



<b>Course Code</b>	<b>Course Title</b>	<b>Credits (ECTS)</b>
NUTR 260	Public Health & Community Nutrition	6
<b>Department</b>	<b>Semester</b>	<b>Prerequisite</b>
Life & Health Science	Fall	NUTR 110
<b>Type of Course</b>	<b>Field</b>	<b>Language of Instruction</b>
Required	Nutrition	English
<b>Level of Course</b>	<b>Year of Study</b>	<b>Lecturer</b>
1 <sup>st</sup> Cycle	2 <sup>nd</sup>	Antonis Zambelas
<b>Mode of Delivery</b>	<b>Work Placement</b>	<b>Co-requisites</b>
face-to-face	N/A	None

**Objectives of the Course:**

- To present to the student the major nutritional problems that influence health, survival and developmental capacity of populations in developing societies.
- To introduce approaches implemented at the household, community, national, and international levels to improve nutritional status.
- To demonstrate the burden and consequences of undernutrition, including protein-energy malnutrition and micronutrient deficiencies, their causes, epidemiology and approaches to prevention at various levels of society.
- To introduce several "emerging" or special topics including the "nutrition transition" toward obesity, nutritional interactions in HIV/AIDS affected populations and nutrition and reproductive health.
- To appreciate and critically evaluate the importance of the above problems on the population especially in the underdeveloped world and what measures may be taken.

**Learning Outcomes:**

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

1. Describe the major existing or emerging issues in international nutrition and some public health interventions by major organisations for alleviating the problem.
2. Appreciate the importance and consequences of nutritional deprivation and undernutrition and in particular vitamin deficiencies on health.
3. Identify the most at-risk of the consequences of undernutrition.
4. Discuss the complexity and long-acting causes of the nutrition transition and the coexistence of under and overnutrition in relation to preventive responses in developing countries.
5. Understand the various direct and indirect approaches to improving nutritional well-being of populations.
6. Explain the role of nutrition for reproductive health and be familiar with the foetal origins of disease as well as know the benefits of breastfeeding for the mother and the baby.
7. Describe the effects of HIV/AIDS on nutritional status.

**Course Contents:**

1. Introduction to public health concepts
2. Undernutrition/Famine
3. Holiday
4. Vitamin A
5. Vitamin A
6. Iron deficiency and Anaemia
7. Iron deficiency and Anaemia
8. Iodine & Zinc deficiencies
9. Nutrition and reproductive health (folate, B-vitamins)
10. Breast feeding and complementary feeding and Review
11. Fetal programming and adult chronic disease
12. HIV & Micronutrient nutrition
13. Obesity & the nutrition transition
14. Nutrition surveillance
15. National responses to control malnutrition: food aid/community based nutrition interventions

**Teaching Methods:**

Lectures, class discussion, assignments

**Assessment Methods:**

Assignments, Tests and Mid-term Exam; Final Exam

**Required Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN

Nutrition Society Staff	Public Health Nutrition	Blackwell Publishing	2004	0632056274
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**Recommended Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
<a href="#">Merson</a> , M.H. <a href="#">Black</a> R.E, Mills A	International Public Health: Diseases, Programs, Systems and Polices	Jones & Bartlett Publishers	2005	0763729671

**Websites e.g.:**

UNICEF

The World Food Program

The World Health Organisation