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# Nutrition and an Active Life: From Knowledge to Action

*Nutrition and an Active Life: From Knowledge to Action* is an anthology by leading public health experts from PAHO and the international development community. The book's selections focus on how research in nutrition and the promotion of active lifestyles can provide vital input for the creation of public policy and planning and for the design, implementation, monitoring, and evaluation of programs.

You and I, in one way or another, stand to directly benefit from this science and its effective application. The knowledge gained from the research presented here has the power to transform the lives of mothers and children, the economically active population, older adults, and all age groups whose sedentary lifestyle places them at greater risk of developing life-threatening chronic diseases.

*Nutrition and an Active Life: From Knowledge to Action* is an important contribution that should be of particular interest to practitioners, researchers, and decision-makers in the fields of health promotion, community education, nutrition, maternal

and child health, physical activity, policy development in public health and urban planning, social communications, and other related areas.

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