

ST. JOSEPH'S COLLEGE FOR WOMEN (AUTONOMOUS) VISAKHAPATNAM
VII SEMESTER HOME SCIENCE TIME:4Hrs/Week
HS-E1-7101 PUBLIC HEALTH NUTRITION THEORY MARKS:100

Course objectives:

1. To provide all essential nutrients in adequate amounts and in optimum proportions.
2. Promotion of the population in the community where programs and services are delivered
3. Systematically assess the overall nutritional status of patients, diagnose malnutrition, identify underlying pathologies that lead to malnutrition, and plan necessary interventions.

Course outcomes: - To enable the students to:

1. Gain insight into the public health problems and their implications.
2. Acquire skills in organizing and evaluating nutrition projects in the community.
3. Appreciate the national and international contribution towards nutrition improvement in India.
4. Apply different assessment techniques for nutritional screening.

THEORY

Unit- I: Public Health Nutrition – An Overview

- Concept and importance of public health nutrition
- Public health issues and problems
- Health care system in India
- Role of public nutritionist in health care delivery

Unit-II: Strategies to combat Public Health Problems

- Improving food and nutrition security - Green White and Blue revolution
- Nutrition education - Principles of planning –, where, when, whom, Kitchen garden, food fortification, food enrichment, PDS, PHC

Unit-III: Nutrition Intervention programmes

- National Nutrition Policy Preschool feeding programme, ICDS, MDM, SNP, WNP, ANP, BNP, NNAPP, FNB, NIDDCP
- National Program for Prevention of Blindness due to Vitamin A Deficiency

Unit-IV: Strategies to combat malnutrition

- International organizations concerned with food and nutrition: FAO, WHO, UNICEF, CARE, AFPRO, CWS, CRS World Bank and others.
- National organizations concerned with Food and Nutrition: ICMR, ICAR, CHEB, CSWB, SSWB
- Economics of Nutrition: Malnutrition and its economic consequences; Economics in Nutrition – Food security, food production and food pricing.

UNITV: Social health problems

- Smoking

- Alcoholism
- Drugaddiction
- AIDSincludingAIDSControlProgramme

REFERENCES:

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2. WardlawGM,HampIJS.PerspectivesinNutrition;SeventhEd;2007;McGrawHill..
3. Gibneyet al. Public Health Nutrition; 2004; Blackwell Publishing
4. KhannaKet al.Textbookof NutritionandDietetics; 2013;PhoenixPublisher.
5. Sharma S, Wadhwa A. Nutrition in the Community- A textbook; 2003; ElitePublishingHousePvt.Ltd.
6. SrilakshmiB. Dietetics; 2012; NewAgeInternational(P)Ltd.
7. Bamji MS, Rao NP, and Reddy V. Text Book of Human Nutrition; 2009; Oxford& IBH Publishing Co. Pvt Ltd.
8. LakraP, SinghMD. Textbook ofNutritionandHealth;FirstEd;2008;AcademicExcellence
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