

Done in final

## Module specification

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Module code	NAD 503
Module title	Population and Public Health Nutrition
Level	5
Credit value	20
Faculty	Social and Life Sciences
HECoS Code	100744
Cost Code	GADT

### Programmes in which module to be offered

Programme title	Is the module core or option for this programme
BSc (Hons) Nutrition and Dietetics	Core

### Pre-requisites

N/A

### Breakdown of module hours

Learning and teaching hours	30 hrs
Placement tutor support	0 hrs
Supervised learning e.g. practical classes, workshops	0 hrs
Project supervision (level 6 projects and dissertation modules only)	0 hrs
<b>Total active learning and teaching hours</b>	<b>30 hrs</b>
Placement / work based learning	0 hrs
Guided independent study	170 hrs
<b>Module duration (total hours)</b>	<b>200 hrs</b>

<b>For office use only</b>	
Initial approval date	31/8/22
With effect from date	September 2023
Date and details of revision	

<b>For office use only</b>	
Version number	1

## Module aims

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This module aims to help students develop a deeper understanding of the role of nutrition in population and public health. Students will discuss and critically analyse public health strategy and consider the role of dietetics within this. Additionally students will develop skills in health promotion through theoretical study and analysis and practical application.

## Module Learning Outcomes - at the end of this module, students will be able to:

1	Demonstrate a critical appreciation of public health nutrition strategy, policy, planning, and interventions including the measurement and interpretation of nutrition and health targets at the local, national and international level
2	Examine and explain the role of nutrition in the public health agenda using epidemiology, and the impact of risk evaluation on clinical and public health decision making
3	Evaluate the concept of health promotion within the context of public health and health education, comparing and contrasting it with bio-medical and socio-environmental health models
4	Appraise primary prevention strategies in relation to clinical dietetic and public health nutrition practice.

## Assessment

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Indicative Assessment Tasks:

This section outlines the type of assessment task the student will be expected to complete as part of the module. More details will be made available in the relevant academic year module handbook.

**Assessment 1:** Group-based health promotion activity. Students will plan a health promotion/public health intervention in accordance with established methods ( including needs assessment; determining priorities; setting aims and objectives; selection of methods and resources; evaluation)

Assessment number	Learning Outcomes to be met	Type of assessment	Weighting (%)
1	1-4	Presentation	100%

## **Derogations**

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A minimum grade of 40% must be achieved in all assessment components in order to pass the module and then progress to level 6.

## **Learning and Teaching Strategies**

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The Active Learning Framework (ALF) will be utilised in the delivery of this module through synchronous and asynchronous content. It will consist of lectures, seminars, interactive online content, practical demonstrations and activities. Practical sessions provide the opportunity to gain experience with different population groups across a range of settings and will support lectures, enabling students to develop applied skills and foster creativity and innovation through the sharing of ideas.

## **Indicative Syllabus Outline**

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The module will cover the following indicative content:

Organisation of local government, health and social care in the UK, including policies which impact on health outcomes

The role of nutrition in disease prevention, health protection, health improvement, and public health care and wider determinants of health and disease

Health promotion theory ( including the settings approach, workforce wellbeing, e-health, health promotion planning)

Reducing inequity though healthcare and ethical considerations of care

Theory and application of the model and process of nutrition and dietetic practice in the context of population and community settings

Factors and theories influencing food choices and the psychology of behaviour change and the practical application of these for both individual and group interventions

Theories of learning and pedagogy and communication principles and how to use to effect nutritional outcomes with individuals, groups and communities

Dietary assessment and evidence based planning to implement and evaluate interventions for both person-, community- and population-centred health care

Planning for community and population-centred health care interventions, including project management and leadership requirements.

Translation of nutrition guidelines to enable the empowerment of individuals and communities/groups to make informed choices.

Disseminating findings of evaluation and research with dietitians and other stakeholders to improve care and dietetic practice

Assessing evidence quality and applying it to healthcare problems ( including an overview of key research methodologies in public health – both quantitative and qualitative).

## **Indicative Bibliography:**

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Please note the essential reads and other indicative reading are subject to annual review and update.

### **Essential Reads**

Buttriss, J.L., Welch, A.A., Kearney, J.M. and Lanham-New, S.A. (2017). *Public Health Nutrition*. 2nd ed. London: Wiley-Blackwell.

Langley-Evans, S. (2021). *Nutrition, Health and Disease: A Lifespan Approach*. 3rd ed. London: Wiley-Blackwell.

### **Other indicative reading**

Bartley, M. (2016). *Health Inequality: An Introduction to Concepts, Theories and Methods*. 2nd ed. Cambridge: Polity Press.

Kawachi, I., Lang, I. and Ricciardi, W. (2020). *Oxford Handbook of Public Health Practice*. 4th ed. Oxford: OUP Oxford.

Wills, J. (2022), *Foundations for Health Promotion*. 5th ed. Amsterdam: Elsevier.

## **Employability skills – the Glyndŵr Graduate**

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Each module and programme is designed to cover core Glyndŵr Graduate Attributes with the aim that each Graduate will leave Glyndŵr having achieved key employability skills as part of their study. The following attributes will be covered within this module either through the content or as part of the assessment. The programme is designed to cover all attributes and each module may cover different areas.

### **Core Attributes**

Engaged  
Creative  
Ethical

### **Key Attitudes**

Commitment  
Curiosity  
Resilience  
Confidence  
Adaptability

### **Practical Skillsets**

Digital Fluency  
Organisation  
Critical Thinking  
Emotional Intelligence  
Communication