



WFC POSITION STATEMENT

Chiropractors support and promote healthy diet and nutrition

WHEREAS it is well-established that diet and nutrition play an important role in overall health and neuromusculoskeletal function throughout the life course.

AND WHEREAS the burden of malnutrition is one of the leading causes of death and disability globally; and that poor diet and nutrition contribute to an increased health burden through non-communicable diseases (eg, diabetes, heart disease, stroke, and cancer) and other health issues (eg, osteopenia, anemia, and neurological disorders).

AND WHEREAS the World Federation of Chiropractic recognizes that chiropractors are primary contact health care providers who facilitate improved neuromusculoskeletal and overall health, and thereby contribute to helping people to make healthier choices in terms of diet and nutrition as part of whole-person health.

AND WHEREAS the World Health Organization advocates healthy diet and nutrition through various local and global programs and encourages health care workers to engage in these activities with their stakeholders and the wider community.

NOW THEREFORE IT IS THE POSITION THAT the World Federation of Chiropractic endorses public health activities of the World Health Organization that promote healthy diet and nutrition; and the WFC recognizes that chiropractors play an important role in the support and promotion of healthy diet and nutrition through advice, health promotion, and public health advocacy.

Explanatory notes:

Diet refers to the amount and type of food consumed (<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>), *nutrition* is the contribution of food to health, healing, and growth, and *malnutrition* includes undernutrition, overweight and obesity, and diet-related diseases (https://www.who.int/health-topics/nutrition#tab=tab_1).

Materials supporting this position statement are included in the following document:

World Health Organization. *Global strategy on diet, physical activity and health; 2004.*

<https://apps.who.int/iris/bitstream/handle/10665/43035/924?sequence=1>

Healthy diet. Cairo: WHO Regional Office for the Eastern Mediterranean; 2019.

https://apps.who.int/iris/bitstream/handle/10665/325828/EMROPUB_2019_en_23536.pdf

World Health Organization. *Malnutrition.*

https://www.who.int/health-topics/malnutrition#tab=tab_1

Approved by the WFC Board of Directors, May 2023