

## **CODE BSPH-311 COMMUNITY NUTRITION**

### **Course Objectives:**

After studying this course, you should be able to:

- i. Identifying target populations that may be at nutritional risk
- ii. Identifying and assisting in development of accurate nutrition education materials
- iii. Demonstrate accurate understanding of the science of normal nutrition
- iv. Communicate effectively, both orally and in writing
- v. Conduct needs assessments and develop nutrition interventions for individuals, groups and communities
- vi. Use effective teaching strategies for individuals, groups, or through community education programming
- vii. Apply understanding of the influence of socioeconomic, cultural, social, psychological, and ethnic food consumption issues and trends to nutrition practice
- viii. Demonstrate professional attributes including time management, priority setting, work ethic, critical thinking, advocacy, and service to professional and community organizations
- ix. Demonstrate active participation, teamwork and contributions in group settings

### **Course Contents:**

- i. Introduction to Human Nutrition and Balanced Diet
- ii. Identification of Population at Risk
- iii. Factors Contributing to Community Nutritional Disorders
- iv. Healthy Nutrition for Pregnant Women, Lactating Mothers and Children
- v. Problems Related to Procurement, Storage, Supply and Distribution of Food to the Vulnerable Groups
- vi. Adequate Supply of Food (quality and quantity)
- vii. International Food Organizations (WFO etc)
- viii. Politics in Food Supply
- ix. Food Supply to Drought , Earthquake, War and Refugees
- x. Management of Nutritional Disorder Diseases in Communities

## Recommended Books:

1. Community Nutrition by Nnakwe 2018.
2. Community Nutrition for Developing Countries edited by Norman J. Temple , Nelia Steyn 2016.
3. Community Nutrition: Applying Epidemiology to Contemporary Practice second edition by Gail C. Frank 2008.
4. Dr. Saira Afzal (HOD community med dept. KEMU) Concepts of community medicine Hard+Cheap+Easy
5. Dr. Saira Afzal (HOD community med dept. KEMU) Research Methodology and basic biostatistics Hard+Cheap+Easy
6. Naveed Alam Community Medicine Hard+Cheap+Easy
7. Park Preventive and social medicine Hard+Easy+Cheap
8. Muhammad Ilyas Public health and community medicine Hard+Easy+Cheap
9. US AID Nutrition Soft+Easy
10. Nouman Hashmi Community Medicine Hard+Easy+Cheap
11. Arlene Spark Nutrition in public health Soft+Downloadable (Google Books)
12. A Burgess, M Bijlsma, Community Nutrition Soft+Downloadable (Google Books)