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# BOOK REVIEW

## Richard D. Semba, Martin W. Bloem (Eds.) **Nutrition and Health in Developing Countries**

2nd ed. Nutrition and Health Series., Humana Press; 2008. 811 p. ISBN 978-1-934115-24-4, e-ISBN 978-1-59745-464-3.

Nutrition and health in developing countries, Second edition, edited by Richard D. Semba and Martin W. Bloem was published in Nutrition and Health™ series of books that aim to provide professionals with texts that are considered essential. The book comprises 34 chapters written by 45 well-recognized respected authors from 14 countries with extensive experience in clinical, nutritional, epidemiologic, or policy investigation in developing countries. The text is accompanied by 96 tables, 127 illustrations, and over 4600 cited references.

Nutrition and health in developing countries, Second edition, was written with the underlying conviction that global health and nutrition problems can only be solved through a firm understanding of the different levels of causality and the interactions between the various determinants.

The book begins with a historical overview of the idea of nutrition and development and shows how the concepts of progress and development evolved and shaped the basic precepts underlying work in nutrition and public health for the last two centuries.

Chapters 2–5 focus on the major health indicators in developing countries: maternal mortality, low birth weight, neonatal mortality, infant mortality, and child growth and development.

Chapters 6–11 deal with major infectious diseases in which nutrition plays a role: diarrhoeal diseases, acute lower respiratory infections, measles, malaria, tuberculosis, and HIV infection.

Chapters 12–18 deal with the general problem of malnutrition, specific deficiencies in vitamin A, vitamin D, zinc, iron, iodine and multiple-micronutrient malnutrition.

Chapters 19–23 deal with new emerging issues of countries in an intermediate stage of development: nutrition in the elderly, nutrition transition in relation to demographic changes, rapidly

emerging obesity, rapid urbanization and its challenges in achieving food and nutrition security, and the impact of smoking among poor families on child health.

Chapters 24–33 deal with special topics such as humanitarian emergencies, impact of supermarkets on farmers, consumers, and food security, homestead food production, food policy, benefits of multiple vitamin and mineral supplements for young children, use of nutritional surveillance data, economics of nutritional interventions, and ethics in public health research.

The last chapter provides a broad view on nutrition and health policy, analytical frameworks for public policy analysis, and insight into the development and implementation of sound policy in public health and public nutrition.

All chapters are well planned and integrated to provide comprehensive coverage of their topics. All chapters include opportunities for intervention or prevention strategy, and necessary future directions. The book covers exceptionally well the historical background and epidemiology of nutrition disorders and infectious diseases in which nutrition plays a role.

Nutrition and health in developing countries, second edition, provides policy makers, nutritionists, students, scientists, and professionals with the most recent and up-to-date documentation of the major health and nutritional problems in developing countries and the effects of nutritional interventions on the health of affected populations. As a result of globalization, however, there is no longer a clear distinction between health and nutrition problems between the developed and less developed world and the knowledge of health and nutrition problems described in this book is also essential for professionals in developed countries.

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