

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 Ms Mary Economou				
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"> • Demonstrate deep understanding and describe the basis and calculation of dietary recommendations and guidelines, including Dietary Reference Values (DRVs), Dietary Reference Intakes (DRIs) and the WHO macronutrient intake recommendations, as well as the different markers of nutritional status in populations. • Demonstrate deep understanding and describe the main short and long term health effects of specific nutrients, foods, and diets and describe in detail the main diseases resulting from undernutrition, over-nutrition, and unhealthy dietary choices, as well as the main food-borne diseases and related pathogens. 				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ol style="list-style-type: none"> 1. Demonstrate deep understanding of the main principles of nutritional science, including the basic functions of macronutrients and micronutrients. 2. Explain the importance of public health nutrition and introduce the principles of public health nutrition, the public health nutrition cycle and the range of options for public health interventions. 3. Demonstrate deep understanding and describe the health effects resulting from deficiency and toxicity of specific macronutrients and micronutrients. 4. Demonstrate deep understanding and describe the methods of nutritional surveillance and assessment at the population level and be able to perform these. 5. Demonstrate deep understanding and describe different markers of nutritional status in populations. 6. Demonstrate deep understanding and describe the basis and calculation of dietary recommendations and guidelines, including Dietary Reference Values (DRVs), Dietary Reference Intakes (DRIs) and the WHO macronutrient intake recommendations. 7. Demonstrate deep understanding and describe the social, behavioural, economic and other determinants of dietary choice. 8. Demonstrate deep understanding and describe the main short and long term health effects of specific nutrients (e.g. antioxidant vitamins, saturated fat, sodium, etc.), foods (fruits and vegetables, red meat, 				

	<p>etc.), and diets as a whole (e.g. Mediterranean Diet, Western Diet, Low-GI diet, etc.).</p> <p>9. Demonstrate deep understanding and describe the main food-borne diseases and related pathogens</p> <p>10. Describe in detail the main diseases resulting from over-nutrition (including obesity, type 2 diabetes and related co-morbidities) both in developed and developing countries.</p> <p>11. Describe in detail the main diseases resulting from unhealthy dietary choices (including cardiovascular and cerebrovascular diseases and cancer) both in developed and developing countries.</p> <p>12. Describe in detail the main consequences of undernutrition (including marasmus, wasting, stunting and Kwashiorkor) both in developed and developing countries.</p> <p>13. Describe in detail the effects of malnutrition during pregnancy, both in developed and developing countries</p> <p>14. Design multi-disciplinary interventions for improving dietary choices and the nutritional status of populations, as well as evaluation of their impact, both in developing and developed countries.</p>													
Prerequisites	MPH-511, MPH- 512, MPH- 513, MPH- 521, MPH-522, MPH-523.	Required	None											
Course Content	<ol style="list-style-type: none"> 1. Introduction to nutritional science: macronutrients and micronutrients 2. Dietary deficiency and toxicity 3. Nutritional surveillance and assessment at the population level 4. Markers of nutritional status in populations 5. Dietary recommendations and guidelines at the population level 6. Determinants of dietary choice in populations 7. Health effects of nutrients, foods, and diets 8. Major food-borne diseases 9. Diseases of over-nutrition and unhealthy dietary choices in developed and developing countries 10. Diseases of undernutrition in developed and developing countries 11. Malnutrition during pregnancy and the public health effects in developed and developing countries 12. Designing and evaluating interventions for improving dietary choices and the nutritional status of populations 													
Teaching Methodology	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.													
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> <tbody> <tr> <td>Public Health Nutrition</td> <td>Buttriss JL, Welch AA, Keanery JM,</td> <td>Wiley Blackwell</td> <td>2018</td> <td>978-1-118-66097-3</td> </tr> </tbody> </table>				Title	Author(s)	Publisher	Year	ISBN	Public Health Nutrition	Buttriss JL, Welch AA, Keanery JM,	Wiley Blackwell	2018	978-1-118-66097-3
Title	Author(s)	Publisher	Year	ISBN										
Public Health Nutrition	Buttriss JL, Welch AA, Keanery JM,	Wiley Blackwell	2018	978-1-118-66097-3										

		Lanham-New SA			
	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 (2 nd ed.)	Gibney MJ, Lanham-New S, Cassidy A, Vorster H.	Wiley-Blackwell	2009	978-1405168076
Nutritional Epidemiology (3 rd ed.)	Willett WC	Oxford University Press	2012	978-0199754038	
Nutrition in Public Health: Principles, Policies, and Practice (2 nd ed.)	Spark A, Dinour LM, Obenchain J.	CRC Press	2015	978-1466589940	
Assessment	Online quiz (formative) Coursework (1 essay, 1 mini project on an important current public health nutrition topic) – 40% Final Exam – 60%				
Language	English				