

Community and Public Health Nutrition

Course Code	Title of Course	Credit Hours
HND-318	Community and Public Health Nutrition	3(3-0)

Learning Outcomes:

Students will be able to:

- Figure out the global and local scenarios of public health nutrition
- Understand the core concepts and assessment methods at the population level
- Provide hands-on training for the development of policies related to nutrition and possible gaps in the matrix of nutrition policies

Course Contents:

Introduction to Public Health Nutrition, Concepts and Definitions used in Public Health Nutrition; Determinants of health and disease; Communicable and non-communicable diseases: prevention and control of diseases and health conditions; Food and Culture Importance in Public Health; Promoting Nutritional Health, healthy food systems, and the well-being of the community; Community Assessments in Public Health Nutrition; Public Health Nutrition Program Planning; Public Health Nutrition Intervention and Evaluation; Ethical principles and ethical issues in public health; Sustainability and public health nutrition; Current nutrition-related health issues and challenges; Environmental health issues in public health; Workplace safety and occupational health, Public health nutritionist: competencies, duties, and responsibilities; Food and nutrition surveys for monitoring of public health, Community need assessment, planning, implementation, and monitoring nutrition intervention program based on the needs assessment of the community.

Suggested Readings

Textbook:

1. Buttriss, J.L., Welch, A.A., Kearney, J.M. & Lanham-New, S.A. (eds.). 2017. Public Health Nutrition, 2nd ed. Wiley-Blackwell, Chichester, UK.

Reference Books:

1. McKenzie, J.F. & Pinger, R.R. 2025. An Introduction to Community & Public Health, 11th ed. Jones & Bartlett Learning, Burlington, MA, USA.
2. Detels, R., Gulliford, M., Abdool Karim, Q. & Tan, C.C. (eds.). 2022. Oxford Textbook of Global Public Health, 7th ed. Oxford University Press, Oxford, UK.

3. Barth, M. M., Bell, R. A., Grimmer, K. (eds.). 2020. Public Health Nutrition: Rural, Urban, and Global Community-Based Practice. Springer Publishing Company, New York, USA.