

DEPARTMENT OF NUTRITION

NAME OF THE ADD-ON COURSE (2021-2022): COMMUNITY NUTRITION

Name of Course Coordinator: Dr.Raktima Bandyopadhyay
**Name of the Teachers involved: Dr.Raktima Bandyopadhyay and Ms.
Anushree Rana**

Duration of Course : 36 hours

Course outcome:

Students can utilize knowledge from the physical and biological sciences as a basis for understanding the role of food and nutrients in health and disease processes. They can provide nutrition counseling and education to individuals, groups, and communities throughout the lifespan using a variety of communication strategies and evaluate nutrition information based on scientific reasoning for clinical, community, and food service application. They can apply technical skills, knowledge of health behavior, clinical judgment, and decision-making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention. They can implement strategies for food access, procurement, preparation, and safety for individuals, families, and communities. Students can perform food management functions in business, health-care, community, and institutional arenas. They can practice state-of-the-art nutrition care in collaboration with other healthcare providers in interdisciplinary settings within the bounds of ethical, legal, and professional practice standards. They may also provide culturally competent nutrition services for individuals and communities. Students will utilize advanced principles of health literacy, including critical thinking skills, literature searches, data collection and interpretation, necessary for the implementation of food and nutrition services in professional settings.

SYLLABUS

COURSE: COMMUNITY NUTRITION

Basic concept of Food, Nutrition and Health:

- Definition: Food, Nutrients, Nutrition, Malnutrition, Undernutrition
- Food Groups, Functions of food, Balanced Diet.
- Concept of health and dimensions of health
- Concept, objectives and importance of nutrition and health education

Community:

- Concept of Community
- Types of Community
- Factors affecting health of the Community.

Assessment of Nutritional Status and Surveillance:

- Direct Nutritional status assessment of human groups - Biochemical, Biophysical and anthropometric methods.
- Nutritional anthropology: Need and importance, standard for reference techniques of measuring height, weight, head, chest and arm circumference, interpretation of these measurements. Use of growth chart.
- Indirect assessment: Secondary sources of community health data.

- Clinical Signs: Identifying signs of PEM, vitamin A deficiency and iodine deficiency, Interpretation of descriptive list of clinical signs.

Community Water and Waste Management:

- Importance of water to the community
- Water-borne infectious agents
- Sources of safe drinking water, potable water

Concept of Surveillance systems:

- Role of international and national organizations and agencies (WHO, FAO, UNICEF, CARE, NIN, CFTRI, ICMR).

National Nutritional Intervention Programmes:

- Objective, Target group, Scheme details - Integrated Child Development Services (ICDS), Mid Day Meal Programme (MDMP), Vit A prophylaxis Programme, Anemia prophylaxis programme, Iodine deficiency disorders control programme.
- Concept on public distribution system.

Principles of health education.

- Nutrition and health education communication process.
- Steps in planning health and nutrition education
- Methods involved in nutrition and health education
- Evaluation of nutrition and health education programmes.
- Nutrition Education: Definition, objectives of nutrition education
- Methods of imparting nutrition education

Suggested readings:

- ❖ Park K (2009). Park's Textbook of Preventive and Social Medicine, 20th Edition, M/s Banarasidas Bhanot, Jabalpur.
- ❖ Gordis L (1996). Epidemiology, Saunders, Pennsylvania.
- ❖ Norell SE (1998): Workbook of Epidemiology. Oxford: University Press, New York.
- ❖ Owen AY and Frankle RT (1986). Nutrition in the Community, The Art of Delivering Services, 2nd Edition, Times Mirror/Mosby.
- ❖ Roday, S. (1999) Food Hygiene and Sanitation. 1st Edition, Tata McGraw Hill, New Delhi.
- ❖ Saha A, Shattock F, Mustafa T. Epidemiology in Primary Health Care. The McGraw-Hill Companies.

EVALUATION:

After the completion of course, examination will be taken for 100 marks. On the basis of marks obtained in examination the result will be prepared.

The gradation system for the declaration of results will be as follows:

GRADING SYSTEM:

LEVEL	EXCELLENT	VERY GOOD	GOOD	ABOVE AVERAGE	AVERAGE	BELOW AVERAGE	POOR	FAIL
GRADE	A+	A	B+	B	C	D	E	F
MARKS RANGE	90-100	80-89	70-79	60-69	50-59	40-49	33-40	0-32