

**GENERIC ELECTIVE (GE HS 007) : CURRENT CONCERNS 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	Department offering the course
		Lecture	Tutorial	Practical / Practice			
<b>Current Concerns in Public Health Nutrition</b>	<b>4</b>	<b>3</b>	<b>0</b>	<b>1</b>	<b>XII Pass</b>	<b>NIL</b>	<b>Home Science</b>

**Learning Objectives**

1. To understand the multi-faceted nature of nutritional problems and the various interventions that can be adopted at community level for improving the nutritional status.
2. To learn about the policy and intervention programmes operating in India to overcome malnutrition.
3. To understand the concept and determinants of food and nutrition security.

**Learning Outcomes**

The student will be able to:

1. Understand the multi-faceted nature of nutritional problems.
2. Aware of the various interventions that can be adopted at community level for improving the nutritional status.
3. Familiar with the policy and intervention programmes operating in India to overcome malnutrition.
4. Understand the concept and determinants of food and nutrition security

**SYLLABUS OF GE HS 007**

**THEORY**  
(Credits 3; Periods 45)

**UNIT I: Nutritional Problems Affecting the Community**

**12**

Unit Description: Students will be explained about the existing nutritional problems in the community in the present scenario.

Subtopics:

Etiology, prevalence, clinical features and preventive strategies for-

- Undernutrition - Protein energy malnutrition, Moderate Acute Malnutrition, Severe Acute Malnutrition, Nutritional Anaemias, Vitamin A Deficiency, Iodine Deficiency Disorders
- Obesity, Metabolic Syndrome
- Coronary heart disease, Diabetes
- Fluorosis

## **UNIT II: Strategies for Improving Nutrition and Health Status of the Community 9**

Unit Description: Students will be taught about the different approaches and strategies that could help alleviate the nutrition and health status of the community.

Subtopics:

- Appropriate interventions involving different sectors such as Food, Health, and Education – diet diversification, food fortification, supplementation, genetic modification, improved water and sanitation, immunization, promotion of optimal infant and young child feeding practices, growth monitoring and promotion (GMP), diarrhoea management and prevention

## **UNIT III: Nutrition Policy and Programmes**

12

Unit Description: Students will be introduced to all the major ongoing national level interventions and strategies and goals to combat malnutrition in the nation.

Subtopics:

- Sustainable Development Goals – Introduction, and relevance to nutritional problems in India
- National Nutrition Policy
- Ongoing nutrition programmes – Integrated Child Development Services (ICDS) Scheme, Mid-day Meal Programme (MDMP), National programmes for prevention of Anaemia, Vitamin A deficiency, Iodine Deficiency Disorders, National Programme for Prevention and Control of Cancers, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS), POSHAN Abhiyaan

## **UNIT IV: Food and Nutrition Security**

12

Unit Description: Students will be taught the concept of food and nutrition security and the associated national level intervention and programs. Subtopics:

- Concept, components, determinants
- Overview of the ongoing public sector programmes for improving food and nutrition security

### **PRACTICAL (Credit 1; Periods 30)**

Planning of low cost nutritious recipes for preschoolers, school age children, adolescents, pregnant and nursing women.

- Planning of nutritious recipes for an obese and an underweight adult.
- Visit to on-going nutrition programmes.

**Essential readings:**

1. Bamji, MS, Krishnaswamy, K. & Brahmam, G N(Eds.). (2017). Textbook of Human Nutrition (4th ed.). New Delhi, India: Oxford and IBH Publishing Co. Pvt. Ltd.
2. Longvah, T, Ananthan, R, Bhaskarachary, K & Venkaiah, K (2017). Indian Food Composition Tables. National Institute of Nutrition, ICMR, Hyderabad.
3. Park, K (2017). Park's Textbook of Preventive and Social Medicine (24th ed.). Jabalpur, India: Banarasidas Bhanot Publishers.
4. Vir, S (2011). Public Health Nutrition in Developing Countries (Vol 1 & 2). New Delhi, India: Woodhead Publishing India.

**Suggested readings:**

1. Gibney, M J, Margetts, B M, Kearney, J M & Arab, L (Eds.). (2005). Public Health Nutrition. Oxford, UK: Blackwell Science.
2. ICMR (2011) Dietary Guidelines for Indians – A Manual. National Institute of Nutrition, Indian Council of Medical Research, Hyderabad.
3. Kishore, J (2016). National Health Programs of India (12th ed.). New Delhi, India: Century Publications.
4. Chadha, R and Mathur, P (eds.) (2015). Nutrition A Lifecycle Approach. New Delhi, India: Orient Blackswan Pvt. Ltd.
5. Ministry of Women and Child Development (MWCD), Government of India. (2019). POSHAN Abhiyaan [online]. Available at: <https://icds-wcd.nic.in/nnm/home.htm> (Accessed: July 12, 2019).
6. Relevant and ongoing public sector programmes for food and nutrition security from Government of India websites (including Ministry of Agriculture and Farmers Welfare, Ministry of Consumer Affairs, Food and Public Distribution, Ministry of Human Resource Development, and other ministries working for food and nutrition security).

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