# Module title
Nutrition and Nutrition Related Chronic Diseases

<table>
<thead>
<tr>
<th>Code</th>
<th>F2</th>
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<tbody>
<tr>
<td><strong>Degree Programme</strong></td>
<td>Master of Science in Life Sciences</td>
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<tr>
<td><strong>Group</strong></td>
<td>Food</td>
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<tr>
<td><strong>Workload</strong></td>
<td>3 ECTS (90 student working hours: 42 lessons contact = 32 h; 58 h self-study)</td>
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| **Module Coordinator** | Name: Beatrice Baumer  
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E-Mail: beatrice.baumer@zhaw.ch  
Address: ZHAW Life Sciences und Facility Management, Einsiedlerstrasse 34, 8820 Wädenswil |
|-----------------------|--|
| **Lecturers** | • Beatrice Baumer, ZHAW  
• Dr. Janice Sych, ZHAW  
• Guest lecturer BFH (Dr. David Fäh) |

| **Entry requirements** | Basic nutrition knowledge (role of nutrients in the body, general nutrition recommendations, minimal requirements, as are also summarized in the self-study text provided beforehand on Moodle)  
Mandatory (but not marked): On-line pre-course test, based on the self-study text, to be completed before the first day of the course. Mandatory (but not marked): Assignment (1/2 page text), based on pre-reading material, to be posted on Moodle, latest deadline: 2 days before the start of the module |

| **Learning outcomes and competences** | After completing the module, students will be able to:  
• explain why nutrition related chronic diseases (and generally NCDs) are a global issue  
• discuss the impact of unhealthy dietary behaviours on health, in a historical context (nutrition transition),  
• describe how associations between diet, other risk factors and diseases can be measured, and how to evaluate the scientific evidence provided by epidemiology studies  
• describe possible pathophysiological pathways linking nutrients/diet to diseases and/or intermediate biomarkers  
• justify the need for dietary recommendations for health promotion and/or disease prevention |

| **Module contents** | • Topic of healthy/unhealthy diets resp. food items, nutrition transition  
• Basic epidemiology and evaluation of evidence grading  
• Diet as a risk factor for diet-related non-communicable diseases: selected pathophysiological pathways (in particular for obesity, cardiovascular diseases, diabetes type 2, some cancer forms) |

| **Teaching / learning methods** | Seminar style, based on:  
• theory inputs  
• discussion of selected papers (pre-reading assignments)  
• individual / small group / class tasks, based on theory and reading assignments (these tasks contribute to the final individual essay) |

| **Assessment of learning outcome** | 1. Final individual essay to be handled in latest 2 weeks after the end of the module (100%) |
### Format
Block week

### Timing of the module
Winter school CW 6

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<tr>
<th>Day of the block week</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>&gt;5</th>
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<tbody>
<tr>
<td>Contact teaching (lessons)</td>
<td>8</td>
<td>9</td>
<td>9</td>
<td>8</td>
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<td>0</td>
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<tr>
<td>Self-study (hours)</td>
<td>20</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>0</td>
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### Venue
Olten

### Bibliography

**Pre-course**

**Further pre-course reading**

Lancet 2019: GBD 17, Diet Collaborators
Global Nutrition Report, 2017. Nourishing the SDGs, Bristol, UK: Development Initiatives: *read summary and chapters 1-2*


Additional 5-6 selected papers, with current, module-relevant topics will be distributed (on Moodle, together with mandatory preparation questions) and then discussed in class. E.g.: Temple NJ, 2016. How reliable are randomized controlled trials for studying the relationship between diet and disease? A narrative review, British Journal of Nutrition 116:381-389

**During the course**
Additional articles on current topic will be provided (on Moodle) before the class begins, these will be discussed in class

### Language
English

### Last Update
05.04.2019