



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>Dr. Joyce Haddad +41 31 848 58 89 joyce.haddad@bfh.ch Bern University of Applied Sciences, Health Division Finkenhubelweg 11, CH-3012 Bern, Switzerland</p>
Lecturers	<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) Ana Cecilia Quiroga Gutierrez (BFH-Health) Marie-Noëlle Falquet (BFH-HAFL) Pascale Wälti (BFH-HAFL)</p> <p><i>Guest lecturers:</i></p> <p>Britta Boutry-Stradelmann (GIFA) Katrina Lundberg (WHO, Switzerland) Kim Anastasiou (University of Sydney, Australia)</p>
Entry Requirements	<p>Knowledge in Health promotion and Prevention is required Refer to the following pre-reading material before the module commences:</p> <ul style="list-style-type: none"> World Health Organization Health Promotion Glossary 2021: https://www.who.int/publications-detail-redirect/9789240038349 Stein, Natalie (2014). Public Health Nutrition: Principles and practice in community and global health. Jones & Bartlett Publishers. http://samples.jbpub.com/9781449692049/Chapter1_Stein.pdf Barth, M. M. (Ed.) (2021). Public health nutrition: Rural, urban, and global community-based practice. New York, New York: Springer Publishing Company. https://nipht.mohfw.gov.in/sites/default/files/Public_Health_Nutrition_2021.pdf Previous experience with nutrition interventions will be beneficial

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 Public Health Nutrition (PHN) problems, their influencing factors and possibilities for measurement • understand and assess structural and behavioral approaches in Public Health Nutrition • 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	<p><u>Structural prevention (policy measures and their effectiveness):</u></p> <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 <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 • Cultural and nutritional patterns • Food industry and PHN
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"> • World Health Organization Health Promotion Glossary 2021: https://www.who.int/publications-detail-redirect/9789240038349 • Stein, Natalie (2014). Public Health Nutrition: Principles and practice in community and global health. Jones & Bartlett Publishers. http://samples.jbpub.com/9781449692049/Chapter1_Stein.pdf • Barth, M. M. (Ed.) (2021). Public health nutrition: Rural, urban, and global community-based practice. New York, New York: Springer Publishing

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	Company. https://niphtr.mohfw.gov.in/sites/default/files/Public_Health_Nutrition_2021.pdf
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