

**Public Health & Community Nutrition**  
**NUTD 3012/9124**  
**6 Units, Semester 2, 2010**

## **Introduction and topic description**

Welcome to **Public Health and Community Nutrition**.

This Topic will develop your understanding of the population and locality approach to nutrition interventions. Public health nutrition applies a population-level perspective to preventing diet-related diseases and promoting healthy eating, while community nutrition takes a local perspective that is defined by a smaller geographical area. Both public health and community nutrition are informed by the theoretical frameworks of primary health care, new public health and health promotion, which acknowledge the social and environmental determinants of health and illness, and rely on evidence to inform intervention decisions.

In this Topic, you will learn the basic concepts and methods of epidemiology which are used to investigate diet-related causes of mortality and morbidity of various populations. In addition you will examine the role of nutrition in the development of life-style related diseases in countries like Australia. You will examine the evidence for, and implementation of, national nutritional recommendations, policies and strategies aimed at improving population health.

You will learn about the program development cycle in particular focussing on needs assessment, program planning and evaluation. You will consider a range of program implementation strategies through the framework of the Ottawa Charter for Health Promotion (WHO, 1986).

By the end of this topic, you will have the knowledge and skills to begin planning, implementing and evaluating effective nutrition programs at community and population levels.

### **Topic Coordinator**

Assoc Prof. Jane Scott

Email: [jane.scott@flinders.edu.au](mailto:jane.scott@flinders.edu.au)

Phone: 8204 6678 Fax: 8204 6406

Location: Department of Nutrition & Dietetics, Level 7, Flinders Medical Centre

### **Module 3 Nutrition Program Development Coordinator**

Ms Karissa Woolfe

Email: [karissa.woolfe@flinders.edu.au](mailto:karissa.woolfe@flinders.edu.au)

Phone: 8204 7074 Fax: 8204 6406

Location: Department of Nutrition & Dietetics, Level 7, Flinders Medical Centre

## Topic aims

1. To increase your understanding of public health nutrition.
2. To introduce you to the core concepts of nutritional epidemiology.
3. To increase your understanding of community nutrition.
4. To increase your knowledge and skills in the development of nutrition interventions at the community and population level.
5. To increase your confidence in team-work and cooperative learning.

## Learning outcomes

By the end of the Topic, you will be able to:

1. Demonstrate an introductory understanding of the importance and scope of public health and community nutrition.
2. Demonstrate an understanding of the limitations and provisional status of knowledge in public health nutrition.
3. Discuss the role, scope and limitations of epidemiology and describe the basic measures, study designs and sources of error relevant to nutritional epidemiology.
4. Discuss the assessment of dietary intake and nutritional status of groups and populations as exposure and outcome variables.
5. Describe the prevalence and prevention of diet-related health problems in the population.
6. Critically evaluate the epidemiological and other evidence supporting the role of dietary components in the aetiology of the lifestyle-related diseases and current dietary recommendations for the prevention of diet-related diseases in populations.
7. Describe and evaluate policies and related strategies aimed at improving the nutritional health and wellbeing of Australians.
8. Critically discuss the theoretical principles underpinning public health and community nutrition practice.
9. Describe the program development cycle in public and community nutrition program planning.
10. Demonstrate an understanding of needs assessment, including normative and felt needs.
11. Develop an appropriate survey questionnaire.
12. Develop a program proposal with full justification and rationale for the chosen intervention.
13. Develop an evaluation plan incorporating appropriate process and impact evaluation methods.

## DAA Competencies addressed

The topic addresses the following DAA National Competency Standards for Entry Level Dietitians:

1.1, 1.2, 1.5, 1.8, 1.9, 2.1, 2.2, 3.1, 3.2, 3.3, 3.4, 3.5, 5.1, 5.2, 5.3, 5.4, 5.5, 6.1.

## **Teaching and Learning Strategies**

This Topic involves approximately 4 hours of classroom time per week. In addition you will be expected to spend up to 4 hours per week on the Assessment tasks and up to 4 hours per week on reading and other learning tasks.

A range of strategies will be used to promote learning, including:

- ◆ Lectures
- ◆ Tutorials
- ◆ Guest presentations

## **Topic Content**

### **Module 1: Introduction to Public Health and Community Nutrition**

- ◆ History, Concepts and definitions
- ◆ Population-based approach to health and illness
- ◆ Nutrition & Health Policies and strategic directions
- ◆ Indicators of population nutrition status

### **Module 2: Epidemiology: An Evidence base**

- ◆ Study design.
- ◆ Measures of disease frequency and effect
- ◆ Error, confounding and bias
- ◆ Causality and hierarchy of evidence
- ◆ Nutritional epidemiology overview

### **Module 3: Nutrition Program Development**

- ◆ Nutrition policies and strategic directions
- ◆ Needs assessment
- ◆ Program planning
- ◆ Program implementation
- ◆ Program evaluation

