

Short Report*Open Access, Volume 4***Pandemic nutrition: Does the COVID-19 necessitate the emergence of an independent discipline of nutrition?*****Corresponding Author: Fahad Jubayer**

Department of Food Engineering and Technology,
Sylhet Agricultural University, Sylhet-3100,
Bangladesh.

Email: jubayer.fet@sau.ac.bd;
fahadbau21@hotmail.com

Received: Jul 21, 2023

Accepted: Aug 08, 2023

Published: Aug 15, 2023

Archived: www.jcimcr.org

Copyright: © Jubayer F (2023).

DOI: www.doi.org/10.52768/2766-7820/2544

Short report

As we contend with the global effects of the COVID-19 pandemic, nutrition has received a growing amount of attention. The relationship between our diet and immune response has become apparent, necessitating a greater focus on nutrition in public health strategies. The proposition of establishing a distinct field of study, tentatively designated as "Pandemic Nutrition," has garnered attention and piqued my interest. I intend to offer my insights on this matter.

To begin with, it is undeniable that nutrition has a significant impact on an individual's overall health. The impact of nutrition extends to all physiological processes, including those involved in the regulation of the immune system. By regulating nutrient availability, the composition and quantity of the food we consume directly influences the trajectory of immune responses [1]. The correlation between a balanced diet and the preservation of good health as well as the avoidance of numerous chronic diseases has been established for a considerable period of time [2]. The significance of this function has been amplified in light of the COVID-19. Malnutrition, obesity, and specific chronic diseases that are linked to diet have been associated with increased severity of illness and unfavorable outcomes. As a result, the promotion of a healthy diet has emerged as a

critical measure in the prevention and treatment of COVID-19. While the importance of nutrition during a pandemic is evident, it is still uncertain whether it warrants the establishment of a distinct field of study. As an alternative, I suggest the establishment of a sub-discipline or a concentrated area of emphasis within existing academic disciplines.

The field of nutrition science has already been firmly established and encompasses various subfields, including clinical nutrition, sports nutrition, and community nutrition. The inclusion of pandemic nutrition could potentially serve as a valuable supplement to the aforementioned list. It would focus on nutritional requirements during pandemics and crises, population-specific nutrition plans, and the development of guidelines for maintaining optimal nutrition in order to boost immunity and manage diseases.

Nonetheless, the act of segregating this field as an autonomous domain may potentially lead to its over-specialization and subsequent detachment from other related fields. It is imperative to bear in mind that the correlation between nutrition and health is intricately linked with various other domains such as agriculture, environment, and socio-economic factors. The development of a nutritional strategy or intervention necessitates an interdisciplinary approach.

Citation: Fahad J. Pandemic nutrition: Does the COVID-19 necessitate the emergence of an independent discipline of nutrition?. *J Clin Images Med Case Rep.* 2023; 4(8): 2544.

Additionally, the establishment of an independent area of study would require significant allocation of resources and restructuring of existing systems, which may not be practical or effective. Rather than implementing new initiatives, enhancing current nutrition and public health programs, integrating pandemic-specific nutrition education and research into existing academic curricula, and fostering inter-sectoral collaboration may prove to be more efficacious.

Establishing a distinct emphasis on pandemic nutrition within the current framework would facilitate precise investigation and knowledge production. The proposed approach would facilitate the expansion of existing knowledge, enable prompt adaptation to emerging challenges, and optimize resource utilization. Furthermore, it would emphasize the significance of nutrition during pandemics while acknowledging its contribution to general health and the prevention of diseases.

The COVID-19 pandemic has brought to light various deficiencies in our public health strategy, and enhancing the significance of nutrition is unquestionably a crucial aspect of the resolution. In lieu of establishing a distinct field of study, I propose that augmenting pre-existing disciplines would yield greater advantages. This approach has the potential to offer a comprehensive, efficacious, and flexible solution not only to the present crisis but also to forthcoming pandemics and health-related challenges.

Declarations

Acknowledgement: Nothing to declare.

Funding: No funding received for this work.

Competing interests: The author declares no competing interests.

References

1. Collins N, Belkaid Y. Control of immunity via nutritional interventions. *Immunity.* 2022; 55: 210-23.
2. Childs CE, Calder PC, Miles EA. Diet and immune function. *Nutrients.* 2019; 11: 1933.