



# DEPARTMENT OF BIOCHEMISTRY

## Sree Krishna College, Guruvayur – 680102

**Certificate course 2024-25**

**Certificate Course on ‘Community Nutrition’**

**Course Code: CERSKCBCH 02/24**

**Total Hours: 30 hours**

**Total Marks: 40**

The course is aimed to equip participants with the knowledge and skills necessary to assess, design, and implement effective community nutrition interventions that improve public health.

### **Objectives of course**

1. Understand key concepts in community nutrition and public health.
2. Learn to assess the nutritional status of individuals and communities.
3. Design and implement simple nutrition interventions at the community level.
4. Apply behavior change communication strategies to promote healthy eating.

### **Course outcome**

By the end of the course, participants will be able to:

1. Understand community nutrition concepts and public health nutrition.
2. Assess nutritional status and collect dietary intake information.
3. Understand the basic nutrition interventions for communities.

### **Syllabus**

#### **Module I: Introduction to Community Nutrition (8 hrs)**

What is Community Nutrition? - Importance of nutrition for community health, key concepts: food security, nutrition assessment, and interventions

Nutrition and Public Health- Role of nutrition in disease prevention, Nutrition's impact on public health

Nutrition Challenges Around the World - Hunger, malnutrition, and diet-related diseases (e.g., obesity, heart disease), Global and local nutrition issues

## **Module II: Nutrients, Dietary Guidelines, and Food Systems (8 hrs)**

Nutrient Needs Across Life Stages - Nutrient requirements for different age groups (pregnant women, children, elderly)

Dietary Guidelines and Recommendations- National and global dietary recommendations, promoting healthy eating in communities

Food Systems and Sustainability- How food production, access, and sustainability affect nutrition, Importance of local food systems

## **Module III: Nutrition Interventions and Health Promotion (8 hrs)**

Community Nutrition Interventions- Programs to address malnutrition (e.g., food supplements, nutrition education)

Behavior Change for Better Nutrition- Strategies to encourage healthy eating (e.g., counseling, media campaigns)

Nutrition and Chronic Diseases- Role of nutrition in preventing diseases like diabetes, heart disease, and obesity, Community-based prevention programs

## **Module IV: Practicals (6 hrs)**

Nutritional Assessment Techniques - Introduction to anthropometric measurements: Height, weight, BMI, and Mid-Upper Arm Circumference (MUAC), How to conduct a basic nutrition screening

Dietary Recall and Food Intake Assessment - Practice collecting 24-hour dietary recalls from participants or peers, Analyze data to assess nutritional quality and identify deficiencies or excesses

## **References**

- Boyle, M.A., & Holben, S.L., *Community Nutrition in Action: An Entrepreneurial Approach*, Cengage Learning, 2017.
- Lawrence, M., & Worsley, T., *Public Health Nutrition: From Principles to Practice*, Allen & Unwin, 2013.
- Spark, A., & Brody, M.E.A., *Nutrition in Public Health: A Handbook for Developing Programs and Services*, Jones & Bartlett Learning, 2017.

- Mann, J., & Truswell, A.S., *Essentials of Human Nutrition*, Oxford University Press, 2017.

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