



**Children's University**  
**School of Nutrition and Health**  
**Department of Home Science**  
**Gandhinagar**

**ACADEMIC  
 YEAR  
 2020-2021**

**M.Sc. - FN**

<b>Year</b>	<b>II</b>	<b>Course Type: Core Compulsory</b>	<b>Credits</b>	<b>4</b>
		<b>Course No: CCFN 301</b>		
		<b>Course Title: Public Health And Nutrition</b>		
<b>Semester</b>	<b>III</b>		<b>Hours/wk</b>	<b>4</b>
<b>Objectives</b>		<ol style="list-style-type: none"> <li>1. To associate with an existing nutrition health program in the community and conduct situational analysis of the existing program and plan relevant interventions and actions.</li> <li>2. To explain the significance of nutritional anthropometry,</li> <li>3. To discuss various methods of anthropometric classification, and</li> <li>4. To carry out some of the nutritional anthropometric methods</li> <li>5. To understand the condition of severe-acute malnutrition (SAM) and its management</li> </ol>		
<b>COURSE CONTENT / SYLLABUS - THEORY</b>				
<b>Unit I</b>	<b>Community Nutrition Understanding Public Nutrition Problems and Programmes</b> <ul style="list-style-type: none"> <li>• Concept</li> <li>• Scope</li> <li>• Role of Public Nutritionists in Health Care Delivery</li> <li>• Nutritional problems in India               <ul style="list-style-type: none"> <li>• Anemia,</li> <li>• vitamin A- deficiency,</li> <li>• PEM,</li> <li>• goiter,</li> </ul> </li> <li>• Government programmes for prevention               <ul style="list-style-type: none"> <li>• National Nutrition Mission</li> <li>• NIPI</li> <li>• Vit-A prophylaxes programme</li> <li>• Goiter control programme</li> </ul> </li> </ul>			

<p><b>Unit II</b></p>	<p><b>Assessment of Nutritional Status –1</b></p> <ul style="list-style-type: none"> <li>● Goals and Objectives</li> <li>● Methods of Nutritional Assessment <ul style="list-style-type: none"> <li>• Indirect Assessment of Nutritional Status</li> <li>• Direct Assessment of Nutritional Status</li> </ul> </li> <li>● Nutritional Anthropometry <ul style="list-style-type: none"> <li>• Uses of Anthropometry</li> <li>• Common Measurements Used in Nutritional Anthropometry</li> <li>• Methods of Assessing Nutritional Status in Individuals</li> <li>• Determination of Nutritional Status using MUAC</li> <li>• Determination of Nutritional Status using Weight and Height</li> <li>• Methods of Assessment of Nutritional Status of Community</li> <li>• Functional indicators such as grip strength, respiratory fitness, Harvard Step test, squatting test.</li> </ul> </li> </ul>
<p><b>Unit III</b></p>	<p><b>Assessment of Nutritional Status –2</b></p> <ul style="list-style-type: none"> <li>● Clinical Assessment <ul style="list-style-type: none"> <li>• Training and Standardization</li> <li>• Clinical Signs of Nutritional Disorders</li> </ul> </li> <li>● Biochemical Assessment <ul style="list-style-type: none"> <li>• Biochemical Tests-An Overview</li> <li>• Biochemical Tests for Nutritional Deficiencies</li> </ul> </li> <li>● Dietary Assessment <ul style="list-style-type: none"> <li>• Family Diet Survey</li> <li>• Assessment of Dietary Intakes of Individuals</li> <li>• Qualitative Diet Surveys</li> <li>• Institutional Diet Surveys</li> <li>• Food Balance Sheets (FBS)</li> </ul> </li> </ul>
<p><b>Unit IV</b></p>	<p><b>Sever Acute Malnutrition (SAM) And MAM and its Management</b></p> <ul style="list-style-type: none"> <li>● Severe Acute Malnutrition (SAM) Moderate Acute Malnutrition (MAM)– prevalence and causes in India <ul style="list-style-type: none"> <li>• Indicators of SAM and MAM</li> <li>• Selective feeding programme guidelines.</li> <li>• Management strategies for addressing SAM -complicated and uncomplicated cases including home based care</li> </ul> </li> <li>● Monitoring of SAM and its treatment <ul style="list-style-type: none"> <li>• A critique of various control strategies for SAM in national programs –</li> <li>• Child Malnutrition Treatment Centres CMTC</li> <li>• Nutrition rehabilitation centres (NRC )in Gujarat)</li> </ul> </li> </ul>
<p><b>References</b></p>	
<ol style="list-style-type: none"> <li>1. National guidelines and consensus on Management of SAM-2014</li> <li>2. Community based Management of children with severe acute malnutrition,</li> <li>3. Operational &amp; Technical guidelines, Ministry of health &amp; Family Welfare,Nirman</li> <li>4. Gujarat State Nutrition Policy, Govt of Gujarat, Gandhinagar, 2003</li> <li>5. National Family Health Surveys, IIPS and Macro International, 2005-2006</li> </ol>	

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7. Nutrition & the Post – 2015 Development Agenda: Seizing the opportunity(2015), SCN News, No 41
8. Essential Nutrition Actions: Improving Maternal, Newborn, Infant & Young Child Nutrition, WHO 2013
9. Food and Nutrition Security, BY Dr. Seema Sankar Dorcas L. Essiamah
10. Mason, J.B., Habich, J.P., Tabatabai, H. and Valverde, V. (1984): Nutritional Surveillance, WHO.
11. Lee, R.D. and Nieman, D.C. (1993): Nutritional Assessment, Brown and Benchmark Publishers..
12. FAO Nutritional Studies No.4 (1953): Dietary Surveys: Their Technique and Interpretation, FAO.
13. Bingham, S.A. (1987): The Dietary Assessment of Individuals, Methods, Accuracy, new Techniques and Recommendations. Nutrition Abstracts and Reviews, 57: 705-743.
14. Collins, K.J. (Ed.)(1990) handbook of Methods for the Measurement of work performance, Physical Fitness and Energy Expenditure in Tropical Populations. International Union of Biological Sciences.
15. Lohman, T.G.; Roche, A.F.; and Martorell, R. (Ed.) Anthropometric Standardization Reference manual, Human kinetics Books, Illinois.