

Nutrition policies and programs

Course No.	Title of Course	Credit Hours
HND-421	Nutrition policies and programs	3(3-0)

Learning Outcomes:

- To familiarize with global and local nutrition policies and programs in the domain of public health nutrition
- To prevent and control specific micronutrient deficiencies through diet based approaches among the vulnerable
- To promote appropriate diets and healthy lifestyles and access, analyze and monitor nutrition situations

Theory:

History and importance of nutrition intervention planning; World declaration on nutrition; Nutrition development partners; Policy guidelines; Community nutrition programs: national and international, supplementary feeding programs; Food fortification, supplementation and diet diversification; School feeding programs: interventions and impacts; Improving household food security; Protecting consumers through improved food quality and safety; Preventing and managing infectious diseases; Promoting breast feeding; Caring for socio- economically deprived and vulnerable; Preventing and controlling specific micronutrient deficiencies; Promoting appropriate diets and healthy lifestyle; Improving health care; Five years plan for Pakistan (Nutrition); Nutrition intervention: counselling for change; SUN movement; One health concept; National nutrition programs: food & nutrition program, Tawana Pakistan, school health program; Developing effective food and *nutrition policies* and programs.

Suggested Readings:

1. Edelstein, S. 2011. Nutrition in Public Health: A Handbook for Developing Programs and Services, 3rd ed. Jones & Bartlett Learning, Sudbury, M.A, USA.
2. IFPRI. 2016. Taking Actions: Progress and Challenges in Implementing Nutrition

Policies and Programs. International Food Policy Research Institute, Washington, DC, USA.

3. Nnakwe, N.E. 2009. Community Nutrition: Planning Health Promotion and Disease Prevention. Jones and Bartlett Learning International, London, UK.
4. Semba, R.D. and M.W. Bloem. 2008. Nutrition and Health in Developing Countries, 2nd ed. Humana Press, New York, USA.
5. Spark, A. 2007. Nutrition in Public Health: Principles, Policies and Practice. CRC Press, Taylor & Francis Group, Boca Raton, FL, USA.

