

**THE ROLE OF NUTRITION IN SOCIAL  
AND ECONOMIC DEVELOPMENT  
(РОЛЬ ХАРЧУВАННЯ В СОЦІАЛЬНОМУ  
Й ЕКОНОМІЧНОМУ РОЗВИТКУ)**

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*У доповіді розглядаються проблеми харчування в аспекті людських ресурсів та економічного розвитку.*

Nutritional status is a measure of the health condition of an individual as affected primarily by the intake of food and utilization of nutrients. According to the World Health Organization (WHO), health is not only the absence of disease but a state of complete mental and physical wellbeing in relation to the productivity and performance of an individual.

Good nutritional status can only be realized and sustained when individuals within families and communities are food-secure. Food security has been defined as access by all people at all times to the food needed for a healthy life. Food security has three important dimensions: adequate availability of food supplies; assured access to sufficient food for all individuals; and its proper utilization to provide a proper and balanced diet.

A well-nourished, healthy workforce is a pre-condition for sustainable development. At the same time, the nutritional well-being of a population is a reflection of the performance of its social and economic sectors; and to a large extent, an indicator of the efficiency of national resource allocation. In order for a national social and economic development programme to be successful and sustainable, the majority of the population should be able to participate in the process. Therefore, the majority of the population should be in good health and have good nutritional status.

Nutrition plays a critical role in human resource development since deficiencies in essential nutrients lead to malnutrition, which affects an individual's mental and physical state, resulting in poor health and poor work performance.

In order for the human resource capital to be sustainable, it is important to promote nutrition objectives within current development strategies, plans and priorities.