

Course Title	Public Health Nutrition				
Course Code	MPH-534				
Course Type	Elective				
Level	2 nd Cycle				
Year / Semester	2 / 3				
Teacher's Name	Dr Elena Philippou				
ECTS	10	Lectures	12	Interactive learning activities	23
Course Purpose and Objectives	<p>The main objectives of the course are to:</p> <ul style="list-style-type: none"> • Apply the principles of nutritional science, including the effects of the major macro- and micronutrients on health, in the context of Public Health Nutrition. • Evaluate the effects of very low (deficiency) and very high (toxicity) intakes of nutrients, as well as analyse and apply the concepts of dietary recommendations and guidelines at the population level. • Critically evaluate the main determinants of dietary choice in populations, as well as analyse the health effects of these at the nutrient, food, and whole diet levels. • Understand the effects of food-borne diseases, as well as diseases related to over nutrition, undernutrition, and unhealthy dietary choices. • Appraise the role of adequate nutrition during pregnancy and analyse the public health effects of lack of it. • Apply the methods of nutritional surveillance and assessment in populations and design interventions for improving dietary choices and the nutritional status of populations. 				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ol style="list-style-type: none"> 1. Apply the main principles of nutritional science, including the basic functions of macronutrients and micronutrients, in the context of Public Health. 2. Apply the principles of public health nutrition, and analyse the public health nutrition cycle and the range of options for public health interventions. 3. Evaluate the health effects resulting from deficiency and toxicity of specific macronutrients and micronutrients. 4. Critically evaluate the basis and application of dietary recommendations and guidelines, including Dietary Reference Values (DRVs), Dietary Reference Intakes (DRIs) and the WHO macronutrient intake recommendations. 5. Apply different markers and evaluate nutritional status in populations. 6. Critically evaluate the social, behavioural, economic and other determinants of dietary choice. 7. Analyse the main short- and long-term health effects of specific nutrients (e.g. saturated fat, sodium, etc.), foods (fruits and vegetables, 				

	<p>red meat, etc.), and diets as a whole (e.g. Mediterranean Diet, Western Diet, low-glycaemic index (GI) diet, etc.).</p> <ol style="list-style-type: none"> 8. Analyse the main food-borne diseases and related pathogens. 9. Analyse the impact of nutrition on the prevention and management of the main non-communicable diet-related diseases (including obesity, type 2 diabetes and related co-morbidities) both in developed and developing countries. 10. Analyse the impact of nutrition on the prevention and management of the main diseases resulting from unhealthy dietary choices (including cardiovascular and cerebrovascular diseases and cancer) both in developed and developing countries. 11. Analyse the main diseases resulting from undernutrition (including marasmus, wasting, and Kwashiorkor) both in developed and developing countries. 12. Evaluate the effects of malnutrition during pregnancy, both in developed and developing countries. 13. Apply the methods of nutritional surveillance and assessment at the population level. 14. Design multi-disciplinary interventions for improving dietary choices and the nutritional status of populations, as well as evaluate their impact, both in developing and developed countries. 								
Prerequisites	MPH-511	Required	None						
Course Content	<ol style="list-style-type: none"> 1. Introduction to nutritional science: macronutrients and micronutrients 2. Dietary deficiency and toxicity 3. Dietary recommendations and guidelines at the population level 4. Markers of nutritional status in populations 5. Determinants of dietary choice in populations 6. Health effects of nutrients, foods, and diets 7. Major food-borne diseases 8. Diseases of over-nutrition and unhealthy dietary choices in developed and developing countries 9. Diseases of undernutrition in developed and developing countries 10. Malnutrition during pregnancy and the public health effects in developed and developing countries 11. Nutritional surveillance and assessment at the population level 12. Designing and evaluating interventions for improving dietary choices and the nutritional status of populations 								
Teaching Methodology	<p>This programme is delivered via distance learning (online) and includes recorded lectures, interactive online tutorials (Webinars) and discussion forums, as well as online exercises and other activities.</p>								
Bibliography	<p>Required Textbooks / Reading:</p> <table border="1"> <thead> <tr> <th>Title</th> <th>Author(s)</th> <th>Publisher</th> <th>Year</th> <th>ISBN</th> </tr> </thead> </table>				Title	Author(s)	Publisher	Year	ISBN
Title	Author(s)	Publisher	Year	ISBN					

Public Health Nutrition	Buttriss JL, Welch AA, Keanery JM, Lanham-New SA	Wiley Blackwell	2018	978-1-118-66097-3
Community Nutrition – Planning Health Promotion and Disease Prevention	Nnakwe N	Jones and Bartlett Learning	2018	978-1-2841-0832-3
Public Health Nutrition- Principles and Practice in Community and Global Health	Stein N	Jones and Bartlett Learning	2015	978-1-4496-9204-9

Recommended Textbooks / Reading:

Title	Author(s)	Publisher	Year	ISBN
Nutrition for Developing Countries (3 rd ed.)	Savage King F, Burgess A, Quinn VJ, Osei AK	Oxford University Press	2015	978-0199685226
Introduction to Human Nutrition (3 rd ed.)	Lanham-New SA, Hill TR, Gallagher AM, Vorster HH	Wiley-Blackwell	2019	978-1-119-47697-9
Nutritional Epidemiology (3 rd ed.)	Willett WC	Oxford University Press	2012	978-0199754038
Nutrition in Public Health: Principles, Policies, and	Spark A, Dinour LM, Obenchain J.	CRC Press	2015	978-1466589940



	Practice (2 nd ed.)					
Assessment	Online quiz (formative) Coursework (1 essay, 1 mini project on an important current public health nutrition topic) – 30% Mandatory interactive activities and webinar attendance/participation – 10% Final Exam – 60%					
Language	English					