## Provisional Timetable 2010

JS = Jane Scott

KW= Karissa Woolfe

	Tuesdays	Wednesdays
<b>Wk 1</b>	27 Jul, 3-5pm, FMC LT3 <b>Introduction to Topic JS</b>  <b>Module 1: Introduction and background</b> 1.1 History, Concepts and definitions <b>JS</b> 1.2 Population-based approach to health & illness <b>JS</b>	28 Jul 1-3 pm, FMC LT2  <b>Module 1: Introduction and background</b> 1.3 Nutrition & Health Policy <b>KW</b> 3.1 Program Development Cycle <b>KW</b>
<b>Wk 2</b>	3 Aug, 3-5pm, FMC LT3 <b>Module 1: Introduction and background</b> 1.4 Indicators of population nutrition status <b>JS</b>	4 Aug 1 -3pm, HLTH 1.09 <b>Module 3: Nutrition program development</b> 3.2 Conducting a Needs Assessment <b>KW</b>
<b>Wk 3</b>	10 Aug, 3-5pm, FMC LT3 <b>Module 2. Epidemiology: An evidence Base</b> 2.1 Introduction to epidemiology: Definition and terminology Types of studies (Part 1) Cross-sectional Ecological Case control <b>JS</b>	11 Aug 1-3pm, HLTH 1.09 <b>Module 3: Nutrition program Development</b> 3.3 Survey Design <b>KW</b>
<b>Wk 4</b>	17 Aug, 3-5pm, FMC LT3 <b>Module 2. Epidemiology: An evidence base.</b> 2.2 Types of studies (Part 2) Longitudinal (Cohort) Experimental (Controlled) <b>JS</b>	18 Aug 1-3pm, HLTH 1.09 <b>Module 3: Nutrition program development</b> 3.4 Tutorial on Needs Assessment task & Searching for relevant data <b>KW</b> <b>Jess Tyndall, Medical Librarian</b>
<b>Wk 5</b>	24 Aug, 3-5pm, FMC LT3 <b>Module 2. Epidemiology: An evidence Base</b> 2.3 Measures of disease frequency & effect size <b>JS</b>	25 Aug 1-3pm, HLTH 1.09 <b>Module 3: Nutrition program development</b> 3.5 Program planning – how to best meet the needs of the community <b>KW</b>  <b style="color: orange;">Assessment task due Mon 30 Aug</b>
<b>Wk 6</b>	31 Aug, 3-5pm, FMC LT3 <b>Module 2. Epidemiology: An evidence base</b> 2.4 Calculation of risk rates, relative risks & odds ratio <b>Tutorial (bring a calculator) JS</b>	1 Sep 1-3pm, HLTH 1.09 <b>Module 3: Nutrition program development</b> 3.6a Program Implementation <b>Guest</b>

	<b>Tuesdays</b>	<b>Wednesdays</b>
<b>Wk 7</b>	6 Sept, 3-5pm, FMC LT3 <b>Module 2. Epidemiology: An evidence base</b> 2.5 Errors, confounding & bias in epidemiology <b>JS</b>	8 Sept 1- 4pm, HLTH 1.09 <b>Module 3: Nutrition program development</b> 3.6b Program Implementation <b>Guests</b>
<b>Wk 8</b>	13 Sept 3-5pm FMC LT3 <b>Module 2. Epidemiology: An evidence base</b> 2.6 Overview nutritional epidemiology 2.7 Measures of dietary exposure in individuals and groups <b>JS</b>	15 Sept 1- 4pm, HLTH 1.09 <b>Module 3: Nutrition program development</b> 3.7 Preparing the Program Plan Writing goals & objectives Budgeting & Grants <b>KW</b>
<b>Mid Semester Break 20 Sept – 1 Oct</b>		
<b>Wk 9</b>	4 Oct -5pm FMC LT3 <b>Module 2. Epidemiology: An evidence base</b> 2.8 Assessing the quality of epidemiological evidence. 2.9 Summarising the evidence <b>JS</b>	6 Oct 1- 3pm, HLTH 1.09 <b>Module 3: Nutrition program development</b> 3.8 Program Evaluation Process Impact <b>KW</b>
<b>Wk 10</b>	11 Oct, 3-5pm, FMC LT3 <b>Module 2. Epidemiology: An evidence base</b> 2.10a Tutorial on Study Summary Assessment Montenen et al. Eur J Clin Nutr: 2005;59; 441-448 <b>JS</b>	13 Oct 1-3 pm, HLTH 1.09 <b>Module 3: Nutrition program development</b> 3.9 Preparing the Evaluation Plan Indicators Data Collection Methods <b>KW</b>
<b>Wk 11</b>	18 Oct, 3-5pm, FMC LT3 <b>Module 2. Epidemiology: An evidence base</b> 2.10b Tutorial on Study Summary Assessment Sargent et al. Eur J Clin Nutr 2001;55: 342-348 <b>JS</b>	20 Oct 1-3 pm, HLTH 1.09 <b>Module 3: Nutrition program development</b> 3.10 A full circle – dissemination of results, continuous quality improvement. <b>KW</b> <b>Assessment task due Monday 25 Oct</b>
<b>Wk 12</b>	25 Oct, 3-5pm, FMC LT3 <b>FREE</b>	27 Oct 1-3 pm, HLTH 1.09 <b>FREE</b>
<b>Wk 13</b>	1 Nov <b>FREE</b> <b>Study Summary due Monday 8 Nov</b>	3 Nov <b>FREE</b>
<b>Wk 14</b>	8 Nov <b>SWOT VAC</b>	10 Nov <b>SWOT VAC</b>

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/467130031120006143>