

Assessment of nutritional status

Course No.	Title of Course	Credit Hours
HND-224	Assessment of nutritional status	3(2-0)

Learning Outcomes:

- To impart hands-on training in nutritional assessment techniques to diagnose health problems
- To understand and apply dietary guidelines for standard nutrient intake
- To select an appropriate method for measuring dietary needs of hospitalized patients.

Theory: Nutritional assessment systems: nutrition surveys, nutrition surveillance, nutrition screening. Nutritional assessment methods: anthropometrics, biochemical, clinical, dietary. Measuring food consumption at national level: food balance sheets, total diet consumptions. Food consumption at the household levels: food account, household food records, household 24-hour food record. Measuring food consumption at individual levels: 24-hour recall, repeated 24-hour recall, weighed food records, diet history, food frequency questionnaire. Selecting an appropriate method: determining the mean nutrient intake, calculating the population at risk, ranking individuals by food and nutrient intake.

Practical:

Practicing methods of nutritional assessment (ABCD of Nutritional assessment);
Comparison of the data with references values for drawing conclusions.

Suggested Readings:

1. Driskell, J.A. and Wolinsky, I. 2011. Nutritional Assessment of Athletes, 2nd ed. CRC Press, Taylor & Francis Group, New York, USA.