



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

**ACADEMIC
 YEAR
 2020-2021**

P.G.Diploma in Nutrition and Dietetics

Year	1	Course Type: Core Compulsory Course No: NDC 201 Course Title: Community Nutrition	Credits	4
Semester	II		Hours/wk	4
Objectives		<ol style="list-style-type: none"> 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. 2. To explain the significance of nutritional anthropometry, 3. To discuss various methods of anthropometric classification, and 4. To carry out some of the nutritional anthropometric methods 5. To understand the condition of severe-acute malnutrition (SAM) and its management 		
COURSE CONTENT / SYLLABUS - THEORY				
Unit I	Community Nutrition Understanding Public Nutrition Problems and Programmes <ul style="list-style-type: none"> • Concept • Scope • Role of Public Nutritionists in Health Care Delivery • Nutritional problems in India <ul style="list-style-type: none"> • Anemia, • vitamin A- deficiency, • PEM, • goiter, • Government programmes for prevention <ul style="list-style-type: none"> • National Nutrition Mission • NIPI • Vit-A prophylaxes programme • Goiter control programme 			

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

6. Global Nutrition report (Latest)
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.