

PUBLIC HEALTH NUTRITION

Sem	Subject Code	Category	Lecture		Theory		Practicals	Credits
III	19CPFN3B	Core paper VIII	Hrs/sem	Hrs/Per week	Hrs/sem	Hrs/Per week	-----	5
			120	8	120	8		

COURSE OBJECTIVE:

1. To understand the concept of Public Nutrition
2. To understand the causes and consequences of nutritional problems
3. To orient the students with the strategies for improving the nutritional status communities
4. To understand the concept of food and nutrition security
5. To learn about the various Government programmes aimed at improving health and nutritional status of the population

COURSE OUTCOMES

On the successful completion of the course, students will be able to

CO Number	CO Statement	Knowledge Level (K1-K4)
CO1	To learn the basics of public nutrition and health care systems	K1, k2
CO2	To understand about the public health aspects of undernutrition	K2, K3
CO3	Learning about various nutrition and health status of community	K2, K3
CO4	To Learn the security of food and nutrition	K2, K3, K4
CO5	To understand how to control the nutrition in emergencies and disasters	K2, K3, K4

Knowledge level: K1 – Remember, K2-Understand, K3- Apply, K4-Analyse.

MAPPING WITH PO

COS	PO1	PO2	PO3	PO4	PO5
CO1	S	S	M	M	S
CO2	S	S	M	S	S
CO3	S	S	S	S	S
CO4	S	S	S	S	S
CO5	S	S	S	S	S

S-Strong; M-Medium, L- Low

UNIT – I **24 Hours**
PUBLIC NUTRITION AND HEALTH CARE SYSTEMS

Aim, scope and content of public nutrition, Role of public nutritionist in National development, Health-definition, dimensions, determinants and indicators, Health care of the community, Health care systems

UNIT – II **24 Hours**
PUBLIC HEALTH ASPECTS OF UNDER NUTRITION

Etiology, public health implications, preventive/curative strategies for CED/PEM and micronutrient deficiencies of public health significance

UNIT – III **24 Hours**
APPROACHES/STRATEGIES FOR IMPROVING NUTRITION AND HEALTH STATUS OF THE COMMUNITY

- A) Health based interventions including immunization, provision of safe drinking water/sanitation, prevention and management of diarrhoeal diseases
- B) Food based interventions including food fortification, dietary diversification, supplementary feeding and biotechnological approaches
- C) Education based interventions including growth monitoring and promotion (GMP), health/nutrition related behaviour change communication

UNIT – IV **24 Hours**
FOOD AND NUTRITION SECURITY – PUBLIC SECTOR PROGRAMME

- A) Concepts and definitions of food and nutrition security at national, household and individual levels.
- B) Public sector programmes for improving of food and nutrition security
- C) ICDS Schemes.

UNIT – V **24 Hours**
NUTRITION IN EMERGENCIES AND DISASTERS

- A) Natural and manmade disasters resulting in emergency situations
- B) Nutritional problems In emergencies in vulnerable groups – Macro and micronutrient deficiencies, Infection
- C) Assessment and surveillance of effected population groups – clinical, anthropometric and dietary
- D) Nutritional relief and rehabilitation – assessment of food needs, food distribution strategy, mass and supplementary feeding, sanitation and hygiene, evaluation of feeding programmes
- E) Public nutrition approach to tackle nutritional problems in emergencies

Distribution of Marks: Theory – 25 (IA) + 75 (univ. exam) = 100 Marks

TEXT BOOKS:

S.NO	AUTHORS	TITLE	PUBLISHERS	YEAR OF PUBLICATION
1	Achaya	Interface between agriculture, Nutrition and Food Science	The United National University	1984
2	Beaton, G.H. and Bengoa, J.M. Arab, I.,	Nutrition in preventive Medicine, W	WHO	1996
3	Gibney M.J., Margetts, B.M., Kearney, J.M. Arab, I	Public Health Nutrition	NS Blackwell Publishing.	2004
4	Gopalan, C,	combating Under nutrition – Basic issues and practical Approaches	Nutrition Foundation of India.	1987
5	Kaufman M	Nutrition in promoting the public health strategies, principles and practives	. Jones and Barlett Publishers	2007

REFERENCE BOOKS:

S.NO	AUTHORS	TITLE	PUBLISHERS	YEAR OF PUBLICATION
1	Park, K	Park's Textbook of preventive and social Medicine, 20 thed	Jabalpur M/s. BanarsidasBhan ot	2009

WEB SOURCES:

1. <https://www.intechopen.com/books/water-challenges-of-an-urbanizing-world/safe-drinking-water-concepts-benefits-principles-and-standards>

TEACHING METHODOLOGY

- Chalk and board teaching
- Study Assignment method
- Active learning method
- Group discussions
- PPT
- Seminars
- Other Group activity

SYLLABUS DESIGNER:

- Ms. R. TAMILSELVI, Head and Assistant Professor, Department of Foods and Nutrition