

Subject Description Form

Subject Code	ABCT5023
Subject Title	Public Health Nutrition
Credit Value	3
Level	5
Pre-requisite	Nil
Objectives	The aim of this subject is for students to acquire a deeper understanding of the role of nutrition in promoting, maintaining and improving public health.
Intended Learning Outcomes	<p>Upon completion of the subject, students will be able to:</p> <ol style="list-style-type: none"> a) Understand the importance of promoting healthy diet in community setting for diverse individuals including the older adults; b) Understand the utility and limitations of different study designs in nutrition epidemiology, identify nutritional needs in diverse individuals including the older adults; c) Recognize the impacts of food and health care policy, food system and sustainability on food and nutrition services for diverse individuals including the older adults; d) Demonstrate effective and professional oral and written communication and documentation.
Subject Synopsis/ Indicative Syllabus	<p><u>Introduction to public health nutrition</u> The concept of public health nutrition, highlight the public health challenges brought by aging, including non-communicable diseases, multimorbidity, and the related social, financial and environmental determinants of dietary habits and physical activities</p> <p><u>Principles and application of nutrition epidemiology</u> Introduction to common research methods in nutrition epidemiology, analysis and interpretation of dietary data at population levels, development of dietary recommendations for the general population</p> <p><u>Addressing population needs by nutrition policies and programs</u> How nutritional needs in population informs policy changes and the development of specific nutrition programs</p> <p><u>Health systems and health policies</u> The basic structures of health systems, developing public health strategies from national or local levels, impact of health policy on food system and sustainability, evaluating the safety, efficacy, health attributes, health claims, and legal aspects of foods, drinks and supplements</p>
Teaching/Learning Methodology	Lecture: the essential principles and facts of public health nutrition will be explained. Examples and applications will be used to illustrate the concepts and ideas in the lecture. Students are provided with opportunity to enhance their knowledge through interactive discussions.

	<p>Tutorials and presentation: Review/problem solving questions or assignments will provide students with the opportunity to apply and consolidate the knowledge gained from the lecture. Students will demonstrate their presentation skills via group projects. Analytical and writing skills from reports will be assessed</p>																																						
<p>Assessment Methods in Alignment with Intended Learning Outcomes</p>	<table border="1" data-bbox="496 353 1444 864"> <thead> <tr> <th rowspan="2">Specific assessment methods/tasks</th> <th rowspan="2">% weighting</th> <th colspan="4">Intended subject learning outcomes to be assessed (Please tick as appropriate)</th> </tr> <tr> <th>a</th> <th>b</th> <th>c</th> <th>d</th> </tr> </thead> <tbody> <tr> <td>1. Individual Assignments</td> <td>30 %</td> <td>√</td> <td>√</td> <td>√</td> <td></td> </tr> <tr> <td>2. Group Report</td> <td>30 %</td> <td>√</td> <td>√</td> <td>√</td> <td>√</td> </tr> <tr> <td>3. Final examination</td> <td>40 %</td> <td>√</td> <td>√</td> <td>√</td> <td>√</td> </tr> <tr> <td>Total</td> <td>100 %</td> <td colspan="4"></td> </tr> </tbody> </table> <p>The continuous assessment includes assessments 1-3 which included individual assignment, individual report, group presentation and group report. They allow students to see the link between individual theory and topic.</p> <p>Individual assignment: For the first assignment, the students are required to apply their knowledge on nutrition epidemiology to interpret the general findings from research article. For the second assignment, students will reflect on strengths and limitations of selected nutrition policies or programmes via essay writing. It will be used to assess the learning outcomes a, b and c.</p> <p>Group project: The students are required to do group project on planning a study that examines the relationship between nutrition and human health in the community. They are required to do oral presentation and written report for the project. It will be used to assess the learning outcomes a, b, c and d.</p> <p>Final examination: It is used to assess the problem-solving skills to understand the determinants of dietary intake for diverse populations. It is used to assess the learning outcomes a, b, c and d.</p>					Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)				a	b	c	d	1. Individual Assignments	30 %	√	√	√		2. Group Report	30 %	√	√	√	√	3. Final examination	40 %	√	√	√	√	Total	100 %				
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<p>Student Study Effort Expected</p>	Class contact:																																						
	▪ Lecture		30 hours																																				
	▪ Tutorial		6 hours																																				
	▪ Presentation		3 hours																																				
	Other student study effort:																																						
	▪ Report writing		30 hours																																				

	<ul style="list-style-type: none"> ▪ Group presentation 	20 hours
	<ul style="list-style-type: none"> ▪ Self-study 	40 hours
	Total student study effort	129 hours
Reading List and References	<p>Ann M. Coulston; Nutrition in the prevention and treatment of disease, London: Academic Press 2017 Fourth edition.</p> <p>Judith L. Buttriss, Chichester, West Sussex; Public health nutrition, England : Wiley 2018. Marie A. Boyle. Community Nutrition in Action: An Entrepreneurial Approach; Cengage Learning 2017, 7th Edition.</p> <p>Sara Stanner Sarah Coe Keith N. Frayn; Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors; John Wiley & Sons Ltd. 2018 Second Edition.</p> <p>Willett, Walter: Nutrition Epidemiology, Oxford : Oxford University Press 2013 Third Edition</p>	