

Kingdom of Saudi Arabia
King Saud University

Applied Medical Science College
Department of Community Health Science
Clinical Nutrition Program

Course title: Community Nutrition

Course Code: 537

Dr. Khalid Al-Numair

"Syllabus"

Name of the Course: Community Nutrition

Credit Hours: 3(2+1)

Instructor:

Dr. Khalid Alnumair.

Associate Professor of Community and Applied Human Nutrition

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Office hours:

Wednesday (1.00 - 3.00 pm), please be encouraged to make appointment if you prefer. You'll find I'm very responsive by email.

Course Aims:

- Provide an overview of community nutrition concepts.
- Raise students ' awareness about the nutritional related problems in Saudi community, their consequences and the solutions.
- Study and assess the life cycle factors related to diet and the motivational interviewing for the different age groups.
- Design community nutritional programs, organizing, evaluating , management and developing

Course Description:

Define the concepts of community nutrition. Discuss the relationship between diet and diseases. Explain the different methods of assessing the nutritional status and need assessment techniques. Analyze the importance of food assistance programs; describe how dietitians become involved in setting policy at local level and the nutritional related problems in Saudi community, their consequences and the suggested solutions. Discuss the life cycle factors related to diet, lifecycle stages and the motivational interviewing for the different age groups. Explain the nutrition programming processes. Discuss the different educational strategies that may be effective in providing nutrition education throughout the life span.

Text books:

1. Nnakwe .N. E (2009) " Community Nutrition: Planning Health Promotion and Diseases Prevention" Jones and Bartlett Publishers, London, UK.
2. Sentselaar, L. (2007) "Nutritional Counseling for Lifestyle Change" Tylor &Francis, London.

Attendance:

All students are expected to attend class and to be prepared actively participate in class (no more than 25% absence). 30 minutes delay will be considered absent.

Course Assessment:

Final Exam	40 Points.
Mid-Term Exam I	20 Points.
Mid-Term Exam II	20 Points.
Assignments (4)	15 Points.
Quizzes (5)	5 Points.
Total Points:	100 Points.

Assignments:

Assignment 1: In your opinion what are the Nutritional Related Problems in the Kingdom of Saudi Arabia: Reasons and Solutions?

Assignment 2: Write an Overview of the Existing Nutrition Policies and Programs in the Kingdom of Saudi Arabia: in your opinion what are Weaknesses and Strengths?

Assignment 3: Development of a Nutrition Program for the Primary School Students in the Kingdom of Saudi Arabia.

(Course contents)

	First lecture	Second Lecture
1st week	Overview of Community Nutrition Background	
	<ul style="list-style-type: none"> • Introduction of the instructor and students. • Course contents. • Course assessment. 	<ul style="list-style-type: none"> • Definition of the Community Nutrition (CN) concepts. • Nutrition and–Diet-related public health problems. • Reducing risk through prevention. • Leading causes of death worldwide. • Level of prevention and intervention approaches. • Knowledge and Skills of the community Nutritionists. • Advantages and disadvantages of population and individual health promotion strategies. • Places of employment for community Nutritionists.
2nd week	Nutrition Screening and Assessment	
	<ul style="list-style-type: none"> • Define community screening and assessment. • Purposes of the Community Nutrition. • Growth charts. • Community needs Assessment. 	<ul style="list-style-type: none"> • Methods of performing community need assessment. <ul style="list-style-type: none"> ▪ Existing data approach. ▪ Survey approach. ▪ Key informant. ▪ Community Forum. ▪ Focus group interview. • Methods and tools for assessing the Nutrition Status (Reading Community Nutrition text page 23-33)

3rd Week	Nutrition Monitoring and Food Assistance Programs	
	<ul style="list-style-type: none"> • Definition of concepts of nutrition monitoring and food security. • Assessing food insecurity. • National School lunch program. • Special Supplemental nutrition program for women, Infants and Children (WIC). • Food stamp program. 	<ul style="list-style-type: none"> • Community Supplemented food program. • Emergency food assistance program. • Nutrition Service incentive program. • Afterschool snacks program.
4th Week	Public Policy and Nutrition	
	<ul style="list-style-type: none"> • Defining policy. • Policy making process. • Preparing a scientific/evidence base. • Develop broad support. • Analyzing the opposition. • Develop alternative approaches. 	<ul style="list-style-type: none"> • Estimate needed resources. • Adopt successful strategies from others. • Clear direction before starting. • How dietitians can become involved in local and national public policy. • Links among nutrition monitoring, nutrition research and Nutrition policy. • Public Health Nutrition: an International Prospective (Reading Community Nutrition text page 119--126).
5th Week	Principles of Planning Effective Community Nutrition Programs	
	<ul style="list-style-type: none"> • Define basic concepts of planning identifying issues. • Factors that prompt program planning. • Analyzing subjective and objective data. • Writing mission statement. • Clarifying goals. 	<ul style="list-style-type: none"> • Developing program plan. • Designing Actions. • Management system. • Resources, budget and feasibility. • Managing tasks and time.

