

COMMUNITY NUTRITION (HSC-301)

Focus: This course will make student aware regarding various basic concept and knowledge about community nutrition

Objectives:

- To provide information regarding nutritional assessment.
- To enable students to impart nutrition education among rural and needy people.
- To acquaint them knowledge regarding food security and government and international program running in the field of community nutrition.

BLOCK I: ASSESSMENT OF NUTRITIONAL STATUS

UNIT 1: INTRODUCTION TO COMMUNITY NUTRITION

- 1.1 Community nutrition as a field:
- 1.2 public health nutrition, goals of nutrition programme,
- 1.3 dietary guidelines,
- 1.4 present trends and focus on community nutrition

UNIT 2: DIRECT NUTRITIONAL STATUS

- 2.1 Direct nutritional assessment of human groups:
 - 2.1.1 Diet survey methods,
 - 2.1.2 nutritional anthropometry,
 - 2.1.3 clinical signs.

UNIT 3: INDIRECT NUTRITIONAL STATUS

- 3.1 Vital statistics, indicators and their use;
- 3.2 health policy indicators,
- 3.3 social and economic indicators;
 - 3.3.1 indicators of the provision of health care;
 - 3.3.2 coverage by primary health care;
 - 3.3.3 basic health status indicators

BLOCK II: COMMUNITY NUTRITION PROGRAMMES

UNIT 4: NATIONAL COMMUNITY NUTRITION PROGRAMMES

- 4.1 Introduction to national nutrition programmes and policies.
- 4.2 Programmes for improving nutritional status at national level:
 - 4.2.1 Integrated Child Development Services (ICDS);
 - 4.2.2 National Rural Development Programme (NRDP);
 - 4.2.3 National Rural Employment Programme (NREP);
 - 4.2.4 miscellaneous monofocal programmes.

UNIT 5: INTERNATIONAL COMMUNITY NUTRITION PROGRAMMES

- 5.1 Role of international agencies and programmes in community nutrition:
 - 5.1.1 Food and Agriculture Organization (FAO);

- 5.1.2 World Health Organization (WHO);
- 5.1.3 United Nations Children's Fund (UNICEF) ;
- 5.1.4 other voluntary and government agencies.

UNIT 6: NUTRITIONAL PROBLEM IN INDIA

- 6.1 Magnitude of nutritional problems in India:
 - 6.1.1 Protein energy malnutrition,
 - 6.1.2 anaemia,
 - 6.1.3 vitamin A deficiency,
 - 6.1.4 Iodine deficiency disorder;
 - 6.1.5 over nutrition and chronic degenerative diseases.
- 6.2 Strategies for the control of malnutrition.

UNIT 7: FOOD CONSUMPTION PATTERN AND PDS

- 7.1 Food consumption pattern in different parts of India and food availability;
- 7.2 Food balance sheets.
- 7.3 Public distribution system,
- 7.4 Food Corporation of India.
- 7.5 Food production in India, major foods and their state wise production;
- 7.6 Food security and poverty

UNIT 8: FACTOR AFFECTING FOOD CHOICES

- 8.1 Sociocultural factors in food choice and malnutrition:
 - 8.1.1 Values underlying food choices.
 - 8.1.2 Effect of food beliefs and ideologies education, food availability, food prices
 - 8.1.3 household food production, income, hygiene and diseases,
- 8.2 Malabsorption on health and nutritional status of family.

BLOCK III: NUTRITION AND CARE

UNIT 9: ASSESSMENT OF NUTRITIONAL KNOWLEDGE

- 9.1 Assessment of nutritional knowledge by informal discussion and by simple questionnaire and rapid rural appraisal (RRA).
- 9.2 Nutrition education
 - 9.2.1 Definition,
 - 9.2.2 concept and
 - 9.2.3 role of nutritional education,
 - 9.2.3 rationale, planning, execution and evaluation

UNIT 10: NUTRITION AND CHILD CARE

- 10.1 Nutrition and Child care.
- 10.2 Existing picture of child health,

10.3 objective and imaginative approach to childcare.

UNIT 11: NUTRITION AND MOTHER CARE

11.1 Maternal nutrition and care;

11.2 IUGR; Adolescent pregnancy;

11.3 Breast-feeding.

UNIT 12: NUTRITION AND OLD

12.1 Health problems of aged and their care

Suggested Readings:

1. Bamji, M.S Rao, NP and Reddy V. 1996. Text book of Human Nutrition
2. Bagchi, K. 1990. Guidelines for the management of nutrition programmes- a manual for nutrition officers. WHO EMRO Technical Publication no. 15, WHO, Geneva
3. Bendich, A and Deckelbaum, RJ, 1997. Preventive Nutrition. The Comprehensive guide for health professional.