



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. Joyce Haddad</p> <p>Phone +41 31 848 58 89</p> <p>Email joyce.haddad@bfh.ch</p> <p>Address Bern University of Applied Sciences, Health Division Murtenstrasse 10, CH-3008 Bern, Switzerland</p>
Lecturers	<ul style="list-style-type: none"> • Joyce Haddad (BFH-Health) • Franziska Pfister (BFH-Health) • Klazine van der Horst (BFH-Health) • David Fäh (BFH-Health) • Samuel Mettler (BFH-Health) • Leonie Bogl (BFH-Health) • Caroline Heuberger (BFH-Health) • Marie-Noëlle Falquet (BFH-Health) • Pascale Wälti (BFH-Health) • <i>Guest lecturer:</i> <ul style="list-style-type: none"> ○ Silvia Honningman ○ Eva Monterrosa
Entry Requirements	<p>Basic knowledge in Health promotion and prevention is required, refer to the World Health Organization Health Promotion Glossary 2021</p> <p>https://www.who.int/publications-detail-redirect/9789240038349</p>
Learning Outcomes and Competences	<p>After successful completion of the module, students should be able to:</p> <ul style="list-style-type: none"> • Recognize major PHN problems, their influencing factors and possibilities for measurement • Understand and assess structural and behavioral approaches in public health nutrition (PHN) • Analyse advantages and disadvantages, risk and chances of PHN approaches in industrialized and developing countries • Understand the role of different stakeholders (food producers, retailers, government, educational system in PHN) • Define settings and target populations for PHN interventions • Design PHN approaches for a given situation and make specific/tailored suggestions for implementation

Module Content	<u>Structural prevention (policy measures and their effectiveness):</u> <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
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	<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 countries • Culture and nutrition patterns • Food industry and Public Health Nutrition
Teaching / Learning Methods	<ul style="list-style-type: none"> • Lectures and seminars • Group work • Case reports • Literature analysis • Self-study • Journal club • Role-play
Assessment of Learning Outcome	<ul style="list-style-type: none"> • Oral exam • Swiss school grades (1-6)
Bibliography	<ul style="list-style-type: none"> • Barth, M. M. (Ed.) (2021). Public health nutrition: Rural, urban, and global community-based practice. New York, New York: Springer Publishing Company.
Language	English
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