



SUBJECT OUTLINE

Subject Name:

Community Public Health Nutrition

Subject Code:

NMDH322

SECTION 1 – GENERAL INFORMATION

Award/s:	Total Course Credit Points:	Level:
Bachelor of Health Science (Naturopathy)	128	4 th Year
Bachelor of Health Science (Nutritional and Dietetic Medicine)	96	3 rd Year
Duration: 1 Semester		
Subject Coordinator: Tess Dingle (Brisbane Campus)		
Subject is: Elective	Subject Credit Points: 2	

Student Workload:

No. timetabled hours per week: 3	No. personal study hours per week: 2	Total hours per week: 5
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Delivery Mode:

e-Learning (Online)	Narrated PowerPoint presentations Tutorials: Asynchronous tutor moderated discussion forum and activities Student handouts, web-based resources
Intensive Delivery (Summer School)	Contact hours are delivered over 3 weeks with 2 x 6 hour days delivered per week Content: Combination lecture and tutorial activities Assessment: Advocacy Article – Week 2; Nutrition Education Program Evaluation Report - Week 4; Nutrition Intervention Program Plan - Week 6 Full Time Part Time
Pre-requisites:	NMDF121, NMDM121, SOCQ121, SOCH311
Co-requisites:	Nil

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject introduces students to the central principles and practices of community and public health nutrition and the current and emerging issues in the growing field of public health nutrition. Students will develop core public health nutrition competencies for effective public health nutrition practice. These include: nutrition monitoring and surveillance, program planning, implementation and evaluation, communication, and advocacy techniques. The topics include key concepts, goals and initiatives in public health nutrition, the social context of food nutrition related



disease-deficiencies, under and over nutrition, the nutrition transition, food security and disadvantaged populations, and food sustainability.

Learning Outcomes

1. Examine the various food and nutrition systems underlying the community food environment.
2. Assess and monitor food, nutrient and dietary intakes and status in populations.
3. Assess the specific needs and priorities of communities to recommend nutritional education or promotion programs and interventions.
4. Critically analyse the determinants of nutritional challenges within various populations.
5. Evaluate the biopsychosocial factors which influence food and dietary choices.
6. Evaluate the research in order to develop an evidence-based nutrition program or intervention for a specific community either in Australia or overseas.
7. Identify and develop advocacy approaches to influence decision makers at a government, organisation and professional level.

Assessment Tasks

Type	Learning Outcomes Assessed	Session Content Delivered	Due	Weighting
Advocacy Article (750 words)	1, 4, 7	1-4	Week 5	20%
Nutrition Education Program Evaluation Report (1500 words)	1-7	1-8	Week 9	35%
Nutrition Intervention Project Plan Group project (2500 words)	2-7	5-13	Week 14	45%

All written assessments and online quizzes are due at 11:55 p.m. Sunday and submitted through the LMS

Prescribed Readings:

1. Boyle, M.A. (Ed.) (2016). *Community nutrition in action: An entrepreneurial approach* (7th ed.). Cengage.
2. Lawrence, M., & Worsley, T. (Eds.). (2007). *Public health nutrition: From principles to practice*. Allen & Unwin.



Recommended Readings:

1. Eggar, G., & Swinburn, B. (2011). *Planet obesity: How we're eating ourselves and the planet to death*. Allen & Unwin.
2. Hughes, R., & Margetts, B. (2010). *Practical public health nutrition*. Wiley Blackwell. [ebook available]
3. Kuhnlein, H. V., Erasmus, B., Spigelski, D., & Burlingame, B. (Eds.). (2013). *Indigenous peoples' food systems & well-being: Interventions & policies for health communities*. Food and Agriculture Organisation. <http://www.fao.org/docrep/018/i3144e/i3144e.pdf>
4. Liamputtong, P., Fanany, R., & Verrinder, G. (Eds.). (2012). *Health, illness and wellbeing perspectives and social determinants*. Oxford University Press.
5. Nestle, M. (2013). *Food politics: How the food industry influences nutrition and health* (10th ed.). University California Press. [ebook available]
6. Wahlqvist, M. L. (Eds.). (2011). *Food and nutrition: Food and health systems in Australia and New Zealand* (3rd ed.). Allen & Unwin.
7. Waters, E., Swinburn, B., Seidell, J., & Uauy, R. (Eds.). (2010). *Preventing childhood obesity: Evidence, policy and practice*. Wiley-Blackwell. [ebook available]
8. Worsley, T. (2008). *Nutrition promotion: Theories and methods, systems and settings*. Allen & Unwin.

