

COURSE SYLLABUS

(1) GENERAL

SCHOOL	HEALTH SCIENCES MANAGEMENT AND ECONOMICS SCIENCES		
DEPARTMENTS	<ul style="list-style-type: none"> ▪ SOCIAL WORK ▪ NUTRITION AND DIETETICS SCIENCES ▪ BUSINESS ADMINISTRATION AND TOURISM 		
LEVEL OF STUDY	GRADUATE		
COURSE CODE	CDDA-B06	SEMESTER	B
COURSE TITLE	Evidence-Based Public Health Nutrition		
INDEPENDENT TEACHING ACTIVITIES	TEACHING HOURS WEEKLY	CREDIT UNITS (ECTS)	
Lectures	39	7.5	
COURSE TYPE	Specialization		
PREREQUISITE COURSES:	No		
LANGUAGE OF TEACHING and EXAMINATIONS:	Greek		
THE COURSE IS OFFERED TO ERASMUS STUDENTS	No		
COURSE WEBSITE (URL)	https://eclass.hmu.gr/courses/SW355/		

(2) LEARNING OUTCOMES

Learning Outcomes
<p>Knowledge</p> <ul style="list-style-type: none"> ▪ Understanding concepts and terminology in public health and nutrition ▪ Knowledge of the effects of low nutritional quality on health ▪ Knowledge of the application of metabolomics to public health ▪ Understanding and evaluation of scientific evidence on chronic disease issues <p>Skills</p> <ul style="list-style-type: none"> ▪ creating actions to promote public health and healthy nutrition <p>Abilities</p> <ul style="list-style-type: none"> ▪ critical examination of challenges to public health and nutrition ▪ critical examination and analysis of the scientific literature regarding the evaluations and effectiveness of public health and nutrition actions
General Skills
<ul style="list-style-type: none"> ● Search, analysis and synthesis of data and information using the necessary technologies ● Generating new research ideas ● Exercise criticism and self-criticism ● Promotion of free, creative and inductive thinking ● Respect for diversity and multiculturalism ● Respect for the natural environment

(3) COURSE CONTENT

<p>PURPOSE:</p> <p>The purpose of the course is to provide students with appropriate knowledge for a better understanding of the role of nutrition in public health and in the general context of promoting and safeguarding the health of the population. The course provides relevant knowledge and equips students with skills and critical thinking regarding methodological issues, such as epidemiological tools and measurement error, which are relevant to the study of associations</p>
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between dietary components and disease, and presents the latest epidemiological findings on nutrition and chronic and metabolic diseases.

CONTENT

- Nutrition and Public Health
- Mediterranean diet and its effect on well-being and mental health
- Functional foods and their role in promoting public health
- Metabolomics and nutritional science research (part 1)
- Metabolomics and nutritional science research (part 2)
- Metabolomics in nutritional science research: application and examples of epidemiological studies (part 1)
- Metabolomics in nutritional science research: application and examples of epidemiological studies (part 2)
- Prevention and treatment of obesity and diabetes: feasibility, effectiveness and implementation research
- Cancer epidemiology and prevention (learning lab) part 1
- Cancer epidemiology and prevention (learning lab) part 2
- From the epidemiological findings to the formulation and implementation of nutritional policy
- Mediterranean diet and its effect on well-being and mental health (part 2)
- The importance of human body composition in the nutritional assessment of children and adults in epidemiological studies

(4) TEACHING and LEARNING METHODS - EVALUATION

METHOD OF DELIVERY	Face-to-face, distance learning	
USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES	Use of PowerPoint and of e-class learning management system are complementary for asynchronous support of the learning process.	
TEACHING ORGANIZATION	Activity	Semester Workload
	Lectures and Interactive teaching	39
	Study and analysis of articles - bibliography - Independent Study	149
	Total Course	188
STUDENT EVALUATION	Final written exam. The final written exam topics will be a combination of multiple choice, true/false and short development questions. The evaluation will be done in the Greek language.	

(5) RECOMMENDED-BIBLIOGRAPHY

- Suggested Bibliography:

Judith L. Buttriss, Ailsa A. Welch, John M. Kearney, Susan A. Lanham-New. Public Health Nutrition, 2nd Edition. 2017, Wiley-Blackwell.

Willett W. Nutritional Epidemiology. 2013, Oxford University Press.

-Related scientific journals:

Public Health Nutrition

- Nutrition
- Nutrients
- International Journal of Epidemiology