



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Nutritional Problems in Community and Epidemiology							
Course Code		BDB306		Course Level		First Cycle (Bachelor's Degree)			
ECTS Credit	2	Workload	48 (Hours)	Theory	2	Practice	0	Laboratory	0
Objectives of the Course		Nutritional problems and epidemiology management of nutrition in disasters, intervention programmes, national food and nutrition policies.							
Course Content		Nutritional problems and epidemiology (protein-energy malnutrition, obesity, diet-related chronic diseases, iron deficiency anemia, iodine deficiency disorders, dental caries, zinc deficiency, rickets, osteomalacia, osteoporosis, vitamin deficiencies, folic acid deficiency etc) in Turkey and in the World, nutrition of risk groups (workers and elderly etc), management of nutrition in disasters, intervention programmes, national food and nutrition policies.							
Work Placement		N/A							
Planned Learning Activities and Teaching Methods				Explanation (Presentation), Individual Study, Problem Solving					
Name of Lecturer(s)		Ins. Mahmut CERİ							

### Prerequisites & Co-requisites

ECTS Requisite	120
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### Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Final Examination	1	60
Quiz	1	40

### Recommended or Required Reading

1	Margetts BM, Nelson M (1997). Design Concepts in Nutritional Epidemiology. Oxford University Press, Oxford, 2nd Ed.
3	Gibson RS (2005). Principles of Nutritional Assessment. Oxford University Press, New York, 2nd Ed.
4	Willett W (1998). Nutritional Epidemiology. Oxford University Press. New York, 2nd Ed.
5	Jelliffe DB, Jelliffe EFP. Community Nutritional Assessment. Oxford University Press, Oxford, 1989.
6	Lee RD, Nieman DC (2007). Nutritional Assessment. McGrawHill, Boston, 4th Ed

Week	Weekly Detailed Course Contents	
1	Theoretical	Nutrition Problems, Nutrition and Nutrition Policies
2	Theoretical	Nutrition Problems, Nutrition and Nutrition Policies
3	Theoretical	PEM and Epidemiology, Observation of Growth
4	Theoretical	PEM and Epidemiology, Observation of Growth
5	Theoretical	Obesity, Diet-Related Chronic Diseases and Epidemiology
6	Theoretical	Obesity, Diet-Related Chronic Diseases and Epidemiology
7	Theoretical	Obesity, Diet-Related Chronic Diseases and Epidemiology (Quiz)
8	Theoretical	Nutrition Anemia and Epidemiology
9	Theoretical	Nutrition Anemia and Epidemiology
10	Theoretical	Vitamin and mineral deficiencies and epidemiology (A vit, Folic acid, iodine, zinc)
11	Theoretical	Vitamin and mineral deficiencies and epidemiology (A vit, Folic acid, iodine, zinc)
12	Theoretical	Dental Caries and Epidemiology, Rickets, Osteomalacia, Osteoporosis
13	Theoretical	Elderly and Worker Nutrition, Nutrition in Disaster
14	Theoretical	Nutrient Enrichment and Supplementation

### Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	13	0	2	26
Midterm Examination	1	10	1	11



Final Examination	1	10	1	11
Total Workload (Hours)				48
[Total Workload (Hours) / 25*] = ECTS				2
*25 hour workload is accepted as 1 ECTS				

### Learning Outcomes

1	Learn the anthropometric measurements of people.
2	Learn how to apply methods in determining the nutritional status in the society.
3	acquire knowledge and skills in the preparation and application of national food and nutrition policies.
4	Learn the causes of nutritional problems and their solutions.
5	Learn the nutritional problems of groups with special features in society.

### Programme Outcomes (Nutrition and Dietetics)

1	Assess, apply and evaluate the accuracy, reliability and validity of basic knowledge and evidence based current scientific developments on nutrition and dietetics.
2	Assess scientifically the energy and nutrients need of individuals and develop nutrition plans and programs for the clients according to the principles of adequate and balanced nutrition and assessment of energy and nutrient requirements
3	Develop food and nutrition plans and policies for the prevention and promotion of healthy lifestyle applying the methods of nutritional assessment for the population.
4	Assess the nutritional status of the patients, evaluate the clinical symptoms, plan and apply individualized medical nutrition therapy for the patients.
5	Evaluate the factors affecting the quality of food consumed by the individuals and populations from production to consumption and implement the legal standards and legislations on food safety and food security.
6	Consider, interpret and apply the basic scientific knowledge on nutrition and dietetics especially have skills on critical thinking, problem solving and decision making and use effectively the appropriate current technologies and computer, demonstrate skills in preparing research manuscripts, project proposals, collecting and verifying data and writing report.
7	Assess, evaluate and interpret the nutritional status of the individuals and population groups using current knowledge, develop preventive measures, apply medical nutrition therapy, demonstrate active participation, teamwork and contributions with national and international stakeholders in health and social areas, in terms of ethical principles.
8	Plan menus in the institutional food service systems depending on the energy and nutrient requirements of target groups in the scope of nutrition and dietetic principles, take care of food safety in all settings from purchase of food to service, apply appropriate service using technological developments.
9	Develop and use effective strategies for the education, counseling and encouragement of individuals and population groups to facilitate behavior change and choose healthy and safety foods, prepare and update the related educational materials.
10	Apply laboratory work on product development, food analysis and related factors effecting food quality and interpret the results and evaluate them according to the legal arrangements.
11	Plan, manage, evaluate, monitor and report researches and programs to educate and increase and improve the knowledge and awareness of individuals and population groups on healthy nutrition during all lifecycle period, and lead such activities, support and take role in the preparation and implementation of national and international food and nutrition plans and policies.
12	Work and perform duties in the scope of occupational responsibilities and ethical principles, understand the importance of lifelong learning, follow the latest developments (innovations) in science, technology and health, demonstrate professional attributes for the enhancement of nutrition and dietetics profession.
13	Use, apply, discuss and share scientific and evidence based knowledge in nutrition and dietetics practice with team and team members, develop and demonstrate effective skills using oral, print, visual methods in communicating and expressing thoughts and ideas, communicate with all stakeholders within ethical principles. Develop and demonstrate effective communications skills using oral, print, visual, electronic and mass media methods
14	Plan, apply, monitor and evaluate individualized medical nutrition therapy within interdisciplinary approaches, considering the sociocultural, economical status of patients in various age groups and also contribute to clinical researches.

### Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P1	4	3	3	4	3
P2	3	3	3	4	3
P3	3	5	4	2	4
P4	5	4	5	3	4
P5	4	4	2	3	5
P6	4	4	3	3	5
P7	4	2	3	4	3
P8	3	3	4	4	3
P9	3	3	4	2	4
P10	3	2	4	3	5



P11	5	4	5	3	4
P12	4	5	3	3	4
P13	5	5	3	2	5
P14	4	3	5	4	3

