

# COURSE CONTENT



## MODULE 1

### **The Importance of Public Health Nutrition with a Life Cycle Perspective**

This introductory module focuses on the distribution and determinants of nutrition issues which underpin the global burden of both under nutrition and over nutrition. The importance of nutrition within the life cycle, starting from infancy until adulthood, is highlighted. Maternal and child nutrition, including the requirements and importance of infant and young child feeding in the light of current recommendations, is also discussed. The relationship between nutrition and epigenetics, as well as tools required for the assessment of nutritional status and dietary intake, are defined.

## MODULE 2

### **Nutrition and its Social Determinants**

This module aims to cover the interplay of nutrition and social determinants such as gender, economic status, culture, religion and nutrition transition, particularly within vulnerable populations. The concept of food security and its role in public health nutrition is also discussed.

## MODULE 3

### **Micronutrient Deficiencies and their Global Burden**

This module focuses on the global burden of micronutrient deficiencies including iron, zinc, iodine, vitamin A, vitamin D, vitamin B12 and folic acid with a focus on maternal and child health. Interventions that target micronutrient deficiencies at the population level are also addressed.

## MODULE 4

### **The Role of Nutrition in Communicable & Non Communicable Disease (NCD)**

This module focuses on the link between nutrition and disease. The significance of nutrition in communicable diseases such as HIV/AIDS, tuberculosis, diarrhea and ARIs is identified. The interplay between nutrition and factors such as obesity that lead to NCDs (cardiovascular disease, diabetes and cancers), along with the prevention and management of these diseases through nutrition, is explored. This module also highlights the role of public policy in NCD prevalence through regulation of dietary intake of food components such as salt, fat, fibre and refined carbohydrates.

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## MODULE 5

### **Nutritional Interventions - Programs & Policies**

This module focuses on nutrition-specific interventions such as micronutrient supplementation, food fortification and dietary diversification, as well as nutrition-sensitive interventions and their impact. Social safety net programs such as supplementary feeding programs and food stamps are also examined to identify their role in improving the nutritional status of communities.

## MODULE 6

### **Research Methods and Tools for Public Health Nutrition Programs**

This module focuses on the planning and implementation of nutrition-related studies and programs. The methodology and tools for nutrition survey design, starting from the identification of a target population, study objectives and data collection tools to data analysis and interpretation, are discussed in detail. The monitoring and evaluation of nutrition interventions is also covered. The module concludes with a discussion on the influence of public and private stakeholders in nutrition-related initiatives, as well as the future of public health nutrition.

## MODULE 7

### **Public Health Nutrition Tutorial**

This module takes on a tutorial format and highlights basic techniques in anthropometric assessments, equipping participants with skills in programmatic planning and nutritional assessments through instructional videos and case studies.