



# AMITY UNIVERSITY

— UTTAR PRADESH —

L	T	P/S	SW/ FW	TOTAL CREDIT UNITS
3		-	-	03

**Course Title: PUBLIC HEALTH AND NUTRITION**

**Course Code:**

**Credit Units: 03**

**Course Objectives:**

- 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
- Understand the causes /determinants and consequences of nutritional problems in society

**Pre-requisites:**

Fundamental understanding and knowledge of Human Nutrition

**Student Learning Outcomes:**

On completion of the course the student will be able to:

- Describe the basic concepts of public health and nutrition
- Analyze the causes /determinants and consequences of nutritional problems in society
- Assess the nutritional problems, their prevention and control disadvantaged and upper socio-economic strata in society
- Use various approaches for nutrition and health interventions, programmes and policies.

**Pedagogy for Course Delivery:**

The course pedagogy will include lectures, discussion on applications of the topics covered.

**Course Contents/Syllabus:**

	<b>Weightage (%)</b>
<b>Module I: Concept of Nutrition in Public Health</b>	<b>20%</b>
<ul style="list-style-type: none"> <li>• Concept of public health and nutrition</li> <li>• Relationship between health and nutrition.</li> <li>• Primary Health Care of the Community, National Health Care Delivery System</li> <li>• Determinants of Health Status</li> <li>• Indicators of Health</li> <li>• Population Dynamics</li> <li>• Demographic transition</li> <li>• Population structure</li> <li>• Fertility behaviour</li> <li>• Population policy</li> <li>• Fertility</li> <li>• Inter-relationship between Nutrition and Quality of Life</li> </ul>	
<b>Module II Food and Nutrition Security and Assessment of nutritional status</b>	<b>20%</b>
<ul style="list-style-type: none"> <li>• Concept of Food and Nutrition Security</li> <li>• Food production: Access, Distribution, Availability, Losses, Consumption, Food Security.</li> <li>• Socio-cultural aspects and dietary patterns</li> <li>• Nutritional status and its significance</li> <li>• Determinants of nutritional status of individual and population.</li> <li>• Assessment of Nutritional Status of individuals of different ages- MUAC, Wt for age, Ht for age, Wt for ht, Ponderal index, BMI</li> </ul>	
<b>Module III Major Nutritional Problems of Community</b>	<b>20%</b>
<p>Etiology, prevalence, clinical manifestations, prevention and treatment for:</p> <ul style="list-style-type: none"> <li>• Macro nutrient deficiencies</li> <li>• micro nutrient deficiencies</li> <li>• Other nutritional problems like lathyrism, dropsy, aflatoxicosis, alcoholism and fluorosis.</li> <li>•</li> </ul>	
<b>Module IV National Food, Nutrition and Health Policies</b>	<b>20%</b>
<ul style="list-style-type: none"> <li>• National Nutrition Policies</li> <li>• Plan of action</li> <li>• Various food and programmes for the community in India</li> <li>• Programme Planning</li> <li>• Diagnosis of the situation, setting of objectives, suitability, implementation &amp; evaluation.</li> </ul>	

<ul style="list-style-type: none"> <li>• Policy analysis &amp; Operational Research.</li> </ul>	
<b>Module V Nutrition Education</b>	<b>20%</b>
<ul style="list-style-type: none"> <li>• Nutrition Education - Objectives, definitions, importance of nutrition education to the community.</li> <li>• Methods of nutrition education, nutrition education programmes</li> <li>• Planning of nutrition education programmes</li> <li>• implementation and evaluation, training workers in nutrition education programmes,</li> <li>• Integration of nutrition education with education and extension of works.</li> </ul>	

**Assessment/ Examination Scheme:**

<b>Theory L/T (%)</b>	<b>Lab/Practical/Studio (%)</b>	<b>End Term Examination(%)</b>
<b>100</b>	<b>0</b>	<b>100</b>

**Assessment/ ExaminationScheme:**

	<b>Continuous Assessment/ Internal Assessment</b>				<b>End Term Examination</b>			<b>Total</b>
<b>Theory Assessment</b>	<b>CT</b>	<b>S/V/Q</b>	<b>HA</b>	<b>A</b>	<b>EE</b>			<b>TT</b>
Weightage (%)	10	07	08	05	70			100
<b>Practical Assessment</b>	<b>LR</b>	<b>P</b>	<b>V/Q/P</b>	<b>A</b>	<b>WT</b>	<b>V</b>	<b>P</b>	<b>TP</b>
Weightage (%)	0	0	0	0	0	0	0	0

*Abbreviations:*

*CT – Class Test, S- Seminar, V- Viva, Q- Quiz, HA- Home Assignment, TT- Total Theory*

*LR- Lab record, WT- Written Test, P – Performance, TP- Total Practical*

The total marks (out of 100) shall be the weighted average of TT and TP in the ratio of theory and lab credit units, say 3:0.

**Text&References:**

- Proceedings of the Nutrition Society of India, Vol. 35, 42, 43, 44, 46 and 47, 1999, N1N, Hyderabad.
- S. WalRuchi Mishra, Encyclopedia of Health Nutrition and Family Welfare, Published by Sarup and Sons, New Delhi, 2000.
- Hojn C., Water low, Andrew M. Tomkins, Sally M. Grantham. MC, Anegor, “Protein Energy Malnutrition”, Published by Edward Arnold, 1992.
- Vinodini Reddy, PraihadRao, GowrinathSastry, J. and Kashinath, K.C., Nutrition Trends in India, N1N, Hyderabad, 1993.
- Park and Park, Text book of preventive and social medicine, Banarsidas Published by Jahalpu, 1995.
- Jelliffee, D.D. Pathes, Assessment of Nutritional Status of commModuley, WHO Geneva, 1989.
- SaralaGopalan (1996), towards better nutrition for women and children, Problem and Programmes, Department of Women and Child Development, Government of India.
- Susheela, A.K. (1997), Drinking water quality surveillance and Prevention of diseases Participation of Health Department Personnel in the safe drinking water mission activities and benefits thereof. In the proceedings of the National Workshop on water quality monitoring and surveillance in rural areas Rajiv. Gandhi National Drinking Water Mission, August 1997.
- Bagchi, K. Evaluation of nutrition education in nutrition monitoring and assessment, Editors — Gopaldas T. and Seshadriss, Oxford University Press, Delhi, 1987.