

Food security

[Food & Diet](#), [Junk Food](#)



Food security exists when all people, at all time have physical and economical access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active healthy life. Food security is a basic human right and is achieved through three essential components: availability, access and utilisation - preparation and consumption of food and the biological capacity of an individuals to absorb and utilise nutrients in the food they eat -. Shocks due to economic failures and human induced as well as natural disasters create food shortages that affect the region's population. Indigenous Island food are rapidly being displaced by highly processed imported food due to the modernisation-globalization process. Changes in lifestyle and food habits have meant less traditional food with the consumption of fast food and the dependence of food imports. As a result nutritional related chronic diseases such as obesity, diabetic, high blood pressure, heart diseases and stroke, etc are on the rise and accounts for more than 50 % of the deaths in the region. At a recently held Caricom summit, the commissioners called on government of the region to move swiftly to meet the challenges of chronic diseases. Government is about to embark on a wellness revolution which will see a closer regulation of food. High taxes will be imposed on unhealthy food and a relief on healthy food. There will be a band on the sale of soft drinks and junk food in and around school compounds. Caribbean citizens are encouraged to produce and utilize more fruits vegetables and whole grains. Mothers are also urged to breastfeed their babies for the first six months as this is the best source of nutrient for babies, and will prevent certain diseases as they grow older.

Every one must play their part as we pursue food security to meet the challenges of chronic diseases.