



Master in Life Sciences

A cooperation between
BFH, FHNW, HES-SO, ZFH

Module	Public Health Nutrition
Code	MSLS_FHN-6
Degree Program	Master of Science in Life Sciences (MSLS)
ECTS Credits	5
Workload	150 h: 70 h contact, 80 h self-study
Module Coordinator	<p>Name Dr. Karin Haas</p> <p>Phone +41 31 848 35 53</p> <p>Email karin.haas@bfh.ch</p> <p>Address Stadtbachstrasse 64, 3012 Bern</p>
Lecturers	<ul style="list-style-type: none"> • Dr. Karin Haas, BFH • Dr. Franziska Pfister, BFH • Silvia Honigmann, BFH • Dr. Samuel Mettler, BFH • Dr. med. David Fäh, BFH • Dr. Leila Sadeghi, BFH • Further lecturers BFH • Guest lecturers
Entry Requirements	<p>Basic knowledge in Health promotion and prevention is required, refer to (Naidoo and Wills 2016) and to the World Health Organization Health Promotion Glossary http://www.who.int/healthpromotion/about/HPG/en/</p>
Learning Outcomes and Competences	<p>After completing the module students will be able to:</p> <ul style="list-style-type: none"> • understand and assess structural and behavioral approaches in Public Health Nutrition (PHN) • analyze advantages and disadvantages of PHN approaches in industrialized and developing countries • understand the role of industry in PHN • develop PHN approaches for a given situation
Module Content	<p><u>Structural prevention (policy measures and their effectiveness):</u></p> <ul style="list-style-type: none"> • Market regulations (e.g. price policies, taxation) • Legal regulations (e.g. food labelling, regulation of food additives) • Self-regulation of food industry • Examples of structural prevention measures and programs in developed countries <p><u>Behavioral prevention in Public Health Nutrition in industrialized countries:</u></p> <ul style="list-style-type: none"> • Traditional prevention campaigns • Social media • E-health/M-health • Importance and the challenge of reaching vulnerable groups <p><u>Challenges and approaches of PHN in developing and emerging countries:</u></p> <ul style="list-style-type: none"> • Nutrition transition in developing countries • Malnutrition and obesity - the double burden of developing and emerging countries • The role of industrial farming and GMOs vs. traditional agriculture in food security • Impact of export and import policies / globalization on diet patterns/ in developing

	<p>countries</p> <ul style="list-style-type: none"> • Culture and nutrition patterns <p>Food industry and Public Health Nutrition</p>
Teaching / Learning Methods	Brief introduction to the methods and approaches used in PHN and the evaluation of its programs as a basis for further topics (lectures, seminars, exercises). Presentation of practical assignments in a final seminar.
Assessment of Learning Outcome	<ul style="list-style-type: none"> • Practical assignment, written report (70 %) • Presentation of practical assignment (30%)
Bibliography	<ul style="list-style-type: none"> • Hughes R, Margetts BM, 2011. Practical public health nutrition. Wiley-Blackwell, Oxford • Naidoo J, Wills J, 2016. Foundations for health promotion (Fourth edition). Elsevier, London. • Spark A, Dinour LM, Obenchain J, 2016. Nutrition in public health. Principles, policies, and practice (Second edition). CRC Press, Taylor & Francis Group, Boca Raton, FL • Stein N, 2015. Public health nutrition. Principles and practice in community and global health. Jones & Bartlett Learning, Burlington
Language	English
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