

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,

1. Introduction of Community Problems

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

2. 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

3. 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.

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