Subject Content		
Week	Lectures	Tutorials / Practicals
1.	<p>Introduction (Subject Outline / Subject Aims / Assessment / Teaching Resources)</p> <p>Principles and Philosophy of Public Health Nutrition (PHN)</p> <ul style="list-style-type: none"> ➤ Definition of Public Health Nutrition (PHN) ➤ Concepts and guiding principles ➤ Philosophy of PHN ➤ Global and local PHN problems 	<p>Activities are developed to allow the students to explore relevant concepts, expand on ideas and have peer and lecturer interaction. Activities also allow for formative assessment and feedback</p> <ul style="list-style-type: none"> ➤ Explanation of assessment tasks ➤ Formation of groups and group work ➤ Forum introductions and interactive exercise on nutrition programs
2.	<p>Core Functions of PHN Workforce</p> <ul style="list-style-type: none"> ➤ Professional practice ➤ Monitoring of nutrition status in populations ➤ Health promotion and health education ➤ Working in partnerships 	<ul style="list-style-type: none"> ➤ Informal forum discussion on the context of public health nutrition and relevance for the complementary medicine (CM) practitioner
3.	<p>Advocacy</p> <ul style="list-style-type: none"> ➤ Theory and principles of public health advocacy ➤ Public health advocacy strategies ➤ Nutrition advocacy campaigns ➤ Letters and articles 	<ul style="list-style-type: none"> ➤ Identify a PHN issue and an appropriate decision-maker and write an advocacy letter
4.	<p>Food Policy</p>	<ul style="list-style-type: none"> ➤ Food policy exercise



	<ul style="list-style-type: none"> ➤ Top down and bottom up approach ➤ Government responses ➤ Food politics and policies 	
5.	<p>Health Promotion and Health Education Nutrition Programs</p> <ul style="list-style-type: none"> ➤ Government ➤ Non-government organisations and not-for-profit sector ➤ Schools and community settings 	<ul style="list-style-type: none"> ➤ Students watch video presentation of a nutrition education program and contribute to forum discussion
6.	<p>Under-nutrition</p> <ul style="list-style-type: none"> ➤ Mothers and infants ➤ Children and adolescence ➤ Older adults 	<ul style="list-style-type: none"> ➤ Case study - Health education nutrition program
7.	<p>Over-nutrition, Diet Quality and Chronic Disease</p> <ul style="list-style-type: none"> ➤ Obesity ➤ Diabetes ➤ Cancer ➤ Cardiovascular diseases 	<ul style="list-style-type: none"> ➤ Exercise to identify potential nutrition action areas and settings to improve nutrition and disease prevention using the Analysis Grid for assessment of Environments Linked to Obesity (ANGELO) framework
<p>NON-TEACHING WEEK (note that make-up classes may be scheduled in this week) Semester 1 – This aligns with the week after Easter so it may fall between Weeks 6 to 8 Semester 2 & Online students – The non-teaching week falls between Weeks 7 and 8</p>		
8.	<p>Indigenous / Culturally and Linguistically Diverse (CALD) Communities</p> <ul style="list-style-type: none"> ➤ Socially disadvantaged groups ➤ Food security 	<ul style="list-style-type: none"> ➤ Forum discussion on readings for this week
9.	<p>Emerging Nutrition Issues</p> <ul style="list-style-type: none"> ➤ Environmental influences on food supply ➤ Climate change impact on food systems ➤ Sustainable diets ➤ Food marketing 	<ul style="list-style-type: none"> ➤ Video presentation and forum discussion
10.	<p>Program Planning</p> <ul style="list-style-type: none"> ➤ Systems thinking ➤ Problem analysis ➤ Capacity analysis ➤ Evidence about what works/effectiveness ➤ Priority setting – risk assessment and prioritisation 	<ul style="list-style-type: none"> ➤ Group work: Students begin working on their intervention plan



11.	Program Planning and Project Management <ul style="list-style-type: none"> ➤ Intervention planning ➤ Program planning models – logic modelling ➤ Planning for program implementation 	<ul style="list-style-type: none"> ➤ Group work: Students continue working on their intervention plan
12.	Project Management and Program Evaluation <ul style="list-style-type: none"> ➤ Formative ➤ Process evaluation ➤ Impact and outcome evaluation ➤ Economic evaluation 	<ul style="list-style-type: none"> ➤ Group work: Students continue working on their intervention plan
13.	Grant Writing for Community Nutrition Programs <ul style="list-style-type: none"> ➤ Laying the foundations ➤ Finding the right grant ➤ Identifying potential collaborators ➤ Budgeting ➤ Assembling the grant 	<ul style="list-style-type: none"> ➤ Write a Transmittal Letter for your Group Project
14.	Non-Teaching Week/Practical Examination Week 1 Note that make-up classes may be scheduled in this week	
15.	Non-Teaching Week/Practical Examination Week 2 Note that make-up classes may be scheduled in this week	
16.	Final Examination Week 1 There is no final exam for this subject	
17.	Final Examination Week 2 There is no final exam for this subject	