Department of Food Science & Nutrition
UNIVERSITY OF THESSALY

Course Outlines

Nutrition and Public Health
COURSE OUTLINE

GENERAL

SCHOOL	AGRICULTURAL SCIENCES		
DEPARTMENT	FOOD SCIENCE AND NUTRITION		
COURSE LEVEL	UNDERGRADUATE		
COURSE CODE	MK-716	**ΕΞΑΜΗΝΟ ΣΠΟΥΔΩΝ**	G’
COURSE TITLE	Nutrition and Public Health		

INDEPENDENT TEACHING ACTIVITIES	**WEEKLY TEACHING HOURS**	**ECTS**
Lectures	3	4
Laboratory/ Tutorial Exercises	2	

COURSE TYPE	SCIENTIFIC AREA | DEVELOPMENT OF SKILLS
PREREQUISITES:	-
LANGUAGE OF TEACHING AND EXAMINATIONS:	GREEK
THE COURSE IS OFFERED TO ERASMUS STUDENTS	ENGLISH
URL	-

TEACHING RESULTS

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This course introduces basic concepts related to: public health, with an emphasis on public health nutrition, nutritional assessment at the individual and population level, dietary recommendations, policies for changing dietary habits at the individual, community, and population level, the role of the state in public health, setting priorities and nutritional goals at a global (global nutrition targets, Sustainable Development Goals) and national level, food safety, and the formulation of nutrition policy.

Upon successful completion of the course, students will be able to understand the role of nutrition in the etiology of contemporary chronic diseases and effective strategies/policies to address them.

The ultimate objectives of the course are:

• Familiarizing students with the basic principles governing public health, and how changes in dietary habits are achieved at the individual, community, and population level to promote good health or prevent poor health.

• Introducing students to methods of nutritional assessment and dietary recommendations.

• Familiarizing students with the role of the state, and how the formulation of nutrition policy is achieved with the aim of protecting and promoting public health.

General Skills

- Independent work
- Team discussion
- Promotion of free, creative, and inductive thinking

- Respect for diversity and multiculturalism
- Interdisciplinary collaboration in solving nutritional matters of public health significance

CONTENT

1st Week
• Role of nutrition in the etiology of modern chronic diseases | Principles of public health
2nd Week
• Major chronic diseases related to nutrition: Obesity

3rd Week
• Major chronic diseases related to nutrition: Diabetes
4th Week
• Major chronic diseases related to nutrition: Cardiovascular diseases
5th Week
• Evidence-based dietary guidelines and recommendations | The role of the dietitian/nutritionist in promoting public health
6th Week
• Nutrition and technology | Functional foods | Food hygiene and safety and consumer protection | Nutrition labelling and marking
7th Week
• The role of dietary supplements in the diet and health of the population
8th Week
• Mediterranean diet and the westernization/urbanization of people's lifestyle
9th Week
• Nutritional oversight and supervision: Assessment of diet and health of the population | National dietary studies | National and International Agencies
10th Week
• Nutrition and Nutritional policies for individual intervention | Review of strategies in developed countries
11th Week
• Nutritional policies for community and population intervention | Review of public health and nutrition strategies in developed countries
12th Week
• Evaluation and effectiveness of intervention programs for promoting public health
13th Week
• Nutrition, health systems, and public health priorities | New research directions
- στρατηγικών στις ανεπτυγμένες χώρες

TEACHING AND LEARNING METHODS - EVALUATION

TEACHING METHOD.	FACE TO FACE
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	PRESENTATION OF LECTURES THROUGH PPT (PowerPoint) USE OF COMPUTER DURING LECTURES BY THE TEACHER SUPPORT OF THE LEARNING PROCESS THROUGH E-CLASS
TEACHING STRUCTURE	

Activity Semester	***Workload***
LECTURES	39
DISCUSSION AND PRESENTATION OF INDIVIDUAL ASSIGNMENTS	26
INDEPENDENT STUDY – WRITTEN DOCUMENTATION & ORAL PRESENTATION OF INDIVIDUAL ASSIGNMENTS (PPT)	25

	INDEPENDENT STUDY	10
	TOTAL COURSE	**100**
EVALUATION OF STUDENTS	1. **WRITTEN EXAM (60%)** -- Multiple-choice questions -- Critical thinking and short development questions 2. **LAB GRADE (40%)** -- Participation and performance during the discussion and oral presentation of individual assignments. -- Written documentation of individual work. For course recognition, students must secure a passing grade in both individual gradings.	

BIBLIOGRAPHY

- Spark A, Dinour LM, Obenchain J. Nutrition in Public Health: Principles, Policies, and Practice. 2nd Edition. CRC press, 2021.
- A. Catherine Ross. Modern Nutrition in Health and Disease. 11th Edition. Lippincott Williams and Wilkins

Accredited scientific articles from the international bibliography, indicative scientific journals: Public Health Nutrition, Lancet, New England Journal of Medicine, Circulation, Plos Medicine, Diabetes Care