

26224 - Public Health and Diet

Información del Plan Docente

Academic Year	2016/17
Academic center	105 - Facultad de Veterinaria
Degree	294 - Degree in Food Science and Technology
ECTS	6.0
Course	3
Period	First semester
Subject Type	Compulsory
Module	---

1. Basic info

1.1. Recommendations to take this course

1.2. Activities and key dates for the course

2. Initiation

2.1. Learning outcomes that define the subject

2.2. Introduction

3. Context and competences

3.1. Goals

3.2. Context and meaning of the subject in the degree

3.3. Competences

3.4. Importance of learning outcomes

4. Evaluation

5. Activities and resources

5.1. General methodological presentation

The process of learning designed for this subject is based on:

The subject is structured in 40 lectures/workshops and 20 hours of group practical sessions.

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Sometimes, materials will be in English for students to have a glossary of technical terms related to the subject.

During academic lessons, both the learning activities corresponding to the agenda of the subject and the oral presentation of group works will be developed.

The practical sessions will take 4 hours and be organized as follows: 6 hours developing health indicators and problems of nutritional epidemiology, where the student will handle useful tools in the data analysis (Excel spreadsheets and programs for epidemiological analysis), and 14 hours working with web pages, scientific articles and reports and health promotion materials which will allow the student to integrate and critically evaluate the information obtained for the elaboration of the group work. The professor will initially present all the steps and guidelines to be followed in the elaboration of this work, will supervise the activity of each group during practical sessions and will offer students the tutoring needed.

Teaching materials for the course (teaching guide, lecture notes, supporting materials, recommended bibliography, relevant webs, information about complementary activities, practices notebooks) will be available in the Anillo Digital Docente (ADD) of the University of Zaragoza.

5.2.Learning activities

In order to help the student to get the results expected, he/she is offered a programme of activities that includes...

1 Lectures/workshops: (4 total ECTS of which 1,6 are face-to-face). 40 hours face-to-face.

During the lectures, several voluntary participation activities contributing to the final mark of the subject will be held. All modules will be introduced by the professor through a brief exposition of the theoretical contents. Discussion of different graphics, images, news and documentaries related to the topic will be held. Student participation in activities involving reflection and/or search for information on the subject will also be promoted. Some of these tasks will be solved in group. Students will be trained to be able to perform a critical reading of a scientific article, and an activity to implement these concepts will be developed.

2 Practical sessions : (2 total ECTS of which 0,8 are face-to-face). 20 hours face-to-face. Sessions take place in the computer room.

5.3.Program

List of contents:

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Module 1 : Introduction to public health and food 0,5 ECTS

- 1- The concept of health. Determinants of individual and collective health.
- 2- Historical evolution and the present concept of Public Health.
- 3- The main health problems and its relation with the diet.

Module 2 : Methods in public health and food 1,8 ECTS

- 4- Measurement of the health level. Information systems and health indicators.
- 5- Nutritional epidemiology. Concept and applications. Epidemiological method. Types of studies. Descriptive epidemiology. Analytical epidemiology. Causality. Experimental or interventional studies.
- 6- Validity and precision in calculations in nutritional epidemiology. Statistical significance and confidence intervals. Random errors and systematic errors.
- 7- Systematic reviews and meta-analyses in studies on food and health. Food recommendations based on evidence.
- 8- Study of epidemiological outbreaks. Investigation and control measures.
- 9- Population evaluation of food consumption. Methods used in the collection of national, familiar and individual information. Food surveys.
- 10- Validity and reproducibility of dietetic evaluation methods.

Module 3 : Planning in the field of food habits 0,4 ECTS

- 11- Planning and programming in the field of health and food. Nutritional policies.
- 12- Diet habits and food consumption in Spain. Current situation.

Module 4 : Promotion of health and food 0,4 ECTS

- 13- Preventive activities and promotion of health. Educating for healthier diet habits.

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14- Social marketing and food. Education for consumption. The role of different agents: producers, restaurateurs and consumers.

Module 5 : Diet and health problems 0,7 ECTS

15- Nutritional and metabolic diseases with a higher prevalence in our society.

16- Diet and cardiovascular diseases.

17- Diet and cancer.

Module 6 : Food safety 0,2 ECTS

18- Food safety. Present approach. Systems for detection of food-related health risks. Epidemiological surveillance on food and health. Systems of food alerts.

Practical sessions :

Development of health indicators and solving of problems of nutritional epidemiology. 0,6 ECTS

- Measurement of the level of health: Elaboration and use of indicators
- Descriptive epidemiological studies
- Analytic epidemiological studies
- Studies on foodborne outbreaks

Consultation and evaluation of web pages of interest in public health and food.

0,3 ECTS

Review of scientific literature related to public health and food.

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0,3 ECTS

Application of knowledge and tools learned during the theoretical-practical sessions in the elaboration of the group work: global intervention in the presence of a public health problem related to diet.

0,8 ECTS

5.4.Planning and scheduling

The planning of the subject is described in detail, along with those of the other subjects in the third course in the Degree on CTA, on the website of the Faculty of Veterinary (link: <http://veterinaria.unizar.es/gradocta/>). This link will be updated at the beginning of each academic year. Moreover, the calendar with the key dates of the subject will also be available in the ADD.

Lectures begin in September and continue through January. They will be held in the hall of the Central Building assigned by the Centre. The sessions for oral presentation of the group works, as well as the delivery date of complementary activities included in the system of continuous evaluation, will be scheduled throughout the year.

The groups composition and schedule for practical classes will be coordinated by the Centre. They will take place in the computer room reserved.

Office hours will be previously agreed with the professor responsible for the subject

5.5.Bibliography and recommended resources

<http://psfunizar7.unizar.es/br13/egAsignaturas.php?codigo=26224&Identificador=12143>