



**Karolinska
Institutet**

Course syllabus for

Global Nutrition. Malnutrition and Obesity - Public Health Problems of Today, 7.5 credits

Global Nutrition - Undernäring och fetma vår tids gissel, 7.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Course code	1XX008
Course name	Global Nutrition. Malnutrition and Obesity - Public Health Problems of Today
Credits	7.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Public Health Sciences
Level	G2 - First cycle 2
Grading scale	Pass, Fail
Department	Department of Biosciences and Nutrition
Decided by	Styrelsen för utbildning
Decision date	2007-11-12
Revised by	Board of Higher Education
Last revision	2016-12-15
Course syllabus valid from	Autumn 2007

Specific entry requirements

60 higher education credits in health care and medicine.

Objectives

Completion of the course will give the participants basic knowledge within the field of nutrition and make it possible for them to participate in discussions on the role of dietary intake for optimal health and public health.

After the course the students should

Know and understand the relation between diet and health and the etiology of malnutrition e.g. mineral and vitamin deficiencies, energy and protein deficiency, e.g. kwashiorkor and marasmus, and also the etiology of obesity and its relation to cardiovascular diseases, diabetes, cancer etc.

Know and define different methods to analyse dietary intake and nutritional status in individuals and populations;

Be able to perform records of dietary intake and physical activity;

Understand the scientific evidence for dietary recommendations and guidelines;
 Be able to search basic information on nutrition problems in global perspective;
 Be able to participate in network discussions on nutrition matters during different stages in their studies and coming work and reach representatives of nutritional science on the net.

Content

Nutrition is an interdisciplinary topic comprising anything from basic science in biochemistry and physiology to applied nutrition, i.e. diet and exercise counselling in preventive health care. The role of optimal nutrition in order to reduce costs for health care has been more and more accepted. Thus the topic is relevant for most health personnel and at various stages in their education.

The course comprises the following parts:

1. Studies of CD-ROM based or web-based interactive material:

”Nutrition in Medicine” with the following topics:

Nutritional anaemias; Nutrition and Metabolic stress; Nutrition and Cancer; Obesity; Diet and Cardiovascular disease; Diabetes; Maternal and infant nutrition; Nutrition and growth; Nutrition for the second half of life; Dietary supplements and fortified foods; Sports nutrition.

“Nutrition in Africa” with the following topics:

Overview of health and nutrition and nutrition throughout lifestyle in Africa; Agriculture, food and nutrition security; Nutrition assessment; Food safety and security; Micronutrients; Nutrition and HIV/AIDS.

Websites: Nutrition in Asia; Nutrition transition

Homepages from organisations engaged in nutrition problems: FAO, WHO, UNICEF, Micronutrient initiative, Sight and Life

2. Active participation in asynchronous discussions on the net and in weekly scheduled synchronous e-room meetings including special lectures with discussion on selected topics.

3. Practical training with dietary and physical activity records during 3 consecutive days using a computer program on the net.

Teaching methods

All course material is written in English. The course will be performed as a distance learning course using IT technology. It is based on individual studies with regular contacts with other participants and the course leader, group discussions and examinations using internet.

The participants must have available a PC computer with broadband connection.

For course administration, group discussions, questionnaires and some documents the PingPong platform will be used.

As most interactive material comes from CD:s, websites it is possible for the students to combine the studies to a certain degree with other activities (courses, work)

Examination

Tests are performed every week using questionnaires on the net.

A written and oral examination if performed at the end of the course.

“Physical presence” at start and final examination is compulsory as well as participation on the net in group discussions, the scheduled e-room meetings and the 3 day registration of dietary intake and physical activity.

Transitional provisions

The course has been **cancelled** and was offered for the last time in the fall semester of 2009.
Examination will be provided until the spring of 2018 for students who have not completed the course.

Other directives

The course is a good background for those who want to participate in courses in Global Health and clinical nutrition problems in national as well as international perspectives.

Course evaluation is performed according to the rules and using a specially designed form at the end of the course.

Literature and other teaching aids

Bender, David A

Introduction to nutrition and metabolism

3 : London : Taylor & Francis, 2002

ISBN:0-415-25798-0

[Library search](#)

Caballero, Benjamin; Popkin, Barry M

The Nutrition Transition : Diet and Disease in the Developing World

San Diego : Academic Press, 2002

ISBN:0-12-153654-8

[Library search](#)

Nordic Nutrition Recommendations 2004 : integrating nutrition and physical activity

4th edition : Copenhagen : Nordic Council of Ministers, Council of Ministers,c 2004 - 435, [1] s.

ISBN:92-893-1062-6 LIBRIS-ID:9851293

[Library search](#)