

Consensus of Medical Nutrition Therapy in Pediatric Clinical Practice (2 to 18 Years Old) of South Asian Perspective

Chetan Mehndiratta

Head of Medical Affairs, Signutra Inc, India

Abstract

South Asia, one of the economically fastest growing regions in the world, faces the dual paradox of malnutrition in children and adolescents. More than half of all stunted and more than two-thirds of all wasted children under age of five in the world live in Asia. Of the 49.5 million under five wasted children in Asia, 16.6 were severely wasted in 2018. Paradoxically, Asia also had almost half of all the under-five overweight children in the world. While this region is still battling with under-nutrition, has seen a rise in non-communicable diseases over nutrition related conditions such as obesity, metabolic disorders, increased cardiovascular risk etc. in the pediatric and adolescent population. In a region that is growing economically, these numbers are alarming and point towards a need to take nutrition seriously. Food is available, but is either being underused by economically poor or overused by those economically better off. Most often the care givers are ignorant of giving the balanced diet to children which results in malnutrition. Malnutrition can be easily corrected. There are many cheap locally available food resources that can be built into a child's diet to correct under-nutrition. Similarly, the right nutrition practices in the rich can curb over nutrition. Spreading this awareness is a monumental task and needs joint efforts of pediatricians, clinicians, parents, dieticians, psychologists and policy makers of the countries of this region. The experts reviewed the various recommendations and guidelines from various published articles and nutritional committees. These practice expert opinion recommendations from the experts from South Asia is an endeavor to move from a therapeutic to a preventive approach of tackling malnutrition. The experts hope that by following these practical recommendations malnutrition in South Asia will be tackled in a significant way

Received: March 21, 2022; **Accepted:** March 24, 2022; **Published:** March 28, 2022

Biography

Dr. Chetan Mehndiratta is currently working with Signutra as Head Medical Affairs for South Asia Region, established medical department of Signutra and previously he has worked with Nestle & Ranbaxy. His extensive professional journey of 16 years covers several stellar achievements in his field of specialty like collaboration with India's biggest Tertiary care centre for Hospital Training Certification for "Improved Child Health" He has identified the knowledge-

practice gap and has collaborated with scientific leaders at South Asia Region to develop 1st Recommendations on "Diabetes" and "Nutrition in Pediatric Clinical Practice" which have been published in International Journals. Having pursued MD, he has also completed Post Graduate Program in Women's Health from EBCOG (Belgium), Clinical Nutrition from Royal College of Physicians (UK) and Child Health from European Academy of Pediatrics (UK).