

BES322 Nutrition Problems and Epidemiology in Society

Faculty of Health Sciences- Compulsory course

Credit: 3 ECTS: 3



Course Description: This course explores the intersection of nutrition problems and epidemiology within society, providing students with a comprehensive understanding of the impact of dietary patterns, lifestyle choices, and public health interventions on population health. Emphasizing the importance of sustainability, the course analyzes the ecological and social dimensions of nutrition-related challenges, equipping students with the knowledge to address these issues in a holistic and environmentally responsible manner.

Course Outcomes:

- Evaluate the impact of dietary patterns on health disparities and environmental sustainability.
- Analyze global nutrition challenges through an epidemiological lens, incorporating sustainable agriculture and food systems considerations.
- Design evidence-based, sustainable public health interventions to address nutrition-related issues.
- Interpret epidemiological data on nutrition, drawing connections between research outcomes, public health policies, and sustainable practices.
- Examine the influence of policies on dietary habits, emphasizing the promotion of sustainable practices for societal well-being.
- Integrate sustainability principles into nutritional recommendations, recognizing the interconnectedness of human and planetary well-being.
- Communicate effectively on nutrition and epidemiological issues, emphasizing the importance of sustainable practices for public health outcomes.
- Critically assess the ethical implications of nutrition interventions, considering social justice, cultural diversity, and environmental sustainability.
- Collaborate in interdisciplinary approaches to nutrition challenges, integrating knowledge from epidemiology, nutrition science, and sustainability studies.
- Propose innovative and sustainable solutions to address emerging nutrition challenges, promoting health equity and environmental responsibility.