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Dietary Intake and Chronic Disease Prevention

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Message from the Guest Editors

Chronic diseases, in particular noncommunicable diseases (NCDs) (diabetes mellitus, cardiovascular diseases, cancer, chronic respiratory diseases, and chronic kidney disease), are one of the major causes of mortality and morbidity worldwide. It is estimated that 6 out of 10 people are affected by an NCD, and 4 out of 10 suffer from at least two of them. NCDs present various risk factors that can be classified as nonmodifiable and modifiable. The former includes genetics, gender, and age. The latter are mainly represented by an unhealthy lifestyle such as inadequate caloric intake, lack of physical activity, alcohol abuse, and smoking. All these risk factors can cause metabolic alterations, which in turn can lead to the onset of NCDs. Thus, NCDs are strongly influenced by lifestyle. In fact, unhealthy eating habits and physical inactivity increase their onset, influencing their progression. A healthy lifestyle exerts a protective effect against onset and progression of NCDs, increasing the life expectancy of subjects.



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