

PUBLIC NUTRITION AND HEALTH

4 Credits (Th)

Objectives:

This course will enable the students to:

1. Develop a holistic knowledge base and understanding of the nature of important nutritional problems and their prevention and control for the disadvantaged and upper socio-economic strata in society
2. Understand the causes /determinants and consequences of nutritional problems in society
3. Be familiar with various approaches to nutrition and health interventions, programmes and policies.

Contents:

Module No	Topics and Details	No of Credits
1	<p>Concept of public nutrition</p> <ol style="list-style-type: none">a. Relationship between health and nutritionb. Role of public nutritionists in the health care delivery <p>Sectors and Public Policies relevant to nutrition and health.</p> <p>Primary Health Care of the Community</p> <ol style="list-style-type: none">a. National Health Care Delivery Systemb. Determinants of Health Statusc. Indicators of Health <p>Population Dynamics</p> <ol style="list-style-type: none">a. Demographic transitionb. Population structurec. Fertility behaviord. Population policye. Fertilityf. Interrelationship between Nutrition and Quality of Life <p>Food and Nutrition Security</p> <ol style="list-style-type: none">a. Food production<ul style="list-style-type: none">❖ Access❖ Distribution	1

	<ul style="list-style-type: none"> ❖ Availability ❖ Losses ❖ Consumption <p>b. Food Security</p> <p>c. Socio-cultural aspects and Dietary Patterns:</p> <p>Their implications for Nutrition and Health</p>	
2	<p>Nutritional Status</p> <p>a. Determinants of nutritional status of individual and populations</p> <p>b. Nutrition and Non-nutritional indicators</p> <ul style="list-style-type: none"> ❖ Socio-cultural ❖ Biologic ❖ Environmental ❖ Economic <p>c: Assessment of nutritional status of individuals of different ages- MUAC, Wt for age, Ht for age, Wt for ht, Ponderal index, BMI Applications and limitations in different field situations- choice of an indicator</p> <p>Major Nutritional Problems – etiology, prevalence, clinical manifestations, preventive and therapeutic measures for:</p> <p>a. Macro and micro nutrient deficiencies</p> <p>b. Other nutritional problems like lathyrism, dropsy, aflatoxicosis, alcoholism and fluorosis.</p> <p>c. Overweight, obesity and chronic degenerative diseases</p>	1
3	<p>Approaches and Strategies for improving nutritional status and health:</p> <p>a. National Food , Nutrition and Health Policies - Plan of action and programmes</p> <p>b. Programmatic options- their advantages and demerits. Feasibility Political support Available resources (human, financial, infrastructural)</p> <p>c. Case studies of selected strategies and programmes: their rationale and context, how to select interventions from a range of possible options:</p> <p>d.. Health-based interventions, Food-based interventions including fortification and genetic improvement of foods, supplementary feeding, Nutrition education for behaviour change.</p> <p>Health economics and economics of malnutrition</p> <p>a. Its impact on productivity and national development</p> <p>b. Cost-Benefit</p> <ul style="list-style-type: none"> ❖ Cost effectiveness ❖ Cost efficiency 	2

References:

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4. State of the World's Children, UNICEF.
5. Census Reports.
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23. Murray, C.; Lopez, A. (eds) (1994) Global Comparative Assessments in the Health Sector Disease Burden, Expenditures and Intervention Packages. Collected articles from the Bulletin of the World Health Organization, Geneva, Switzerland.
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