

Subject Description Form

Subject Code	FSN4102
Subject Title	Nutrition and Public Health
Credit Value	3
Level	4
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> <ul style="list-style-type: none"> a) Understand the importance of promoting healthy diet in community setting for diverse individuals; b) Understand the utility and limitations of different study designs in nutrition epidemiology, identify nutritional needs in diverse individuals; c) Recognize the impacts of food and health care policy, food system and sustainability on food and nutrition services for diverse individuals; 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 about by aging, including non-communicable diseases, multimorbidity, and the related social, financial and environmental determinants of dietary habits</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, beliefs and practices in population informs policy changes and the development of specific nutrition programs</p> <p><u>Health systems and health policies and regulations</u> The basic structures of health systems, health policy and regulations; developing public health strategies from national or local levels, impact of health policy and regulations on food system and sustainability, evaluating the safety, efficacy, health attributes, health claims, and legal aspects of foods, drinks and supplements. Case examples will be used to assist learning of this portion of the subject.</p>
Teaching/Learning Methodology	<p>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> <p>Tutorials and presentation: Review/problem solving questions or assignments</p>

	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.					
Assessment Methods in Alignment with Intended Learning Outcomes	Specific assessment methods/tasks	% weighting	Intended subject learning outcomes to be assessed (Please tick as appropriate)			
			a	b	c	d
	1. Individual Assignment	20 %	√	√	√	
	2. Group presentation	30 %	√	√		√
	3. Final examination	50 %	√	√	√	√
	Total	100 %				
	Individual Assignment: The students are required to are required to apply their knowledge on nutrition epidemiology to interpret the general findings from research article. It is used to assess the learning outcomes a, b and c.					
	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 and d.					
	Examination: The students are required 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.					
	Student Study Effort Expected	Class contact:				
▪ Lecture			30 hours			
▪ Tutorial			6 hours			
▪ Presentation			3 hours			
Other student study effort:						
▪ Report & written assignment writing			30 hours			
▪ Group presentation preparation			20 hours			
▪ Self-study			40 hours			
Total student study effort			129 hours			
Reading List and References	Ann M. Coulston; Nutrition in the prevention and treatment of disease, ondon: Academic Press 2017 Fourth edition.					
	Judith L. Buttriss, Chichester, West Sussex; Public health nutrition, England :					

	<p>Wiley 2018</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>
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