

**COURSE DATA****Data Subject**

<b>Code</b>	33967
<b>Name</b>	Communitary Nutrition
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	6.0
<b>Academic year</b>	2017 - 2018

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
1205 - Degree in Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	4	First term
1211 - D.D. in Pharmacy-Human Nutrition and Dietetics	Faculty of Pharmacy and Food Sciences	6	First term

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1205 - Degree in Human Nutrition and Dietetics	26 - Community nutrition	Obligatory
1211 - D.D. in Pharmacy-Human Nutrition and Dietetics	1 - Asignaturas obligatorias del PDG Farmacia-Nutrición Humana y Dietética	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
ESTEVE MAS, MARIA JOSE	265 - Prev. Medicine, Public Health, Food Sc.,Toxic. and For. Med.
FRIGOLA CANOVES, ANA MARIA	265 - Prev. Medicine, Public Health, Food Sc.,Toxic. and For. Med.

**SUMMARY**

Community Intervention. Responsible consumption. Identifying nutritional problems in the community. Methods of study in Community Nutrition. Evaluation in Community Nutrition Programs. Catering. Nutrition information to consumers. Nutritional counseling in primary care. Cultural diversity and food. Patterns and dietary advice for migrant populations in the host country



## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

We recommend having studied the materials of Statistics, Physiology, Nutrition and Dietetics

## OUTCOMES

### 1205 - Degree in Human Nutrition and Dietetics

- Realizar la comunicación de manera efectiva, tanto de forma oral como escrita, con las personas, los profesionales de la salud o la industria y los medios de comunicación, sabiendo utilizar las tecnologías de la información y la comunicación especialmente las relacionadas con nutrición y hábitos de vida.
- Reconocer los elementos esenciales de la profesión del dietista-nutricionista, incluyendo los principios éticos, responsabilidades legales y el ejercicio de la profesión, aplicando el principio de justicia social a la práctica profesional y desarrollándola con respeto a las personas, sus hábitos, creencias y culturas, con perspectiva de género.
- Recognise one's own limitations and the need to maintain and update professional competence, with particular emphasis on independent and lifelong learning of new facts, products and techniques in the field of nutrition and food, and on motivation for quality.
- Desarrollar la profesión con respeto a otros profesionales de la salud, adquiriendo habilidades para trabajar en equipo.
- Know, judge and know how to use and apply the sources of information related to nutrition, food, lifestyles and health.
- Adquirir la formación básica para la actividad investigadora, siendo capaces de formular hipótesis, recoger e interpretar la información para la resolución de problemas siguiendo el método científico, y comprendiendo la importancia y las limitaciones del pensamiento científico en materia sanitaria y nutricional.
- Conocer y manejar la terminología básica de nutrición comunitaria.
- Conocer las organizaciones y los sistemas de salud nacionales e internacionales, así como las políticas de salud.
- Participar en el análisis, planificación, intervención y evaluación de estudios epidemiológicos y en programas de intervención en alimentación y nutrición en diferentes áreas.
- Design and conduct nutritional assessments to identify the needs of the population in terms of food and nutrition, and identify the determinants of nutritional health.



- Design, intervene in and implement programmes and policies of education and training in diet and nutrition.
- Colaborar en la planificación de políticas alimentarias- nutricionales para la educación alimentaria y nutricional de la población.
- Asesorar y consensuar modificaciones en la composición del menú y modo de preparación de los aportes dietéticos con los responsables de empresa de restauración colectiva, restaurantes, comedores sociales, comedores escolares, comedores de empresa y cocina hospitalaria.
- Encourage and participate in the initiatives carried out by the media as regards diet and health.
- Know the application of programmes for monitoring the state of health from the collective point of view and as a strategy for the control of nutritional quality and food safety.
- Study the process of globalisation, nutrition transition and social development in developing countries as a guideline for action on social and international community nutrition.
- Know about the cultural and religious diversity as a point for action on nutrition.
- Estudiar las diferentes comunidades que son acogidas en nuestro país, como punto de partida del estudio del patrón nutricional de las comidas y de las adaptaciones alimentarias que hay que tener en cuenta de acuerdo a sus creencias religiosas.

## LEARNING OUTCOMES

Pursuant to the subject of food, the evaluation of the learning of knowledge, competences and skills shall be effected in the form of assessment continued throughout the course. Shall be considered as assessable parameters:

(a) realization of individual and/or collective memories of exercises relating to the various activities in the classroom, the laboratory and computer room, which will assess the acquisition of skills and attitudes defined ad hoc for the subject as well as the work carried out by the student and the acquisition of procedures and basic concepts;

(b) paper written in which will assess the level of general knowledge of theoretical concepts and procedures presented for each topic;

(c) attitude of the student, assessable from the collective and individual tutorials, practical classes and seminars displayed and discussed in the classroom.

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## DESCRIPTION OF CONTENTS

### 1. Introduction

1.1. Community Nutrition. Concept and functions. Objectives of a community nutrition program. Intervention strategies in community nutrition.

