



<b>Module</b>	<b>Public Health Nutrition</b>
<b>Code</b>	MSLS_FHN-6
<b>Degree Program</b>	Master of Science in Life Sciences (MSLS)
<b>ECTS Credits</b>	5
<b>Workload</b>	150 h: 70 h contact, 80 h self-study
<b>Module Coordinator</b>	<p><b>Name</b> Dr. Karin Haas</p> <p><b>Phone</b> +41 31 848 35 53</p> <p><b>Email</b> karin.haas@bfh.ch</p> <p><b>Address</b> Bern University of Applied Sciences, Health Division Murtenstrasse 10, CH-3008 Bern, Switzerland</p>
<b>Lecturers</b>	<ul style="list-style-type: none"> <li>• Dr. Karin Haas (BFH-Health)</li> <li>• Dr. Franziska Pfister (BFH-Health)</li> <li>• Silvia Honigmann (BFH-Health)</li> <li>• Dr. Samuel Mettler (BFH-Health)</li> <li>• Dr. med. David Fäh (BFH-Health)</li> <li>• Dr. Leila Sadeghi (BFH-Health)</li> <li>• Further lecturers BFH</li> <li>• Guest lecturers</li> </ul>
<b>Entry Requirements</b>	Basic knowledge in Health promotion and prevention is required, refer to (Naidoo and Wills 2016) and to the World Health Organization Health Promotion Glossary <a href="http://www.who.int/healthpromotion/about/HPG/en/">http://www.who.int/healthpromotion/about/HPG/en/</a>
<b>Learning Outcomes and Competences</b>	<p>After successful completion of the module, students should be able to:</p> <ul style="list-style-type: none"> <li>• recognize major PHN problems, their influencing factors and possibilities for measurement</li> <li>• understand and assess structural and behavioral approaches in Public Health Nutrition (PHN)</li> <li>• analyse advantages and disadvantages, risk and chances of PHN approaches in industrialized and developing countries</li> <li>• understand the role of different stakeholders (food producers, retailers, government, educational system in PHN)</li> <li>• define settings and target populations for PHN interventions</li> <li>• design PHN approaches for a given situation and make specific/tailored suggestions for implementation</li> </ul>
<b>Module Content</b>	<p><u>Structural prevention (policy measures and their effectiveness):</u></p> <ul style="list-style-type: none"> <li>• Market regulations (e.g. price policies, taxation)</li> <li>• Legal regulations (e.g. food labelling, regulation of food additives)</li> <li>• Self-regulation of food industry</li> <li>• Examples of structural prevention measures and programs in developed countries</li> </ul> <p><u>Behavioral prevention in Public Health Nutrition in industrialized countries:</u></p> <ul style="list-style-type: none"> <li>• Traditional prevention campaigns</li> <li>• Social media</li> <li>• E-health/M-health</li> <li>• Importance and the challenge of reaching vulnerable groups</li> </ul>

	<p><u>Challenges and approaches of PHN in developing and emerging countries:</u></p> <ul style="list-style-type: none"> <li>• Nutrition transition in developing countries</li> <li>• Malnutrition and obesity - the double burden of developing and emerging countries</li> <li>• The role of industrial farming and GMOs vs. traditional agriculture in food security</li> <li>• Impact of export and import policies / globalization on diet patterns/ in developing countries</li> <li>• Culture and nutrition patterns</li> <li>• Food industry and Public Health Nutrition</li> </ul>
<b>Teaching / Learning Methods</b>	<ul style="list-style-type: none"> <li>• Lectures and seminars</li> <li>• Group work</li> <li>• Case reports</li> <li>• Literature analysis</li> <li>• Self-study</li> <li>• Journal club</li> <li>• Role-play</li> </ul>
<b>Assessment of Learning Outcome</b>	<ul style="list-style-type: none"> <li>• Topic: Planning a Public Health Nutrition Intervention</li> <li>• Team work (2 students)</li> <li>• Practical assignment (70%)</li> <li>• Presentation of practical assignment incl. questions (20%)</li> <li>• Individual contribution (10%)</li> <li>• Swiss school grades (1-6)</li> </ul>
<b>Bibliography</b>	<ul style="list-style-type: none"> <li>• Naidoo J, Wills J, 2016. Foundations for health promotion (Fourth edition). Elsevier, London.</li> <li>• Spark A, Dinour LM, Obenchain J, 2016. Nutrition in public health. Principles, policies, and practice (Second edition). CRC Press, Taylor &amp; Francis Group, Boca Raton, FL</li> <li>• Stein N, 2015. Public health nutrition. Principles and practice in community and global health. Jones &amp; Bartlett Learning, Burlington</li> </ul>
<b>Language</b>	English
<b>Last Update</b>	16.01.2020 / Karin Haas