



Universitat de Lleida

DEGREE CURRICULUM
**PUBLIC HEALTH AND
COMMUNITY NUTRITION**

Coordination: Joan Torres Puig-gros

Academic year 2015-16

Subject's general information

Subject name	PUBLIC HEALTH AND COMMUNITY NUTRITION
Code	100620
Semester	2nd Quarter Continued evaluation
Typology	Mandatory
ECTS credits	9
Theoretical credits	0
Practical credits	0
Coordination	JoanTorres Puig-gros
Office and hour of attention	To fix by appointment
Department	Nursery
Teaching load distribution between lectures and independent student work	90 hours in class - Master 45 - Seminars 45 Student hours 225
Modality	Presencial
Important information on data processing	Consult this link for more information.
Language	Catalan
Degree	Grau en Nutrició Humana i Dietètica
Office and hour of attention	To fix by appointment
E-mail addresses	joan.torres@infermeria.udl.cat amartinez.lleida.ics@gencat.cat amalia.zapata@infermeria.udl.cat

Joan Torres Puig-gros
Andreu Martínez Broto
Amalia Zapata Rojas

Subject's extra information

This course aims to place students in a community context. We aim to understand health as a (non-dual) continuous phenomenon with variations between populations and over time. We also want to spread the idea that health depends, among others, on lifestyles models especially focusing on food and nutrition. The course intends to provide the basis for measuring the health of the community and its determinants as well as participate in planning and evaluation of interventions.

Major health problems in our environment (very common and responsible for high mortality and losses in quality of life) are closely linked to food; Cardiovascular disease or cancer are examples of it. Finally, public health and the health system itself provide intervention tools to restore, preserve i improve the health of the community. Students at this level, have basic knowledge as biostatistics, epidemiology and other subjects to assume the knowledge, skills and abilities that aims to this course.

Learning objectives

At the level of knowledge

1. To be able to understand the health and health-related factors from a community point of view.
2. To identify and describe the lifestyles that influence health in a given community, especially those related to food and nutrition.
3. To know what is and what makes public health and which agencies are involved in it.
4. To know the main threats and foodborne risks that may affect the community.
5. To know how to measure and assess the health of a community and what are the stages and content for planning and evaluating an intervention.
6. To know which are the different intervention strategies in a community,

In terms of capacity and applications

1. To understand, interpret and participate in addressing a problem of food-borne public health.
2. To be able to analyze and communicate a news with implications for public health, food and nutrition.
3. To be able to participate and understand on an assessment of the nutritional status of a community.
4. To be able to participate and understand a health diagnosis of a community as well as its intervention and evaluation.

In terms of values ??and attitudes

1. To understand and defend health as a community asset.
2. To understand and defend the actions of the different (public and private) agencies to recover, maintain and improve the health of the community.
3. To keep in mind the importance of social factors and health inequalities.
4. To be diffusers for empowering citizens to get better health levels.

Objectives	Activities	In class	Student dedication
1-10	Master classes (MC)	45 h.	100 h.
	Lab practices (LP)		
1-10	Seminars (Sem)	45 h.	100 h.
1,3 i 6	Directed work		25 h.
	Tutorials (Tut)		

Competences

Students who pass the subject should acquire the following skills

Transverse and strategic skills

1. Communication and oral and written expression
2. Use information technology and communication and technological platforms
3. Use critical thinking and scientific

Specific skills

- 1 Understanding the health-disease continuum concept, know the determinants of health (especially those related to lifestyle and more specifically with food) and have an overall view of the health problems related to food.
2. To know what is public health, which areas includes and functions of each one and what is the relationship between food-nutrition and public health.
3. To know what are the health risks associated with consumption of water and food.
4. To learn the concept of food safety and food control and how does it work.
5. To have an overview of international and national agencies with responsibility for public health, food and nutrition.
6. To have the basics of how to measure the health of a community and how to make an approach to the measurement of nutritional status (this will be done more deeply in epidemiology but this course will deepen the interpretation and evaluation).
7. To have basic information about the different health systems and, in particular, Catalonia and Spain.
8. To know about the different nutritional policies.
9. To know the different stages of health diagnosis of a community, planning health programs (adapted to food-nutrition) and know the methods of epidemiological and economic evaluation of these programs.
10. To have information about the programs, recommendations for food-nutrition and educational tools to be carried them out as well as the actions carried out in our environment and in other countries.

