

“Nutrition & Health in Developing Countries” (11:709:364)
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Description

This course will provide you with a through education in the physiological and socio-political issues surrounding nutrition in developing countries. We will explore the fundamental causes and consequences of nutrient and energy deficiencies as well as social and political issues that promote nutrition problems. In addition, we will study factors that influence famine and resources available to address food security at different levels.

Pre- and Co-requisites

The only prerequisite for this course is an Introductory Biology course that will allow you to better understand some of the physiology and pathology discussed.

Course Objectives

The overall objective of this course is to allow each student to successfully:

1. Demonstrate knowledge of nutrition and health issues in developing and transitional countries.
2. Demonstrate ability to critically evaluate a research paper on nutrition and health in developing countries.
3. Demonstrate knowledge of primary and secondary social and environmental factors that underlie dietary patterns and behavior in low-income communities.
4. Demonstrate the ability to analyze a current global event as it relates to nutrition and health problems.
5. Demonstrate the ability to integrate various disciplines as potential solutions to nutrition and health problems in developing countries by writing a critical analysis of specific topics.

Required Readings

Readings will be assigned for each unit and include a variety of book chapters, research papers, newspaper articles, and policy reports.

Class Schedule

Week 1 (7/7-13/7)

Class Activities for Online Units 1 and 2

- Introductions / Orientation
- Syllabus Review
- Introductions discussion
- Readings and videos on global nutrition and health
- Discussions on key topics
- Assessment of material covered

Unit 1: Introduction to Global Health

Objective: To develop an understanding of the main issues related to global health, such as population differences in mortality, nutritional deficiencies, and food policy.

Readings: TBD

Unit 2: Global Nutrition Part 1

Objective: To understand how maternal nutrition influences both maternal health and the growth of a fetus with a special emphasis on growth during early childhood.

Readings: TBD

What's Due:

- Threaded discussion for Unit 1, post and reply by 10 July
- Assessment by 10 July
- Threaded discussion for Unit 2, post and reply by 13 July
- Assessment by 13 July

Week 2

Global Nutrition Part 2

- 5 FF Growth
- 6 FF Undernutrition
- 7 FF Famine
- 8 FF EXAM

Week 3

Online Unit 4: Deficiencies

- 9 H Iron and Zinc Deficiency
- 10 H Iodine Deficiency

Online Unit 5: Monitoring

- 11 H Nutrition Monitoring
- 12 H Problems in nutrition monitoring

Week 4

Global Nutrition Part 3

- 13 FF Nutrition Transition
- 14 FF Food Policy
- 15 FF Research in international nutrition
- 16 FF Research in international nutrition

Week 5

Online Unit 5: Case studies

- 17 H Developmental origins of adult health & disease
- 18 H Food aid and assistance
- 19 H Micronutrient supplementation
- 20 H Research in global health
- 21 FF Presentations
- 22 FF Presentations
- 23 FF EXAM