

ABOUT THE COURSE



What is the SickKids Public Health Nutrition Course?

The SickKids Public Health Nutrition Course (SPHNC) is a free online course designed primarily for health professionals, but also students and individuals seeking to learn more about nutrition in a globalized world. By leveraging the SickKids Centre for Global Child Health's expertise and international networks, the open-access course exposes participants to contemporary issues in public health nutrition with an emphasis on maternal and child nutrition.

The SPHNC encompasses an interactive, broad-based curriculum that equips participants with the knowledge and skills to address nutrition-related health challenges, adding a more dynamic layer to existing education content and mediums currently available in public health nutrition. Below are some quick facts about the SPHNC:

- The course is comprised of 7 modules, each containing 2-7 sessions. There are 31 course sessions in total
- Each session features a variety of interactive assessments (case studies, refreshers and quizzes), expert video talks, an additional resources section, and a nutrition-based glossary
- Each session will take approximately 2 hours to complete and review the additional resources associated with each session

Visit the [SickKids Public Health Course Introduction](#) to learn more.

Who is the SPHNC for and how can it be applied?

The SPHNC is designed for health care professionals (physicians, nurses, dietitians, health managers), but it is also applicable to individuals aspiring to learn more about nutrition in a global context. It encompasses evidence-based content and current nutrition recommendations, particularly relevant to practice in low-resource settings. The curriculum is comprised of both broad and specific topics, beneficial for a diverse audience ranging from doctors seeking nutrition information relevant to clinical practice, to managers requiring essential public health nutrition knowledge for population and community interventions.

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How do I navigate the SPHNC?

The course is designed to be completed in sequential order. However, participants can move freely between sessions to suit their interests and needs. A Certificate of Completion is awarded to participants who complete all 31 sessions that comprise the SPHNC, and a badge is awarded for the completion of individual course modules. In order to receive a badge or Certificate of Completion, all session slides must be reviewed entirely.

What devices are compatible with the SPHNC?

The SPHNC is designed for use on desktops, laptops and tablets.

What is the required internet speed to run the SPHNC effectively?

The recommended internet speed for optimal functionality is 256kbps. The SPHNC runs most effectively using the Google Chrome browser.

SPHNC Content and Acknowledgements

All SPHNC content has been developed by experts at the SickKids Centre for Global Child Health. ©2015 – The Hospital for Sick Children (SickKids). All Rights Reserved.

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