BSHND 304: NUTRITIONAL INTERVENTION PLANNING

Course Learning Outcomes:

- To familiarize with global and local nutrition policies and programs in the domain of public health nutrition
- To prevent and control specific micronutrient deficiencies through diet based approaches among the vulnerable
- To promote appropriate diets and healthy lifestyles and access, analyze and monitor nutrition situations
- To understand basis of epidemiological concepts and their application.
- To conduct community assessment, policy development and implement in novel situations
- To evaluate and critically analyze already implemented interventions

Content-Theory:

1. **Introduction:**
   - History and importance of nutrition intervention planning;
   - World declaration on nutrition;
   - Nutrition development partners;
   - Policy guidelines;
2. **Community nutrition programs:**
   - National and international,
   - Supplementary feeding programs;
   - Food fortification,
   - Supplementation and diet diversification;
3. **School feeding programs:**
   - Interventions and impacts;
   - Caring for socioeconomically deprived and vulnerable;
   - Preventing and controlling specific micronutrient deficiencies;
   - Promoting appropriate diets and healthy lifestyle;
4. **Nutrition intervention:**
   - Counselling for change;
   - Sun movement;
   - One health concept;
5. **National nutrition programs:**
   - Food & nutrition program,
   - Tawana pakistan,
6. **Introduction of Community Problems**

- WHO tools for Community Nutrition Plans
- WHO tools for Community Nutrition Plans Monitoring
- Introduction of Conducting Community Assessment

7. **Components of Community Assessment**
    - Nutritional and Health Indicators
    - Community Assessment Surveys locally done **(e.g. MICS Punjab)**
    - Practical application of the findings of community assessment
    - Community Assessment Surveys locally done (e.g. NNS, 2018)
    - Comparison of different Assessment Surveys done
8. **Nutrition Care Process**
    - Nutrition Intervention Planning (for individuals)
    - Nutrition Intervention Planning (for Communities)
    - Introduction of locally planned interventions
    - Locally planned Interventions and their analysis

Content-practical

- SMART Analysis
- Data analysis and its interpretation
- Specific Nutrient deficiency condition and relevant intervention (vitamin A)
- Specific Nutrient deficiency condition and relevant intervention (Iron)
- Specific Nutrient deficiency condition and relevant intervention (folic Acid)
- Differentiate between nutrition specific vs nutrition sensitive interventions
- Plan intervention targeting under-nutrition in women
- Steps required to implement nutrition-based intervention
- Measuring Anthropometry in pediatric population according to WHO guidelines
- Interpretation of the anthropometric parameters

Teaching-Learning Strategies:

Teaching will be a combination of class lectures, class discussions, and group work. Short videos/films will be shown on occasion.

Assignments:

The sessional work will be a combination of written assignments, class quizzes, presentation, and class participation/attendance.

Assessments and Examination:

Sessional Work: 25 marks
Midterm Exam: 35 marks
Final Exam: 40 marks

Recommended Readings:

1. Edelstein, S. (2011). Nutrition in Public Health: A Handbook for Developing Programs and Services, 3rd ed. Jones & Bartlett Learning, Sudbury, M.A, USA.
2. IFPRI. (2016). Taking Actions: Progress and Challenges in Implementing Nutrition Policies and Programs. International Food Policy Research Institute, Washington, DC, USA.
3. Nnakwe, N.E. (2009). Community Nutrition: Planning Health Promotion and Disease Prevention. Jones and Bartlett Learning International, London, UK.
4. Semba, R.D. & Bloem, M.W. (2008). Nutrition and Health in Developing Countries, (2nd ed.) Humana Press, New York, USA.
5. Spark, A. (2007). Nutrition in Public Health: Principles, Policies and Practice. CRC Press, Taylor & Francis Group, Boca Raton, FL, USA.
6. Awan, J.A. & Anjum, F.M. (2010). Food Toxicology. Unitech Communications, Faisalabad, Pakistan.
7. Coutts, J. & Fielder, R. (2009). Management of Food Allergens. John Wiley & Sons Ltd., Chichester, West Sussex, UK.
8. Jedrychowski, L. & Wichers, H.J. (2009). Chemical and Biological Properties of Food Allergens. CRC Press, Taylor & Francis Group, Boca Raton, FL, USA.

9. Metcalfe, D., Sampson, H.A., Simon, R.A. & Lack, G. (2014). Food Allergy: Adverse Reaction to Foods and Food Additives, (5th ed). Wiley-Blackwell, John Wiley & Sons Ltd., Chichester, West Sussex, UK.
10. Shibamoto, T. & Bjeldanes, L. (2009). Introduction to Food Toxicology, (2nd ed.). Academic Press, London