

ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD
(Department of Home & Health Sciences)

Course: Community Nutrition (862)
Level: Post Graduate

Credit Hours 3(2+1)
Semester: Autumn, 2013

CONTENT LIST

1. Course Book (Unit 1-9)
2. Theory Assignments one
3. Practical assignment one
4. Assignments Forms six
5. Schedule for submitting the assignments and tutorial meetings.
6. Student guide

Note: If any one item of the above mentioned content list is missing from your study pack, kindly contact;

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ALLAMA IQBAL OPEN UNIVERSITY, ISLAMABAD
(Department of Home & Health Sciences)

WARNING

1. **PLAGIARISM OR HIRING OF GHOST WRITER(S) FOR SOLVING THE ASSIGNMENT/S WILL DEBAR THE STUDENT FROM AWARD OF DEGREE/CERTIFICATE, IF FOUND AT ANY STAGE.**
2. **SUBMITTING ASSIGNMENTS BORROWED OR STOLEN FROM OTHER(S) AS ONE'S OWN, WILL BE PENALIZED AS DEFINED IN "AIOU PLAGIARISM POLICY".**

Community Nutrition (862)
Credit Hours: 3(2+1)

Semester: Autumn, 2013
Total Marks: 100
Pass Marks: 40

ASSIGNMENT No .1
(Unit 1-7)

- Q. 1 a) Differentiate between historic and modern Epidemiology. **(08)**
b) Establish link between eating behavior and chronic disease. **(08)**
- Q. 2 a) Critically analyze the advantages and disadvantages of community based health surveys. **(08)**
b) Describe Food Guidance Pyramids for normal adults. **(08)**
- Q. 3 Enumerate the requirements for conducting community nutrition research. Discuss the issues encountered by community researchers. **(16)**
- Q. 4 What is food insecurity situation in Pakistan? Discuss the role of food assistances programs in alleviating this insecurity. **(16)**
- Q. 5 Differentiate between communicable and non-communicable diseases. How can you prevent these diseases as community nutritionist? **(16)**
- Q. 6 Write short on the following: **(4 x 5=20)**
- a) Nutrition policy
 - b) Nutritional risk of HIV positive children
 - c) Risk factors in cardiovascular diseases
 - d) Causes of high mortality rate among infants in Pakistan

ASSIGNMENT No. 2

Total Marks: 100

Instructions

1. This is a research based assignment. You have to prepare/submit a research report in the workshop prior to the final examination.
2. The workshop component is mandatory for all the students. Schedule for the workshop will be forwarded earlier.
3. You have to select any topic of your own choice for preparation of this assignment but make sure that the topic relates to the place/province of your residence. This will help you to conduct survey/observation related to your own community.
4. You are supposed to present and discuss this assignment in the presence of resource person and the course mates in the workshop, therefore transparencies, charts, power point presentation or any other illustrative presentation may be prepared.
5. You have been advised to review the literature according to the selected topic. If you need any guidance you may contact your tutor or the Department of Home & Health Sciences AIOU, Islamabad.
6. Minimum number of respondents/subject to be included in the study must not be less than **fifty**.
7. The report should be prepared according to the following format:
 1. Title/Topic
 2. Introduction to the topic selected for research
 3. Objectives of the study
 4. Literature review
 5. Methodology
 6. Result and Discussion
 7. Conclusion
 8. Recommendations
 9. References
 10. Appendices, if any
8. Prepare three copies of this assignment, one for yourself, one for tutor and the third for the department of Home and Health Sciences for record and future references.

Research Topics

1. Plan a community based integrated nutrition research project as a strategy to determine malnutrition and underlying causes of malnutrition among females.
2. Conduct a dietary survey among adolescents girls based on three days recall method. Calculate the nutrient intake with the help of food composition tables.
3. Conduct a dietary survey with special reference to iron rich foods among pregnant women and then compare with the standard RDA for iron recommended during pregnancy.

