

DISCIPLINE SPECIFIC ELECTIVE COURSE
DSE HH 8B3: POLICIES AND PROGRAMMES IN PUBLIC HEALTH
NUTRITION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the Course (if any)
		Lecture	Tutorial	Practical/ Practice		
Policies and Programmes in Public Health Nutrition DSE HH 8B3	4	2	0	2	Studied Sem VII	Studied Dietetics and Public Nutrition-II DSE HH 7B1

Learning Objectives

- To study the various approaches and strategies for improving nutrition and health status of the community.
- To gain an insight into meaning and relevance of a policy, and the policies on nutrition, health, food security and population in India.
- To get an exposure to the programmes for improving nutritional status and health among the population in India.

Learning Outcomes

- Understand the different approaches and strategies for improving nutrition and health status of the community.
- Get acquainted with the purpose and relevance of a policy, and policies on nutrition, health, food security and population.
- Become familiar with the various programmes for improving and nutritional status and health of the population in India.

SYLLABUS OF DSE HH 8B3

THEORY
(Credits 2; Hours 30)

UNIT I: Approaches and Strategies for Improving Nutrition and Health Status of the Community **12 Hours**

This unit deals with health-based, food-based, education-based and other approaches and strategies for improving nutrition and health status of the community.

- Health based interventions including immunization, provision of safe drinking water/ sanitation, prevention and management of diarrhoeal diseases, other health services such as antenatal care, deworming, medicinal supplements
- Food based interventions including food fortification, dietary diversification, supplementary nutrition programmes and biotechnological approaches

- Education based interventions including growth monitoring and promotion (GMP), health/nutrition related social and behaviour change communication
- Other Approaches such as Conditional Cash Transfer, Livelihood and Women Led Income Generation

UNIT II: National Policies for Improving Nutrition and Health Status of the Population

6 Hours

This unit deals with the meaning, purpose and relevance of a policy, and the national policies on nutrition, health, food security and population.

- Policy – Meaning and purpose
- Relevance of multi-sectoral policies in public health nutrition
- National Nutrition Policy and National Nutrition Strategy
- National Health Policy
- National Food Security Act
- National Population Policy

UNIT III: Programmes for Improving Nutrition and Health Status of the Population

12 Hours

This unit deals with various programmes for improving nutrition and health status of the population including programmes for prevention of nutritional deficiencies, provision of water and sanitation, and programmes especially focusing on maternal, infant, young child and adolescent nutrition and health.

- Health programmes: National Health Mission, Ayushman Bharat and Pradhan Mantri Jan Arogya Yojana (PM-JAY), National Tuberculosis Control Programme, National Diarrhoeal Diseases Control Programme, Universal Immunization Programme, National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD)
- Programmes for prevention of nutritional deficiencies (Vitamin A, Iron, Iodine)
- Programmes for maternal, infant, young child and adolescent nutrition and health - POSHAN Abhiyan, ICDS/Poshan 2.0 and Saksham Anganwadis, Pradhan Mantri-Poshan Shakti Nirman (PM-POSHAN), Scheme for Adolescent Girls, Janani Suraksha Yojana, Pradhan Mantri Matru Vandana Yojana
- Programmes for provision of water and sanitation – Jal Jeevan Mission, Swachh Bharat Mission

PRACTICAL (Credit 2; Hours 60)

1. Development of low cost recipes for vulnerable groups: infants, preschoolers, adolescents, pregnant women, lactating mothers, and elderly.
2. Planning of cyclic menu for school feeding programme.
3. Growth monitoring – Plotting growth charts and interpretation.

4. Planning and preparation of aids/tools for creating nutrition awareness among vulnerable population groups.
5. Field visit to an ongoing national public health nutrition programme.
6. Development of a Fact Sheet on nutrition and health problems among vulnerable population groups based on surveys/programme data/research evidence available in the public domain.

Essential Readings:

- Park, K. (2023). Park's Textbook of Preventive and Social Medicine (27th ed.), Jabalpur, India: Banarasidas Bhanot Publishers.
- Vir, S.C. (2023). Child, Adolescent and Woman Nutrition in India: Public Policies, programmes and Progress. KW Publishers Pvt. Ltd.
- Vir, S.C. (2021). Public Health Nutrition in Developing Countries. Volume-II, 2nd edition. Woodhead Publishing India Pvt Ltd.
- Longvah, T., Ananthan, R., Bhaskarachary, K. and Venkaiah, K. (2017). Indian Food Composition Tables. National Institute of Nutrition, ICMR, Hyderabad.

Suggested Readings:

- Bamji, M.S., Krishnaswamy, K. and Brahmam, G.N.V. (Eds) (2016). Textbook of Human Nutrition, 4th edition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.
- ICMR-NIN Expert Group on Nutrient Requirement for Indians, Recommended Dietary Allowances (RDA) and Estimated Average Requirements (EAR) - 2020. ICMR-National Institute of Nutrition, Hyderabad.
- Chadha, R. and Mathur, P. (eds.) (2015). Nutrition A Lifecycle Approach. New Delhi, India: Orient Blackswan Pvt. Ltd.
- Gibney, M.J., Margetts, B.M., Kearney, J.M. Arab, I., (Eds) (2004) Public Health Nutrition, NS Blackwell Publishing.
- Dietary Guidelines for Indians (2024). ICMR-National Institute of Nutrition, Hyderabad.
- Khanna, K, Gupta, S, Seth, R, Mahna, R, Rekhi, T (2018) The Art and science of Cooking. Fifth Edition. Elite Publishing House Pvt. Ltd.
- Raina, U., Kashyap, S., Narula, V., Thomas, S., Suvira, Vir, S., Chopra, S. (2010) Basic food preparation. (4th ed.) Lady Irwin College.
- Indian government websites – Ministry of Health and Family Welfare, Ministry of Women and Child development, NITI Aayog etc.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time