### 2. Nutritional Policy

2.1. Nutrition policies. Organizational structure of food policies. Elements that integrate nutrition policies. Intervention strategies. Planning, monitoring and evaluation.

### 3. Nutritional Epidemiology

3.1. Adequate intakes, and recommended dietary reference values. Recommended intake tables and benchmarks

3.2. Dietary habits and food preferences. Trends in food consumption. Factors influencing the dietary habits and assessment. Importance of studying food preferences.

3.3. Evaluation in community nutrition. Food consumption at national and household levels. Validity and accuracy. Advantages and disadvantages.

3.4. Information system and nutritional surveillance

### 4. Nutrition education

4.1. Planning and design of community nutrition programs. Steps in program planning. Methods of identifying problems and needs.

4.2. Evaluation of community nutrition programs.

4.3 Nutrition education performance in different activity fields.

4.4. Nutrition education in vulnerable groups.

### 5. Catering

5.1. Catering in children, school and university

5.2. Catering in nursing homes and social support at home

5.3. Catering in the workplace

**6. Dietary and nutritional advice**

6.1. Dietary and nutritional advice in primary care

**7. Food Industry**

7.1. Nutritional information and labeling. Utility and applications. Nutrition and health claims.

**8. Laboratory class**

8.1. Data search in community nutrition. Interpretation and validity.

8.2. Study of food consumption. Estimated intake

8.3. Design and planning of nutritional intervention programs

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theory classes	42,00	100
Computer classroom practice	10,00	100
Seminars	2,00	100
Tutorials	2,00	100
Development of group work	10,00	0
Development of individual work	10,00	0
Study and independent work	15,00	0
Readings supplementary material	5,00	0
Preparation of evaluation activities	10,00	0
Preparing lectures	10,00	0
Preparation of practical classes and problem	12,00	0
Resolution of case studies	8,00	0
Resolution of online questionnaires	10,00	0
<b>TOTAL</b>	<b>146,00</b>	

**TEACHING METHODOLOGY**

The development of the course is structured in:

**theory classes:** carried out in weekly sessions of one hour. In total 42 sessions of an hour are necessary to cover this facet teaching. Master class will basically be used in theory classes. The teacher will present the most relevant content on the subject, using audiovisual media necessary for quick and consistent development of the same. The teacher will leave accessible in advance on the platform of teaching "Virtual Classroom", the necessary material support for proper follow-up of theory classes. The





theoretical classes enable notably the acquisition of knowledge, and to a lesser extent contribute to the acquisition of procedures and attitudes. The Professor will monitor the assistance to them.

**Practical laboratory sessions:** are compulsory. Carried out in two sessions of 4.5 hours. During the session will have to make a script of the "Notebook of practices" sessions, with a short theoretical introduction of them and the detailed protocol. During each session students will have to fill the practice workbook, including chemical reactions and the mathematical calculations needed to obtain the results and the final solution. The notebook of practices will be delivered during the week following the completion of the practices and will be corrected by the teacher. The most representative calculations made previously by the student in their time of study will be reviewed during classes. Practical classes contribute primarily to the acquisition of skills, and to a lesser extent to the attitudes and knowledge.

**Seminars:** Are compulsory for students who are enrolled and completion. They must be prepared in groups of 4 or 5 students, each of which will present a topic to be held during the seminar (20-minute oral presentation and written work). The exhibitions will be held in 2 days of seminars. Concerning the seminar dates and deadlines appear published on Virtual Classroom of the subject in advance. Students will find a presentation, which will consist of a script, a schematic synapses of the contents and a bibliography which the student can use basis to carry out the work in the virtual classroom. The work shall be submitted in electronic format and on paper guardian and shall consist of the following documents: to) the work of the submission should be an extension between 10 and 20 pages, and a bibliography which will enable, if students want deeper into the subject. (b) Presentación provided in PowerPoint. The work will be publicly showcased during the seminars. In the exhibition they must actively participate all members of the group. At the end it will engage a discussion involving all participants in the seminar. The assessment of this activity will cover both the scientific contents treated as the way in which they have been submitted, particularly assessing the ability of communication and transmission of ideas and concepts, as well as the ability to join a working group.

**Tutorials:** Are compulsory attendance i students will come to them in organized groups and will be in total 2 evenly distributed at the beginning, middle and end of the semester. The duration of these tutorials will be 1 hour. In them, Professor will evaluate the learning process of students in a global manner and guide students on the methods of work more useful for the resolution of problems that might arise. Equally, the tutorials will serve to resolve all doubts that have been able to arise over the theoretical and practical classes.

