



**Defense Health Agency (DHA) Clinical Communities Speaker Series
Resource List – July 2020**

Health Innovations and Promising Practices

**COVID-19 Response: Personal Protective Nutrition (PPN) & Personal Protective Lifestyle (PPL) Optimizing
Performance, Resilience, and Readiness**

The authors of the article, [Impact of nutrition and diet on COVID-19 infection and implications for kidney health and kidney disease management](#) set out to answer the important question from the nutrition community to whether there are certain nutrients and food patterns that can prevent the viral COVID-19 infection or mitigate its severity. Conclusively, recommending readers to eat healthy foods with abundant amounts of fruits and vegetables in addition to social behavioral techniques to reduce contraction of COVID-19.

While much remains to be known about COVID-19, the influence of this pandemic on nutrition and dietary intake has already gone beyond the individual and the community to reach national and global levels. At the individual level, the common denominator that drives most of the nutrition and dietary recommendations to combat viral infections, including COVID-19, lies within the link between diet and immunity. Therefore, the study [Nutrition amid the COVID-19 pandemic: A multi-level framework for action](#) noted the key to maintaining an effective immune system is to avoid deficiencies of the nutrients that play an essential role in immune cell triggering, interaction, differentiation, or functional expression.

The COVID-19 pandemic has daunted the world with its enormous impact on healthcare, economic recession, and psychological distress. Nutrition is an integral part of every person life care and should also be mandatorily integrated to patient care under the COVID-19 pandemic. It is crucial to understand how the COVID-19 does develop and which risk factors are associated with negative outcomes and death. Therefore, it is of utmost importance to have studies that respect the basic tenets of the scientific method in order to be trusted. The goal in the review [Nutrition in times of COVID-19-how to trust the deluge of scientific information](#) was to discuss the deluge of scientific data and how it might influence clinical reasoning and practice.

The [World Health Organization](#) noted that members of their United Nations (UN) Inter-Agency Task Force the thematic working groups (TWG) are compiling a list of UN resources highlighting the linkages between COVID-19 and nutrition and developing relevant advocacy material on maintaining a healthy diet during the COVID-19 pandemic.

Nutrition is a key determinant of health. More importantly, nutrition is part of the treatment regimen for acute and chronic diseases and applies particularly to ailments for which an etiologic treatment has not yet been discovered and validated. The 2014–2016 Ebola virus outbreak in Western Africa demonstrated that immediate supportive care significantly reduces case fatality rates. This may apply as well to the current SARS-CoV-2 (or COVID-19) pandemic that is ravaging the world. The [emerging literature](#) on patients with COVID-19 indirectly highlights the relevance of nutrition in possibly determining their outcomes. Older age and the presence of comorbid conditions are almost invariably associated with impaired nutritional status and sarcopenia, independently of body mass index. Interestingly, a high body mass index score appears to be related to a poor prognosis in comorbid patients with COVID-19, which further points to a possible role of sarcopenic obesity in influencing outcome.



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