

# **EPIDEMIOLOGJIA E NUTRICIONIT DHE NUTRICIONI I SHËNDETIT PUBLIK**

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## **Përmbledhje**

Objektivi dhe qëllimi kryesor i **Epidemiologjisë së Nutricionit (=të Ushqyerit)** dhe i **Nutricionit (=të Ushqyerit) të Shëndetit Publik** është të përmirësojë dietën, shëndetin dhe mirëqenien e popullatës.

**Epidemiologjia e Nutricionit** ofron dëshmi për marrëdhënien ndërmjet dietës dhe shëndetit dhe luan një rol të rëndësishëm në përkthimin e njohurive në politikën e nutricionit.

Është me rëndësi të madhe përdorimi i metodave optimale, të standardizuara dhe të harmonizuara për mbledhjen e të dhënave, përzgjedhja e treguesve më të mirë të lidhur me nutricionin, vlerësimi, interpretimi dhe monitorimi adekuat i të dhënave.

**Nutricioni i Shëndetit Publik** përkufizohet nga **Shoqata Botërore e Nutricionit të Shëndetit Publik** si **promovimi dhe mirëmbajtja e shëndetit dhe mirëqenies së popullatës të lidhur me nutricionin nëpërmjet përpjekjeve të organizuara dhe zgjedhjeve të informuara të shoqërisë.**

Infrastrukturat kërkimore-studimore të Ushqimit dhe Shëndetit duhet të forcojnë kërkimin dhe studimin shkencor me cilësi të lartë dhe të ofrojnë njohuri për hartimin e strategjive efektive të Nutricionit të Shëndetit Publik, në mënyrë që të trajtojnë sfidat kryesore shoqërore të lidhura me Nutricionin.

Kompetencat, zhvillimi i kapaciteteve dhe zhvillimi i fuqisë punëtore në Nutricionin e Shëndetit Publik janë elementë të rëndësishëm, që ndërtojnë kapacitetin shoqëror për të adresuar problemet e lidhura me nutricionin në komunitete për zbatimin e politikave nutricionit.

## Fjalët kyç

Zhvillimi i kapaciteteve

Konsumi dietik

Politikat e ushqimit [*food*] dhe të ushqyerjes (=nutricionit) [*nutrition*]

Epidemiologjia e Nutricionit (=të Ushqyerit)

Vlerësimi i nutricionit (=të ushqyerit)

Nutricioni i Shëndetit Publik

Sfidat e Nutricionit të Shëndetit Publik

Infrastruktura kërkimore

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