4. Select at least 50 obese patients according to the BMI criteria. Study their dietary pattern and discuss environmental and physiological determinants affecting their food intake regulation and energy imbalance.
 5. Study the prevalence of anemia in school going children by physical examination. Estimate hemoglobin to correlate with the physical findings.
 6. Study the feeding practices in relation to diarrhea among infants belonging to low socio economic group. Tabulate and discuss the causes of diarrhea among children. Give recommendations for life style modifications to prevent and control diarrhea.
 7. Select at least 30 families from an urban community. Study their food habits and then make comparative analysis of their food habits.
 8. Discuss malnutrition in children in relation to ignorance of mothers about nutritional and sanitary requirements of the family. Select at least 50 children of age group 4-10 years in your community for this purpose.
 9. Select adult male/female of 30-40 years from your community. Find out their nutritional status with the help of anthropometric measurements.
 10. Select at least 50 cardiac patients, study their dietary patterns with special reference to sodium restriction and restricted fat diet. Formulate a report based on your findings.
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Department of Home and Health Sciences

Course: COMMUNITY NUTRITION

Level: Post Graduate

Credit Hours: 3(2+1)

UNIT 1: EPIDEMIOLOGY – THE FOUNDATION OF COMMUNITY NUTRITION

- Epidemiology's Early History
- Modern Epidemiology
- Nutritional Epidemiology
- The Territory of Epidemiology – Principles and Application
- The Link Between Eating Behavior and Chronic Disease
- Research Directions

UNIT 2: NUTRITION IN PAKISTAN

- Population Change
- Food Guidance
- Eating Habits of Pakistani Families
- Nationwide Food Consumption
- Benefits and Disadvantages of Surveys
- Nutrient Information on Food Labels
- Research Needs
- Misinformation/Disinformation
- Fraud and Quackery

UNIT 3: PROFESSIONAL APPROACH TO COMMUNITY NUTRITION

- Avenues of Opportunity in Community Nutrition
- Motivation for Community Nutrition Research
- Requirements for Conducting Community Nutrition Research
- Important Issues Relevant to Community Nutrition Research
- Research Agenda
- Professional Skill Development

UNIT 4: WORKING WITH SPECIAL GROUPS IN A COMPLEX ENVIRONMENT

- Community Nutrition Professional and Diversity
- Working in a Multicultural Environment
- Preparing Information for and Counseling Multiethnic Groups
- Nutrition and HIV Infection
- Food Security
- Millennium Development Goals

UNIT 5: NUTRITION POLICY, HEALTH CARE REFORM, AND POPULATION – BASED CHANGE

- Healthcare Reform
- Public Policy
- Regulatory Activities
- Formulating Nutrition Policy
- Policy Elements in Nutrition
- Elements of Change

UNIT 6: PRIMARY PREVENTIONS OF DISEASE

- Infectious and Non-Communicable Diseases
- Bacteria and Food-Borne Illness
- Food Service Sanitation Procedures
- Control Procedures
- New Food-Borne Pathogens
- Preparing for Community Emergencies
- Hazard Analysis and Critical Control Points in Food Service

UNIT 7: FOUR PRIORITY AREAS FOR REDUCING FOOD-BORNE DISEASE

- Pesticides in Foods
- Food Safety Comes to the Media
- FDA's Strategic Priorities

UNIT 8: PREVENTING SINGLE AND CLUSTER DISEASES

- Introduction
- National Directives in the Light of Five Year Plan
- Approaches Available for Community Nutrition
- Interventions to Enhance Eating Behaviors
- Spectrum of Prevention: A Model for Public Health Planning

UNIT 9: PREVENTING NUTRITION LINK DISEASES

- Hunger Related Disorders
- Hidden Hunger Disorders
- National Directives (Five Year Plan)
- Interventions to Modify Eating Behavior
- Spectrum of Available Nutrients in Daily Pakistani Diet

Recommended Books:

- 1) Gail C. Frank, (2008) “Community Nutrition”, by Jones & Bartlett Publishers, Inc.
- 2) James F.MC Kenzie Robert R. Pinger James E. Kotechi (2005) An Introduction to Community Health, Published by Jones and Barlett
- 3) Community Nutrition. AIOU Compiled Material. C-code 862

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