

Nutrition Counseling in Homelessness: A NC4HD Nexus

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Abstract: Health and nutritional horrors are in great triumph on the helm of galore public health fright in the world, especially in the developing countries. This situation is panicky to all classes' people and the author attempts to evaluate the contribution of nutrition counseling for health development (NC4HD) project in context of homeless children in Bangladesh, an Asian developing country. Though NC4HD is a general term to aid development of health status of samples in a population, there are many cases where the potential benefits of NC linked with the individual, community and national level also. So the author argues the think tank to adopt NC4HD in different cases for meeting good health of the population in a country.

Keywords: Nutrition Counseling, Health Status, Homeless Children, Malnutrition, NC4HD, Bangladesh

1. Introduction

About 2 billion people in the world suffering from different degrees of malnutrition [1] and malnutrition is an important cause of death of about 2.6 million children each year-a third of child deaths globally [2, 3]. Childhood malnutrition forwards stunted growth and long term mortality and morbidity creating a hampering life for adults [4-8]. Some 4 of each 5 malnourished kids live in South-East-Asia counting 83% of their deaths causes mild to moderate malnutrition [1, 9, 10]. This malnourishment happens for intra family feud, abuse, poverty, gender bias, famine, population pressure and misleading family planning practices [11-15]. There are various factors to lead the happening of homeless children in Bangladesh and across the globe. There is two-third of homeless children in malnourished condition while 63% managing three times meal daily and about 61.5% of them suffering from diseases contributing 60% work abstaining participants at different sites in Bangladesh, an Asian developing country [16-21]. These children are mostly malnourished due to various diseases sufferings for seasonal variations and some are chronic diseases sufferers for their topographic variations of dwelling adobe across the country [22-28]. There were found high prevalence of malnutrition in Dhaka dwelling homeless children in Bangladesh [29-32]. They are at bay to choose healthy foods for observing good health due to constitutional malpractice, educational negligence and deprivation of basic needs also [33-40].

Therefore, the current study is on action to popularize NC4HD for shirking malnourishment in homelessness at various conditions in different countries.

2. NC4HD Organization

Nutrition counseling is the fun and rewarding approach of nutritionists, doctors, nurses and patients interacting bid to exchange nutritional message each others for the ultimate gaining of the patients aiming in bonding sound health and nutritional condition of the patients in health care centers [41]. The NC4HD's stepwise procedure is as follows:

- A *Site selection:* The demographic landscape is made sure using the galore popular microsimulation modeling in the branch of health and nutritional biostatisticsto organize NC4HD [42-47].
- B *Patients' background:* Patients' name, gender, occupation, body height, body mass, physical activity level, family type, socio-cultural and economic status is recorded.
- C *Health status determination:* Patients' health status (healthy or non-healthy condition) is scrutinizes using logarithmic biophysical modulator of health status in statistical modeling in nutritional epidemiology [48].
- D *Suggestion:* Guiding the thoughts, feelings, and behavior of patients of different socioeconomic contour using the facilities of information technology for better understanding myth [49-54].

- E *Motivation*: Directing the behavior to the patients and vice versa [55-59].
- F *Nutrition counseling*:
- 1/n nutrition counseling*: The process to counsel a large number of patients with a common health problem is 1/n nutrition counseling (group counseling) [26, 55, and 60].
 - 1/1 nutrition counseling*: The process to counsel only one patient at a specific point of time is 1/1 nutrition counseling (personal counseling) [61].

3. Discussion

Health is the degree of metabolic capacity of living organisms. In humans, it is the ability of patients adapting self-management while facing physical, mental, social and spiritual challenges [62-65]. Implementing NC4HD in poor countries is really harder to solve different health and nutritional giants engulfing the societies across the country [66-69]. The NC4HD technique can be an effective measure as a part and parcel of dieting tools [70-73] in health pedagogy of health science and nutritional biostatistics [74, 75] to build the good health of the patients overcoming malnutrition prevalence [76-78] across the country.

4. Conclusion

Malnourishment is one of the largest public health panics in the developing countries. The current study findings suggests that NC4HD can be a superb active health modeling to plan balanced diet, prescribing medicines and nutritional information for observing a healthy life for the homeless children around the world.

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