Subject contents

Theoretical contents

1. The health and its determinants
2. The lifestyles and health. Major health problems related to food and nutrition
3. The public health and its areas. The health promotion, the disease prevention, the health protection and the health surveillance. The nutrition and public health.
4. The levels of prevention

5. The health risks associated with food and water. Food safety and food control
6. The international and national organizations with expertise in public health, food and nutrition
7. The diagnosis of health and health indicators
8. The models of health systems
9. The Catalan and Spanish health systems
10. The nutritional policy
11. The planning
12. The design of health programs
13. The evaluation of the efficiency and effectiveness of preventive interventions and health programs
14. The evaluation of the efficiency of preventive interventions and health programs
15. The dietary guidelines and nutritional education
16. The programs and actions of the Public Health Agency of Catalonia and other organisms in food and nutrition
17. Interpretation and assessment of an evaluation of the nutritional status of a population. The nutritional status of Catalonia and Spain

Seminars and practices contents

1. The analysis of a public health problem of foodborne at a large scale.
2. The global approach to a public health problem of foodborne at a small scale. A food poisoning
3. The analysis of a news with implications for public health, food and nutrition
4. The indicators of the health system and indicators per country (OECD)
5. Performance indicators (performance indicators) and health outcomes
6. A comparative analysis of health systems
7. The analysis of a health report (Health Development Plan). Master Plans
8. The health program: Evaluation of the efficacy, effectiveness and efficiency
9. A brief analysis of nutrition policy
10. How to developed a food guide. learning aspects
11. The assessment of health programs and presentation of the program "Let's Move" on food and school sport
12. The interpretation and evaluation of an assessment of the nutritional status of a population
13. The health diagnosis and development of a program of community nutrition intervention

Methodology

Activity	Objective	Description
Classes magistrals.	1	La salut i els seus determinants
(CM)	1	Estils de vida i salut. Principals problemes de salut relacionats amb l'alimentació i la nutrició
(CM)	2	Salut pública i les seves àrees. La promoció de la salut, la prevenció de la malaltia, la protecció de la salut, la vigilància de la salut. Nutrició i salut pública salut, la vigilància de la salut. Nutrició i salut pública.
(CM)	3	Riscs sanitaris associats als aliments i l'aigua. La seguretat alimentària i el control dels aliments
(CM)	4	Organismes internacionals i nacionals amb competències en salut pública, alimentació i nutrició
(CM)	5	Indicadors de salut. Models de sistemes sanitaris
(CM)	6	El sistema sanitari català i espanyol
(CM)	7	Polítiques nutricionals Planificació. Dissenys de programes de salut

(CM)	8	Avaluació de l'eficàcia i l'efectivitat de les
(CM)	9	Intervencions preventives i dels programes de salut
(CM)	9	Avaluació de l'eficiència de les intervencions preventives i dels programes de salut
(CM)	9	Guies alimentàries i educació nutricional
(CM)	9	Programes i accions de l'Agència de Salut Pública de Catalunya i altres organismes en matèria d'alimentació i nutrició
(CM)	10	Avaluació de l'estat nutricional d'una població
(CM)	9-10	Estat nutricional de Catalunya i Espanya
Seminaris. (Sem)	1-5	Anàlisi d'un problema de salut pública d'origen alimentari a gran escala
Seminaris. (Sem)	1-5	Abordatge d'un problema de salut pública d'origen alimentari. Una toxiinfecció alimentària
Seminaris. (Sem)	6	Indicadors del sistema de salut i indicadors per països (font: OECD). Performance indicators (indicadors de funcionament) i de resultats de salut
Seminaris. (Sem)	8-10	Anàlisi d'un informe de salut (desenvolupament del Pla de Salut). Plans directors. Programa de salut: Avaluació de l'eficàcia, efectivitat i eficiència
	9	Anàlisi breu de la política nutricional
	8	Com elaborarem una guia alimentària. aspectes didàctics
	8 i 9	Valoració dels programes de salut
	8 – 10	Pràctiques de mètodes d'avaluació de l'estat nutricional de la població. Presentació del programa "Let's move" sobre alimentació i esport a l'escola
	1, 3 i 6	Elaboració d'un programa d'intervenció en nutrició comunitària

Activitats virtuals.(Av)		
Tutories. (Tut)		
Activitats aula informàtica. (A Inf.)		
Pràctiques de laboratori. (PL)		
Treballs dirigits (Treb)	1, 3 i 6	Elaboració d'un article de revisió amb implicacions nutricionals i sanitàries (aquesta activitat serà guiada en els seminaris)

Methodology

Four educational approaches will be used:

- Lectures (4.5 ECTS)
- Seminars discussion of real cases (4 ECTS)
- Practical work on a case study (0.3 ECTS)

- Presentation of the case studies (0.2 ECTS)

Evaluation

The evaluation will be based on four evidences:

1. Multiple choice exam in which no wrong answers deducted them (three exams). It represents the 40% of the maximum score and you need to get a minimum of 4 out of 10 to be taken into account.
2. Assistance to them practices / seminar sessions. It represents the 20% of the maximum score and is required to attend at least 60% of their sessions.
3. Valuation of work in practical sessions / seminars. It represents the 20% of the maximum score.
4. The assessment of the proposal of an intervention program in community nutrition (oral and written presentation). It represents the 20% of the maximum score. (Group work)

You could pass a total score of 5 out of 10 or higher.

