

FST-311, Community Nutrition 3(2-1)

Educational Objectives:

This course will introduce the practice of public health nutrition, discussion of significant public health nutrition problems today, and an overview of food and nutrition programs available to the community. It will help students to understand and articulate nutrition problems and practices in the community. The course discusses the various nutrition monitoring and surveillance methodologies and how they are used. Upon successful completion of this course, students can be expected to understand beliefs, customs and food practices of various cultural groups and apply this knowledge in planning nutrition education and intervention programs.

Course Outcomes:

1. Understand factors influencing dietary intake and ways to positively impact eating behaviours.
2. Understand the principles of nutritional epidemiology.
3. Apply course material to improve rational thinking, problem solving and decision making when analysing community nutrition problems.
4. Develop a sense of personal responsibility regarding ethical dietetic practice.
5. Understand factors influencing dietary intake and ways to positively impact eating behaviour.
6. To distinguish between community nutrition and nutritional related diseases.
7. To recognize the assessment of nutritional, food system and food security.
8. To identify data collection methods commonly used in community assessments.
9. To compare community nutrition with public health nutrition.

Course Contents:

- Introduction: Community nutrition and nutritional epidemiology, health and nutritional status of Pakistani population.
- Recent nutrition indicators in National Nutritional Survey 2011.
- Nutritional and public health programs: importance, types, key features, planning, implementation and evaluation of an epidemiologic program.
- Assessment of nutritional status: anthropometry, biochemical, clinical and dietary methods assessment.
- Nutrition through life cycle, nutritional requirements and recommendations during infancy, preschool and school age children, adolescence and adulthood.
- Nutritional requirements and recommendations of populations groups with

special need: pregnant and lactating mothers, infants, geriatrics, nutritional anemia's, goiter, lactose and gluten intolerance, protein energy malnutrition, obesity, diabetes, hypertension, coronary heart diseases and other degenerative disorders.

- Nutritional project management: planning, execution, monitoring and evaluation of service and projects.

Recommended Books

1. Nilanjana Maulik, 2022, Personalized nutrition as medical therapy for high-risk diseases, CRC Press
2. Abeer M. Mahmoud. Shane A. Phillips, 2022, The Role of Nutrition in Cardiometabolic Health: Experimental, Clinical, and Community-Based Evidence, MDPI
3. Boyle, M.A. and Holben, D.H. 2013. Community nutrition in action: an enterprenueal approach. Wadsworth, 20 Davis Drive, Belmont, CA 94002-3098, USA.
4. Coulston, A.M. and Ferruzi, M. 2013. Nutrition in the prevention and treatment of disease. Academic press, USA.
5. Nnakwe, N.E. and Nnakwe, N. 2012. Community Nutrition: Planning Health Promotion and Disease Prevention. Jones and Bartlette Learning, USA.
6. Vir, S.C. 2011. Public health nutrition in developing countries. Woodhead Publishing, India.