

Global Perspectives on Nutrition and Public Health

Duration: 5 Days

Language: en

Course Code: IND10 - 111

Objective

Upon completion of this course, participants will be able to:

- Understand the role of nutrition in public health and disease prevention.
- Develop skills to assess and address nutritional challenges globally.
- Learn about effective strategies for combating malnutrition and obesity.
- Explore global nutrition policies and their implementation.
- Enhance their ability to design and evaluate nutrition programs.

Audience

This course is intended for:

- Public health professionals
- Nutritionists and dietitians
- Healthcare providers
- Policymakers in health and nutrition
- Program managers in international development
- Graduate students in public health, nutrition, and related fields

Training Methodology

The course employs a blend of instructional methods, including:

- Interactive lectures
- Hands-on nutrition assessment sessions
- Group discussions and case studies
- Expert-led Q&A sessions
- Comprehensive course materials and resources

Summary

This advanced course explores the intersection of nutrition and public health from a global perspective. Participants will gain insights into the role of nutrition in promoting health and preventing disease, understand the challenges of addressing malnutrition and obesity worldwide, and learn strategies to implement effective nutrition policies and programs. The course combines theoretical knowledge with practical applications, equipping healthcare professionals and public health practitioners to improve nutritional outcomes globally.

Course Content & Outline

Section 1: Introduction to Nutrition and Public Health

- Overview of nutrition science and its importance in public health
- Global nutrition challenges: malnutrition, micronutrient deficiencies, and obesity
- Key concepts in nutritional epidemiology

Section 2: Nutritional Assessment and Surveillance

- Methods for assessing dietary intake and nutritional status
- Population-based nutrition surveys and surveillance systems
- Data analysis and interpretation for public health nutrition

Section 3: Strategies to Combat Malnutrition and Obesity

- Interventions to address undernutrition and micronutrient deficiencies
- Strategies for preventing and managing obesity
- Community-based nutrition programs and initiatives

Section 4: Global Nutrition Policies and Programs

- Overview of global nutrition policies and frameworks
- Case studies of successful nutrition programs and policies
- Role of international organisations in promoting global nutrition

Section 5: Practical Applications and Future Directions

- Designing and implementing nutrition programs
- Monitoring and evaluating nutrition interventions
- Emerging trends and future challenges in global nutrition
- Course review and expert Q&A

Certificate Description

Upon successful completion of this training course, delegates will be awarded a Holistique Training Certificate of Completion. For those who attend and complete the online training course, a Holistique Training e-Certificate will be provided.

Holistique Training Certificates are accredited by the British Assessment Council (BAC) and The CPD Certification Service (CPD), and are certified under ISO 9001, ISO 21001, and ISO

29993 standards.

CPD credits for this course are granted by our Certificates and will be reflected on the Holistique Training Certificate of Completion. In accordance with the standards of The CPD Certification Service, one CPD credit is awarded per hour of course attendance. A maximum of 50 CPD credits can be claimed for any single course we currently offer.

Categories

Food and Beverage, Health, Safety & Environment HSE, Healthcare & Pharmaceutical

Tags

Nutrition, Public Health, Global Health

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