



<b>Course Code</b> NUTR-555	<b>Course Title</b> Advanced Nutritional Epidemiology and Public Health	<b>ECTS Credits</b> 7.5
<b>Prerequisites</b> None	<b>Department</b> Life & Health Sciences	<b>Semester</b> 3 <sup>rd</sup>
<b>Type of Course</b> Required	<b>Field</b> Dietetics/Nutrition	<b>Language of Instruction</b> Greek /English
<b>Level of Course</b> 2 <sup>nd</sup> Cycle	<b>Lecturer(s)</b> Mary Economou	<b>Year of Study</b> 2 <sup>nd</sup>
<b>Mode of Delivery</b> Face to face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None

### Objectives of the Course:

The main objectives of the course are to:

- Familiarize students with the basic concepts of epidemiology, and nutritional epidemiology.
- Familiarize students with the various epidemiological tools available to
- measure diet and evaluate their validity.
- Enable students to critically evaluate diet-disease associations, and infer causality.
- Assess, monitor and evaluate the impact of public health programs

### Learning Outcomes:

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

1. Critically evaluate measurement of diet, and potential bias in published nutritional epidemiological research.
2. Identify and deal with key analytic issues in nutritional epidemiology.
3. Use this knowledge to evaluate current nutritional practices and policies.
4. Interpret, evaluate and use nutrition recommendations made by individuals and organizations at the local and national level.
5. Evaluate the current biochemical, physiological and epidemiological literature on the relationships between nutrition, health and diseases.
6. Develop nutritional assessments for identifying and monitoring malnutrition and hunger in individuals and communities, using social, dietary, anthropometric and biochemical measures.
7. Integrate biological and social factors affecting health to develop intervention (prevention) programs that will have an impact on the nutritional status of a community.

**Course Contents:**

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| <ol style="list-style-type: none"> <li>1. Epidemiology and Causal Inference</li> <li>2. Measures of Occurrence and Measures of Association (Effect)</li> <li>3. Measuring Exposure and Measuring Outcome</li> <li>4. Dietary Methodology: 24 hour recalls and diet records</li> <li>5. Dietary Methodology: Food frequency</li> <li>6. Dietary Methodology: Validation</li> <li>7. Body Composition/ Anthropometry</li> <li>8. Biochemical Assessment of Nutritional Status</li> <li>9. Correction for Measurement Error</li> <li>10. Meaning and Analysis of Total Energy Intake</li> <li>11. Data analysis and Presentation in Nutritional Epidemiology</li> <li>12. Nutritional assessments for identifying and monitoring malnutrition and hunger in individuals and communities, using social, dietary, anthropometric and biochemical measures</li> <li>13. Public health Nutrition programs</li> </ol> |
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**Learning Activities and Teaching Methods:**

Lectures, assignments
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**Assessment Methods:**

Midterm exam, Assignment, Final Examination
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**Required Textbooks / Reading:**

Title	Author(s)	Publisher	Year	ISBN
Nutritional Epidemiology	Willett Walter	Oxford University Press	1998	978-0195122978
Modern Epidemiology	Rothman, Greenland, Lash	Lippincott Williams & Wilkins	2008	978-1451190052
Community Nutrition in Action. An Entrepreneurial Approach, 6th Edition.	Boyle MA, Holben DH (Eds).	Wadsworth, Belmont CA,	2013	

**Recommended Textbooks / Reading:**

<b>Title</b>	<b>Author(s)</b>	<b>Publisher</b>	<b>Year</b>	<b>ISBN</b>
Design Concepts in Nutritional Epidemiology	Margetts, Nelson	Oxford University Press	1997	978-0192627391
Community Needs Assessment Workbook.	Beffa-Negrini P, Geurin N, Stracker D, Sylvie A.	Wadsworth, Belmont CA,	2013	