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Opinion

Foodborne Illness, Obesity: The Major Challenges in Present Public Health

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Introduction

Foodborne illnesses are thought to be primarily caused by pathogens found in food, which is a severe issue with worldwide implications. Finding the microorganisms responsible for foodborne diseases and creating novel techniques to recognise them have received a lot of focus in recent years. Technologies for identifying foodborne pathogens have advanced quickly in recent years, with the most recent technologies concentrating on immunoassays, genome-wide strategies, biosensors, as well as mass spectrometry as the main means of detection. Since the beginning of the 20th century, bacteriophages (phages), probiotics, and prebiotics have been recognised for their ability to fight bacterial illnesses. The creation of medicinal treatments was the main goal of phage use, but it rapidly spread to other areas of biotechnology and business. Similar justifications can be made for the food safety business, as illnesses directly threaten patrons' health. Bacteriophages, probiotics, and prebiotics have received a lot of notice recently, most likely because conventional drugs have run their course. Over the years, foodborne illnesses have increased in frequency and severity, posing a significant threat to public health on a worldwide scale, with over 600 million individuals falling ill as a consequence each year.

Description

Microorganisms that are found in food can cause minor to major symptoms like diarrhoea or life-threatening conditions like hepatitis. This is because small children are more susceptible to foodborne diseases due to their weakened immune systems. They may also be more inclined to consume food that has been tainted with bacteria, viruses, or parasites or to place their hands in their mouths. Early-life elevated blood pressure (BP) is a significant public health concern that is widespread throughout the world. Additionally, high blood pressure continues into early adulthood, which increases the risk of cardiovascular illness and, eventually, early death. Therefore, preventing high blood pressure early in life is a useful tactic for reducing the prevalence of the related diseases.

Due to their harmful impacts on human health, foodborne pathogens are to blame for numerous infections and present a danger to both human health and the general economy. Before being consumed, food items may become contaminated by a variety of pathogenic microorganisms during the production, processing, storing, and shipping stages. It is believed that the prevalent intestinal problems brought on by foodborne human pathogens place a major financial and health strain on society. Children under the age of five account for nearly 30% of viral deaths, according to the World Health Organization (WHO).

The cornerstone of safeguarding is the precise detection of pertinent risk factors for high blood pressure in early life. A persistent tendency to excessive weight from birth to adolescence was seen in 31.3% of the individuals with a high birthweight, suggesting overweight and obesity. In line with the results of descriptive and cohort studies, we also discovered that individuals with a substantial birth-weight had 1.93 times the likelihood of being overweight or obese as teenagers. A meta-analysis also revealed that being overweight or obese as an adult is related to having a high birth weight. These results were explained by a number of possible variables, including genetic, fetal nutrition, and behavioral factors.

Conclusion

In conclusion, a high birth-weight is significantly associated with adolescent overweight and obesity. In addition, our

study showed that participants with high birth and adolescent weights and those who had gained weight had higher odds of having high blood pressure than those who had both weights normal. Conversely, those who had lost weight did not have higher odds of having high blood pressure compared to the normal weight group. These findings demonstrate that adolescent body weight has an impact on the relationship between high birth-weight and raised blood pressure. Due to the rise in intake of recently produced food and food products, there has been an increase in demand in recent decades for techniques that identify foodborne pathogens.

For the purpose of detecting foodborne pathogens, many approaches have been developed in order to resolve issues with food safety and public health. The economic feasibility of early screening methods that have been created in recent years is increasing. Even though traditional methods for detecting foodborne germs require a lot of time, effort, and complicated growing techniques, they continue to be useful and are thought to be the best options in most situations.