6 th week	Mid-term Exam I	
7 th Week	Principles of Planning Effective Community Nutrition Programs	
	<ul style="list-style-type: none"> • Program implementation. • Program evaluation. • Evaluation types. • Why program evaluation and with whom. 	<ul style="list-style-type: none"> • Structural Evaluation. • Outcome evaluation. • Impact evaluation. • Data Sources and collection method. • Survey questions for program evaluation.
8 th Week	Principles of Nutrition Education	
	<ul style="list-style-type: none"> • Define nutrition education. • Principles to carry out an effective nutrition program. • Applying educational principles to program design and intervention. • Learning principles for conducting successful nutrition education program. 	<ul style="list-style-type: none"> • Nutrition intervention strategies for improved nutrition adequacy. • Nutrition education across the life span. <ul style="list-style-type: none"> ▪ Adult learners. ▪ Child learners. ▪ Pregnant and lactating women. ▪ Developing lesson plan (Reading Community Nutrition text page 303-307).

9th Week	Marketing Nutrition Programs and the Role of Food Industry in Food Choice	
	<ul style="list-style-type: none"> • Define marketing concepts. • Difference between social and business marketing. • Contents of a marketing plan. <ul style="list-style-type: none"> ▪ Executive Summary. ▪ Situation analysis. ▪ Objectives and goals. ▪ Marketing strategy. ▪ Action programs. ▪ Budget. ▪ Controls. 	<ul style="list-style-type: none"> • Market Segmentation. • Market targeting. • Market positioning. • Social market components. <ul style="list-style-type: none"> ▪ Product. ▪ Price. ▪ Promotion. ▪ Position. ▪ Market research and Situational Analysis (Reading Community Nutrition text page 315-316).
10th Week	Marketing Nutrition Programs and the Role of Food Industry in Food Choice	
	<ul style="list-style-type: none"> • Define community base–social marketing. • Advertizing the program. • Program Advertisement Effective campaign techniques. • Public Services announcement. • Food Industry Advertizing and Food Choices. • The role of media in childhood obesity. • Advertizing to child and youth. • Exposure to media. 	<ul style="list-style-type: none"> • Barriers to the prevention of obesity. <ul style="list-style-type: none"> ▪ Public health approach. ▪ The effect of price on sales. ▪ Government policy and food. ▪ Successful nutrition education campaigns. ▪ Food and Nutrition misinformation. ▪ Consumer's protection laws. • Options for controlling unhealthy food advertisement.

11th Week	Assessment of Life Cycle Factors Related to Diet and Obesity Associated Diseases	
	<ul style="list-style-type: none"> • Prevention in childhood: stage 1 • Eating habits of children and Adolescent in relation to Dietary guidelines. • Fostering pattern of preference consistent with healthier diet in the very young. 	<ul style="list-style-type: none"> • Parental influence on children's food preference and patterns. <ul style="list-style-type: none"> ▪ Availability of food. ▪ Types of child feeding practices. ▪ Parental modeling of eating behavior.
12th Week	Mid-term Exam II	
13th Week	Lifestyle Change Factors Related to Lifecycle Stages	
	<ul style="list-style-type: none"> • Childhood and parental feeding habits. • Educational Dietary interventions aspects. • Behavioral change aspects. • Strategies use to change parent/child feeding practices. 	<ul style="list-style-type: none"> • Intervention Development: Remediation in: <ul style="list-style-type: none"> ▪ Childhood. ▪ Adolescence. ▪ Adults. ▪ Elderly.

14th Week	Motivational Interviewing for Childhood and parental Feeding Habits (Stage 1) and for Children and Adolescents (Stage 2)	
	<ul style="list-style-type: none"> • <u>Stage 1</u> <ul style="list-style-type: none"> ▪ Parental infant feeding practice associated with food preference. ▪ Evaluating child eating habits. ▪ Not Ready to Change counseling session. ▪ Unsure about change counseling sessions. ▪ Ready to change counseling sessions. 	<ul style="list-style-type: none"> • <u>Stage 2</u> <ul style="list-style-type: none"> ▪ Changing Dietary habits in Adolescents. ▪ Not Ready to Change counseling session. ▪ Unsure about change counseling sessions. ▪ Ready to change counseling sessions.
15th Week	Motivational Interviewing for Adult and Elderly (Stage 3)	
	<ul style="list-style-type: none"> • Intervention Phases. <ul style="list-style-type: none"> ▪ Not ready to change. ▪ Unsure about change. ▪ Ready to change. 	<ul style="list-style-type: none"> • Open discussion for comments and suggestions.

Assignments Schedule

Assignment No.	Topic	Starting date	Submission date
1	Nutritional Related Problems in Saudi Community. Reasons and Solutions.	2 nd Week 1 st lecture	4 th week 2 nd Lecture
2	Overview of the Existing Nutrition Policies and Programs in the Kingdom of Saudi Arabia: Weaknesses and Strengths.	7 th Week 1 st Lecture	9 th Week 2 nd Lecture
3	Development of a Nutrition Program for the Primary School Students in the Kingdom of Saudi Arabia.	9 th Week 1 st lecture	11 th Week 2 nd Lecture

Reading Schedule

Reading No.	Topic	Pages		Week
1	Methods and Tools for Assessing the Nutrition Status	23	33	2 nd
2	Public Health Nutrition: an International Prospective	119	126	4 th
3	Developing Lesson Plan	303	307	8 th
4	Market research and Situational Analysis	315	316	9 th