**Tasks:** throughout the course the student will arise a number of practical issues and problems

## EVALUATION

Pursuant to the subject of Dietetics, the evaluation of the learning of knowledge, competences and skills shall be effected in the form of assessment continued throughout the course. Shall be considered as assessable parameters:

a) realization of memories individual and/or collective exercises relating to various activities in classroom, classroom computer and in the laboratory, which will evaluate the acquisition of skills and attitudes defined ad hoc for the matter, as well as the work carried out by the student and the apprehension of procedures and basic concepts,



- b) paper written in which will assess the degree of knowledge of theoretical concepts and procedures submitted
- c) attitude of the student (valuable from the collective and individual tutorials, practical classes and seminars displayed and discussed in the classroom),
- d) tasks and problems, and e) attendance.

The evaluation will be distributed as follows:

- acquisition of theoretical concepts and written tests.
- Practical sessions and case studies will contribute to the final note, considering the following points in its evaluation: student attitude, preparation of reports and reports and written tests.
- Preparation of seminars: written work and exhibition (will evaluate the scientific content of the work, and the ability of exhibition and debate with professors and classmates) and capacity for integration in the working group.

The evaluation of the learning of knowledge and skills gained by the students, will be continuously throughout the course. An assessment of the attitude, result from direct contact with the students during the classes of theory, seminar and tutorials, with an assessment of the knowledge acquired from resolution of issues in writing and in class, work and seminars carried out by the students, and tests for review will be combined.

**To adopt the subject it is necessary to have obtained a minimum of 5 on 10 and adopt score separately each of the parties, following the quoted criterion.**

**Evaluation of the theoretical content** and the realization of practical issues: the outcome of this evaluation will be 7.5 points in the final grade for the course.

**Evaluation of tutorial and tasks:** the tutoring will qualify with 0.5 points. This rating will take into account the resolution of the proposed tasks and assistance.

**Evaluation of the laboratory practical classes:** the qualification obtained from this evaluation will be 1.0 point in the final grade of the course. Practical classes will be assessed through attitude and demonstrated aptitude, the correction of laboratory notebooks.

Will evaluate the laboratory work by monitoring the work of the same, the ability to solve the experimental problems encountered and the ability to perform detailed and well organized reports of experimental results. And, implementation, presentation and discussion of individual and collective reports on issues related to the contents explained in class. It will assess the level of understanding of content and skills for presentation and discussion.



**Evaluation of the seminar:** The seminar will contribute a maximum of 1.0 point to the final of this subject. It will assess the interdisciplinary work, both the scientific content of the work, as the work of preparing the same and the ability to publicly expose and discuss with the teacher and peers as well as their integration into the group. It will also consider assistance to them.

In the event that the student surpasses tutorials and seminars, but do not make the theory or practical test, the rating will **not Presented**.

In the case of failing the course in the **first call** will save the mark obtained in interdisciplinary work, practical classes and tutorials to the second call.

In the case of failing the course in second call, the **labs** should not be repeated during the two years following.

For the **seminars**, students will keep repeating the semester grade and course during the academic year in which he performed and 2 years later. Elapsed this period, the student must take back the workshops that apply. This does not exempt to attend seminars conducted by their classmates.

## REFERENCES

### Basic

- Aranceta J. Nutrición comuntaria. 2ª ed, Masson. Barcelona. 2001
- Food and Nutrition Board NRC (National Research Council) Recommended Dietary Allowances, 10 ed Washington DC Nacional Academy Press, 1989
- Martinez JA, Astiarán I y Madrigal H. alimentación y Salud Pública, 2ª ed. McGraw-Hill/interamericana. Madrid. 2002
- Mataix J Quiles JL Rodríguez Huertas J. Aporte de grasa. En Guías alimentarias para la población Española. Madrid Soc Esp Nut Comunitaria (SENC) 2001, 231-237
- Martí-Henneberg C, Capdevilla F Ingesta alimentaria y nutricional de niños y adolescentes en España En Tojo Ed Tratado de Nutrición Pediátrica Barcelona Doyma 2001, 5, 57-71
- Serra L, Aranceta J Objetivos nutricionales para la población española. Consenso de la Sociedad Española de Nutrición Comunitaria. En: Guías Alimentarias para la población española. Madrid .Sociedad Española de Nutrición Comunitaria (SENC) 2001, 345-351.
- Serra L, Ribas L, Román B. Recomendaciones sobre la ingesta de hidratos de carbono en la población española. En: Guías alimentarias para la población española Madrid Sociedad Española de Nutrición Comunitaria (SENC) 2001, 239-248
- Serra L, Aranceta J Nutrición y Salud Pública. 2ª ed. Masson. Barcelona. 2006
- Soriano JM. Nutrición Básica humana. S Publicaciones Univ de Valencia. Valencia. 2006





- Sociedad Española de Nutrición Comunitaria. Documento de Consenso: Guías Alimentarias para la población española. SG. Editores. Barcelona 1995

#### **Additional**

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- [senba@retemail.es](mailto:senba@retemail.es) Sociedad Española de Nutrición Básica y Aplicada
- [unitariwww.nutricioncoma.com](http://unitariwww.nutricioncoma.com) Sociedad Española de Nutrición Comunitaria SENC