

Review of: "How Competent are Health Professionals in Delivering Nutrition Education? A Cross-Sectional Study in Ebonyi State, Nigeria"

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The introduction presents a problematization of education in the nutrition education area for the prevention of various chronic non-communicable diseases. The authors present nutrition as part of the prevention of diseases and health problems and are based on WHO guidelines for Nigeria. I believe that the problematization presented awakens interest in the dimension of the problem, especially with regard to the need for patient guidance from health professionals.

The objective is clear and well defined.

The method is very detailed and contributes to the understanding of the results.

The results demonstrate that health professionals who participated in the research need more knowledge about the influence of food on health. It is evident that some basic knowledge is not part of professional performance because there is no prioritization of this knowledge in training or because professionals do not consider it important for patient care. In this sense, the guidance provided to patients appears to be deficient according to these guidelines. Therefore, it would be important, in addition to the training offered by the health services highlighted by the authors, to also consider the basic training of these professionals, still at universities, as an essential moment for the development of this knowledge.

The conclusion responds to the objective adequately.