Alternative evaluation. According to the assessment regulations approved in Consell de Govern of February 26, 2014, students who work may choose (at the beginning of the course) unique or single evaluation. This will consist of a multiple choice exam that will represent 60% of the total score and who will have to obtain a minimum score of 6 to defeat. In addition they have to make a proposal for an intervention program in community nutrition (oral and written presentation) with the same conditions students from continuous assessment, the latter activity represents 40% of the mark.

Bibliography

Bibliography

Basic bibliography

1. Serra Majem LL, Aranceta Bartrina J, Matais Verdú J. Nutrición y salud pública. Métodos, bases científicas y aplicaciones. Elsevier-Masson S.A. Madrid 2006.
2. Aranceta J. Nutrición comunitària. Elsevier Masson S.L. Barcelona 2013.
3. Leon Gordis. Epidemiología. Tercera Edición. Elsevier Espanya S.A. Madrid 2005.
4. Miquel Porta. Dictionary of Epidemiology. Oxford University Press. New York. Fifth Edition. 2008.
5. Argimon JM, Jiménez J. Métodos de investigación clínica y epidemiológica. Elsevier Espanya S.A. Madrid 2013.
6. Piédrola Gil. Medicina Preventiva y Salud Pública. Elsevier-Masson S.A. Barcelona, 2008.
7. Willett W. Nutritional Epidemiology, 2nd ed. Oxford University Press, Oxford, 1998.

8. Direcció General de Salut Pública. Departament de Salut. Generalitat de Catalunya. Llibre blanc. Concens sobre les activitats preventives a l'edat adulta dins l'atenció primària. 2ª edició. Barcelona, abril de 2006
9. Departament de Salut. PAAS. Promoció de l'activitat física i l'alimentació saludable.
<http://www.gencat.cat/salut/depsalut/html/ca/dir2817/index.html>
10. Direcció General de Salut Pública. Departament de Salut. Generalitat de Catalunya. Guia per a la prevenció i el control de les toxiinfeccions alimentàries. 2ª edició. Barcelona, Juliol de 2006.

Additional bibliography and resources on the net

1. Departament de Salut. Generalitat de Catalunya. <http://www.gencat.cat/salut/>
2. Agència de Salut Pública de Catalunya (ASPCAT). <http://salutpublica.gencat.cat/ca/>
3. Agència Catalana de Seguretat Alimentària. <http://www.gencat.cat/salut/acsa/>
4. Legislació alimentària. <http://www.gencat.cat/salut/acsa/html/ca/dir2820/doc17025.html>
5. Departament de Salut. Generalitat de Catalunya. Pla de salut 2011-2015.
http://salutweb.gencat.cat/ca/el_departament/pla_de_salut_2011_2015
6. Mapa sanitari, sociosanitari i de salut pública de Catalunya
<http://www.gencat.cat/salut/depsalut/html/ca/dir488/index.html>.
7. Enquesta de salut de Catalunya. Enquesta contínua.
http://salutweb.gencat.cat/ca/el_departament/estadistiques_sanitaries/enquestes/enquesta_salut_catalunya
8. Avaluació de l'estat nutricional a Catalunya 2003-2003.
<http://www.gencat.cat/salut/depsalut/pdf/encat2003semi.pdf>
9. Llei de salut pública a Catalunya de 14 d'octubre de 2010.
<http://www.gencat.cat/salut/depsalut/html/ca/dir2107/doc26155.html>
10. Ministerio de Sanidad y Política Social. <http://www.msps.es/>
11. El Sistema Nacional de Salud. España 2010. <http://www.msc.es/organizacion/sns/libroSNS.htm>.
12. Ley General de Sanidad de 25 de Abril de 1986. http://noticias.juridicas.com/base_datos/Admin/l14-1986.html.
13. Ley 16/2003 de 28 de Mayo de Cohesión y Calidad del Sistema Nacional de Salud.
http://noticias.juridicas.com/base_datos/Admin/l16-2003.html.
14. Agencia Española de Seguridad Alimentaria y Nutrición. <http://www.aesan.msc.es/>
15. Agencia Española del medicamento. <http://www.aemps.es/>
16. European Food Safety Authority. <http://www.efsa.europa.eu/>
17. Food and Drug Administration. <http://www.fda.gov/AboutFDA/EnEspanol/default.htm>
18. Centers for Disease Control and Prevntion. <http://www.cdc.gov/>
19. Organització Mundial de la Salut. <http://www.who.int/en/>
20. The Nutrition Source. School of Public Health. Harvard University.
<http://www.hsph.harvard.edu/nutritionsource/>