

Public Health Nutrition

Course No.	Title of Course	Credit Hours
HND-111	Public Health Nutrition	2(2-0) MC

Learning Outcomes

After completing the course, the students will be able to:

- Figure out the public health concerns of the country.
- Identify the problems and their solutions related to public health.
- Play role in health management through nutritional interventions.

SDGs addressed in the course:

SDG # 3 (Health and Well-being)

Teaching Mode: This course will be taught in hybrid learning mode offering a substantial

portion of contents and course activities online through learning management system

Course Contents

Theory

Public health nutrition: Overview, concepts, determinants, foundations; Disease burden and its control;

Health promotion and disease prevention: Modes of intervention, monitoring and surveillance; Safety and health at work place; Nutritional surveillance and growth monitoring; Public Health policies and strategies; Marketing nutrition programs in public; Public Health Nutrition; A field of practice; Public Health Nutritionist; Competencies, duties, responsibilities, ethics.

Practical

Food and nutrition surveys for monitoring of public health; Community need assessment; Planning, implementation and monitoring nutrition intervention programs based on the need assessment of the community; Marketing nutrition programs in the public; Visit of various public health departments.

Week wise Lecture Plan:

Week No	Description
1.	Public health nutrition: Overview and concepts
2.	Determinants and foundations of Public Health nutrition
3.	Disease burden and its control
4.	Health promotion and disease prevention
5.	Modes of intervention, monitoring and surveillance;
6.	Public Health policies and strategies;
7.	Nutritional surveillance and growth monitoring;
8.	Marketing nutrition programs in public;
9.	
10.	Public Health Nutrition; A field of practice; Public Health Nutritionist; Competencies, duties, responsibilities, ethics.
11.	Food and nutrition surveys for monitoring of public health;
12.	Community need assessment;
13.	Planning, implementation and monitoring nutrition intervention programs based on the need assessment of the community;
14.	Marketing nutrition programs in the public;
15.	Visit of various public health departments – DAY `I.
16.	Visit of various public health departments – DAY II
17.	Visit of various public health departments – DAY III
18.	END SEMESTER EXAMS

Textbook

1. Mckenzie, J.F. and R.R. Pinge. 2015. An Introduction to Community & Public Health. 8th Ed. Jones & Barlett Learning, Sudbury, MA, USA

Suggested Readings

1. Edelstein, S. 2011. Nutrition in Public Health; A Handbook for Developing Programs and Services. 3rd Ed. Jones & Bartlett Learning, Sudbury, MA, USA
2. Gibney, M.J., B.M. Margette and J.M. Kearney. 2004. Public Health Nutrition. Blackwell Science Ltd,. Oxford, UK.
3. Lawrence, M. and T. Worsley. 2007. Public Health Nutrition: From Principles to Practice. Allen & Unwin Book Publishers, Australia.
4. Vir, S.C. 2015. Public Health and Nutrition in Developing Countries (Part I and II). 1st Ed. Woodhead Publishing Pvt. Ltd. India.
5. Lauren L.M., O. Janel, and S. Arlene. 2016. Nutrition in Public Health: Principles, Policies, and Practice. 2nd Ed. Taylor & Francis, UK

