



# UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b> BIOL-444	<b>Course Title</b> Public Health III: Public Health Nutrition	<b>ECTS Credits</b> 8
<b>Department</b> Life and Health Sciences	<b>Semester</b> Spring/Fall	<b>Prerequisites</b> BIOL-221 Human Nutrition BIOL-231 Biostatistics
<b>Type of Course</b> Elective	<b>Field</b> Health, Medicine	<b>Language of Instruction</b> English
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 3 <sup>rd</sup> or 4 <sup>th</sup>	<b>Lecturer</b> Dr. Philippou Elena
<b>Mode of Delivery</b> Face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

## Objectives of the Course:

This course will present to the student the major nutritional problems that influence the health, survival, and well-being of populations. The main objectives of the course are to:

- Make students aware of the concepts, principles and tools used in nutritional epidemiology.
- Enable students to understand how the contribution of nutrition, socio-economic and cultural factors can contribute in the development of chronic diseases.
- Familiarize students with the practices and tools used to identify the groups at risk of nutritional disorders and discuss the strategies used for improving nutrition-related diseases
- Present and discuss examples of community and public health nutritional programs for improving the nutrition and health of communities and populations
- Introduce students to the epidemiological research literature on public nutrition.

## Learning Outcomes:

After completion of the course students are expected to be able to:

1. Explain the concepts and principles used in nutritional epidemiology
2. Critically evaluate methodologies used in nutritional epidemiology
3. Interpret and evaluate epidemiological data in relation to nutrition and health, and communicate this in context.
4. Consider the nutritional problem of vulnerable populations and how these are integrated with sociocultural, economic and environmental factors.
5. Demonstrate an ability to integrate the underlying nutritional principles with the aetiology of disease of importance to public health nutrition.

6. Discuss and evaluate public health designs and policies to reduce the incidence of nutritionally-related diseases
7. Evaluate research tools used in epidemiology of public nutrition.
8. Demonstrate skills and capabilities to address community and public health nutritional problems.
9. Demonstrate awareness of the moral and ethical implications of public health policies that derive from the interpretation of nutritional epidemiological data.

### **Course Contents:**

1. Nutritional epidemiology: Concepts and guiding principles
2. Reference standards and guidelines; Assessment tools for nutrition status of individuals and populations.
3. Assessment of Physical activity
4. Public Health Nutritional strategies for intervention at individual and population level.
5. Dietary guidelines; Mothers and infants; Children and adolescents; Older adults
6. Public Health aspects of over- and under-nutrition; Economically, geographically and socially disadvantaged
7. Vitamin A and iodine deficiencies; Indigenous communities
8. Diseases of importance to food nutrition; Obesity prevention
9. International nutrition; Global developments in the food system
10. Monitoring the food and nutrition situation of populations
11. Research skills
12. Professional practice
13. Project management; Promotion and communication
14. Policy and politics

### **Learning Activities and Teaching Methods:**

Lectures, case study presentation and discussions; cooperative projects, literature paper reviews

### **Assessment Methods:**

Projects, Assignments, Mid-term Exam; Final Exam

### **Required Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
1. Mark Lawrence, Tony Worsley	Public Health Nutrition	McGrow Hill	2007	<b>ISBN:</b> 9780335223206
2. Walter Willett	Nutritional Epidemiology	Oxford University Press, USA	1998, 2 <sup>nd</sup> ed.	<b>ISBN-10:</b> 0195122976
3. Michael J.	Public Health	Wiley-	2004	<b>ISBN-10:</b>

Gibne, Barrie M. Margetts, John M. Kearney, Lenore Arab	Nutrition (The Nutrition Society Textbook)	Blackwell		9780632056279
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**Recommended Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
1. Sari Edelstein	Nutrition in public health :a handbook for developing programs and services	Jones and Bartlett	2006, 2 <sup>nd</sup> ed.	ISBN- 0763783587
2. Elizabeth Dowler, Catherine Jones Finer	The welfare of food : rights and responsibilities in a changing world	Blackwell	2003	ISBN: 0195146743