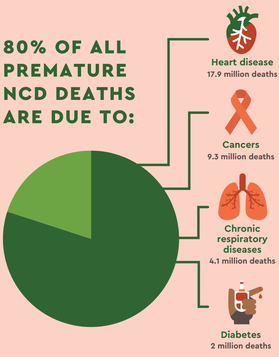
PERSONALISED NUTRITION: A WAY FORWARD FOR PUBLIC HEALTH

THE CURRENT STATE OF NON-COMMUNICABLE DISEASES (NCDS)

NCDS KILL 41 MILLION PEOPLE EACH YEAR, REPRESENTING 74% OF ALL DEATHS GLOBALLY

80% OF ALL PREMATURE NCD DEATHS ARE DUE TO:



Source: WHO

MAIN RISK FACTORS TO DIE FROM NCDS

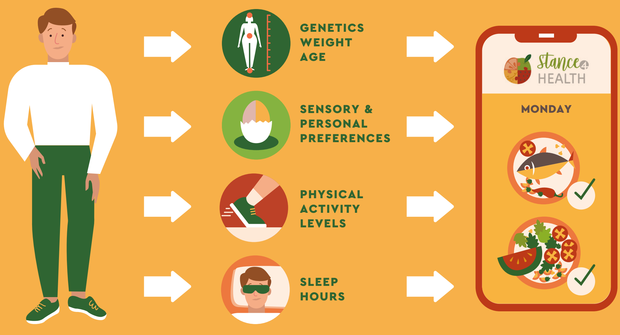
UNHEALTHY DIETS

PHYSICAL INACTIVITY

ALCOHOL & TOBACCO USE

WHY PERSONALISED NUTRITION?

Personalised nutrition recognizes individual differences and tailors dietary recommendations.



By combining biological data and technology, personalised nutrition offers effective and practical dietary advice, making it easier to maintain healthy eating habits and ultimately improving public health and well-being.

WANT TO LEARN MORE ABOUT PERSONALISED NUTRITION?

Check out our other infographic!

WHAT ARE THE MAIN CHALLENGES AND RECOMMENDATIONS FOR THE FUTURE OF PERSONALISED NUTRITION?

Research should aim to **improve the accuracy** of personalised nutrition interventions

All **stakeholders** need to work towards project dissemination and **long-term impact**

Regular monitoring of the gut microbiome for personalised nutrition

Integrating **in-person and technological aspects** in personalised nutrition solutions

Promoting personalised nutrition requires a **multi-stakeholder approach**

Matching the consumer interest with science-based solutions for the market

Establishing **reliable regulatory frameworks** for consumer safety and market uptake

Digital solutions **risk leaving marginalised groups behind**

Safeguarding **data privacy** and implementing **ethical guidelines** in personalised nutrition

FIND OUT MORE!

Read our policy & practice notes and other Stance4Health publications!

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