons the brain and interferes with the absorption of Vitamin B



## Anaemia

A condition marked by a deficiency of red blood cells in the blood. The red blood cells are vital because they carry oxygen around the body.

The symptoms of anaemia include; pale skin, fatigue, tiring easily, breathlessness, racing heart and palpitations.



## Anorexia Nervosa

Anorexia Nervosa is a psychological disorder whereby people become very underweight due to deliberately limiting their intake of food. Anorexia can lead to kidney failure, dehydration and seizures.

## Bulimia

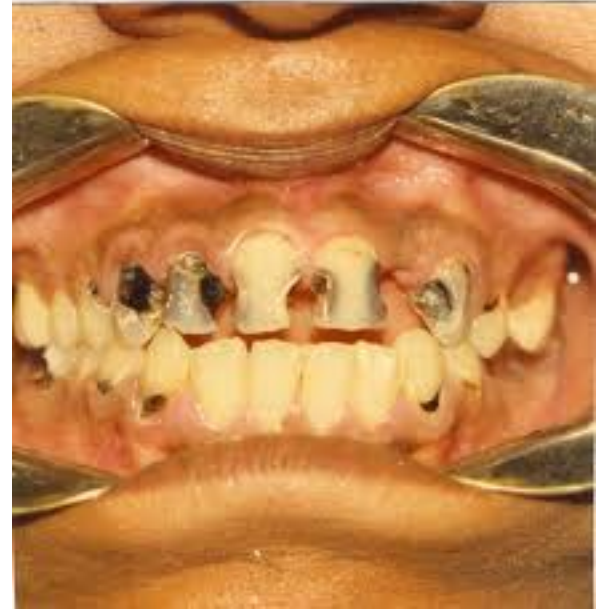
Bulimia is an eating disorder marked by cycles of binge eating of excessive quantities of food, followed by purging through vomiting or use of laxatives. A person with bulimia is rarely grossly underweight.



## Dental Caries

Dental caries, or dental decay, is a common disease, which causes cavities and discoloration of teeth.

Dental decay occurs when bacteria in the mouth make acid which then dissolves the tooth. Bacteria only produce this acid when they are exposed to sugar.





## Diabetes

For our bodies to work properly we need to convert glucose (sugar) from food into energy. A hormone called insulin is essential for the conversion of glucose into energy.

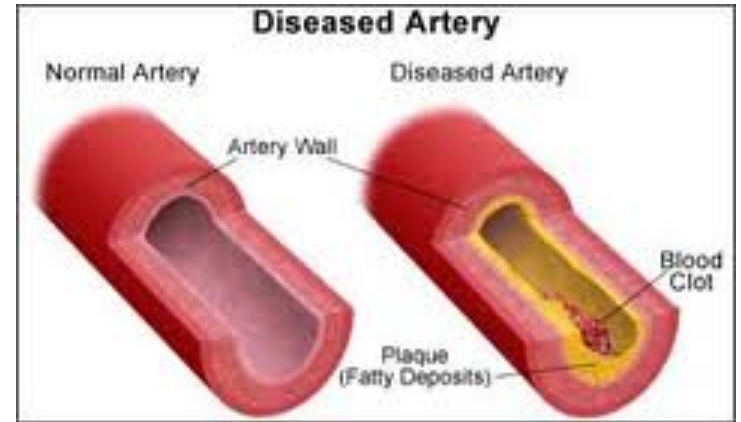
In people with diabetes, insulin is no longer produced or not produced in sufficient amounts by the body.

As a result, people with diabetes have too much glucose (sugar) in their blood.



## Coronary Heart Disease

Coronary Heart Disease occurs when the arteries in the heart become clogged with fatty deposits that restrict the amount of blood that can be pumped through them – sometimes they even become totally blocked.



## Obesity

Obesity occurs when a person consumes more calories than he/she burns. A person is considered obese when his/her weight is 20% or more above normal weight.

People who are obese are also at a higher risk of developing other diet-related disorders.

