

## **Nutritional Assessment**

### **University description**

This course will introduce descriptive epidemiology of major nutrition-related problems, as well as measurement and methodological issues in public health practice. A range of nutritional assessment methods (dietary, anthropometric and biochemical) used in public health practice and research will be examined in detail. You will gain practical skills in a range of dietary and anthropometric assessment methods and an awareness of the advantages and limitations of different nutritional assessment methods. You will be able to choose appropriate methods for specific applications and appropriate approaches to analysis and interpretation of nutritional assessment data. You will also gain skills in the critical interpretation of nutrition survey reports and in comparing nutrition data from different sources. Examples will be provided throughout the course based on developed and developing countries.

### **Recommended Pre-requisites**

Uni of Queensland: NUTR 2001 Nutrition in Practice in developed and developing countries, or equivalent: PUBH7001 Introduction to Epidemiology, or equivalent.

*Other students: - Intro to Epidemiology or similar*

### **Potential Integration with other PHN Subjects**

Applied Nutritional Epidemiology (Menzies School of Health Research): would be a suitable follow-up to this topic.

### **APHNAC Peer Review Summary**

The topic focuses on particular Public Health Nutrition priorities such as assessment of food, nutrition and dietary intake and status in individuals and population, with a strong focus on a developing country context. Learning objectives and content have excellent breadth and the content on monitoring and surveillance, food & nutrition systems, and evidence based practice is covered in most depth. Teaching and learning strategies to encourage collaborative learning are highly appropriate for distance learning. Whilst the design of a national nutritional status survey as an assessment requirement is a good test of higher order skills, there is scope for further application of nutritional assessment methods.

### *Suitability*

The course was deemed suitable for: epidemiologists wishing to incorporate nutritional assessment into their studies (although the course covers some basic epidemiology), or international public health students needing a grounding in nutritional assessment methods in their home countries. It is *most suitable* for non-nutritionists or people with no previous exposure in nutritional assessment.

### *Category*

This course was deemed to be an introductory course on Nutritional Assessment.

### **Topic Coordinator:**

Dr Terry Coyne, University of Queensland