



<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>Dr. Joyce Haddad  +41 31 848 58 89  <a href="mailto:joyce.haddad@bfh.ch">joyce.haddad@bfh.ch</a>  Bern University of Applied Sciences, Health Division  Finkenhubelweg 11, CH-3012 Bern, Switzerland</p>
<b>Lecturers</b>	<p>Joyce Haddad (BFH Health)  Karin Haas (BFH-Health)  Franziska Pfister (BFH-Health)  David Fäh (BFH-Health)  Samuel Mettler (BFH-Health)  Leonie Bogl (BFH-Health)  Marie-Noëlle Falquet (BFH-HAFL)  Pascale Wälti (BFH-HAFL)  Silvia Honigmann (BFH-Health)</p> <p><i>Guest lecturers:</i></p> <p style="padding-left: 40px;">Katharina Quack Lötscher  Katrina Lundberg  Kim Anastasiou</p>
<b>Entry Requirements</b>	<ul style="list-style-type: none"> <li>• Knowledge in Health promotion and Prevention is required, refer to the World Health Organization Health Promotion Glossary 2021 to get an understanding of the key terms: <a href="https://www.who.int/publications-detail-redirect/9789240038349">https://www.who.int/publications-detail-redirect/9789240038349</a></li> <li>• Helpful pre-reading: <a href="https://niphtr.mohfw.gov.in/sites/default/files/Public_Health_Nutrition_2021.pdf">https://niphtr.mohfw.gov.in/sites/default/files/Public_Health_Nutrition_2021.pdf</a></li> <li>• Previous experience with nutrition interventions will be beneficial</li> </ul>
<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 Public Health Nutrition (PHN) problems, their influencing factors and possibilities for measurement</li> <li>• understand and assess structural and behavioral approaches in Public Health Nutrition</li> </ul>

	<ul style="list-style-type: none"> <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>• Oral exam</li> <li>• Swiss school grades (1-6)</li> </ul>
<b>Bibliography</b>	<ul style="list-style-type: none"> <li>• Barth, M. M. (Ed.) (2021). Public health nutrition: Rural, urban, and global community-based practice. New York, New York: Springer Publishing Company. <a href="https://niphttr.mohfw.gov.in/sites/default/files/Public_Health_Nutrition_2021.pdf">https://niphttr.mohfw.gov.in/sites/default/files/Public_Health_Nutrition_2021.pdf</a></li> </ul>
<b>Language</b>	English
<b>Last Update</b>	22.01.2025 / Joyce Haddad