Module Title **Nutritional Epidemiology** **Keywords** Assessment of nutritional status, cardiovascular diseases, cancers, chronic diseases.	Reference AS3024 SCQF Level SCQF 9 SCQF Points 15 ECTS Points 7.5 Created August 2002 Approved September 2004 Amended May 2011 Version No. 3

This Version is No Longer Current

The latest version of this module is available here

Prerequisites for Module

AS1023 Macronutrients, AS1024 Global and Social Nutrition, AS2023 Micronutrients, AS2027 Life Cycle Nutrition, and AS2028 Nutritional Research Methods (or equivalents).

Corequisite Modules

None.

Precluded Modules

None.

Aims of Module

To provide students with the ability to evaluate the methods and findings of nutritional epidemiology relevant to the interactions between environmental factors, lifestyle,

Indicative Student Workload

	Full Time
Contact Hours	
Assessment	2
Lectures	36
Seminars	10
Tutorials	5
Directed Study	
Preparation of coursework	26
Private Study	
Private Study	71

Mode of Delivery

Theoretical material is delivered by lectures and web based materials, supported by tutorials and student-led seminars.

Assessment Plan

Learning Outcomes Assessed

diet and chronic diseases and to understand how this informs public health strategies and the primary prevention of diseases.

Learning Outcomes for Module

On completion of this module, students are expected to be able to:

1. Evaluate critically and synthesize the epidemiological and experimental evidence for the involvement of diet in the aetiology and pathogenesis of chronic diseases.
2. Explain and evaluate the demographic statistics relating to chronic diseases and their principal risk factors.
3. Discuss how epidemiology informs practice and public health strategies.
4. Evaluate critically the techniques used to assess nutrient intake and nutritional status and explain the factors influencing the latter.
5. Produce a scientific abstract summarising a literature review of a specific topic complementary to the module content and present a short seminar of the work demonstrating an analytical approach of a professional standard.

Component 1	1,2,3,4
Component 2	5

Component 1 is an examination.

Component 2 is coursework consisting of an abstract, a reference list, and a seminar presentation of a literature review.

Indicative Bibliography

1. GEISSLER, C.A. and POWERS, H., 2010. *Human Nutrition*, 12th ed. London: Elsevier Health Sciences Churchill Livingstone.
2. GIBSON, R., 2005. *Principles of nutritional assessment*, 2nd ed. Oxford: Oxford University Press.
3. SCOTTISH INTERCOLLEGIATE GUIDELINES NETWORK, 2007. *Risk estimation and the prevention of cardiovascular disease: a national clinical guideline*. Edinburgh: SIGN.
4. WORLD CANCER RESEARCH FUND, 2007. *Food, nutrition, physical activity and the prevention of cancer: a global perspective*. Washington DC: American Institute for Cancer Research.

Indicative Module Content

Retrospective, prospective and ecological design; interventions, outcomes and evaluation in epidemiology; risk factor analysis; systematic reviews and meta-analysis; methods for assessing nutrient intakes and their validity; static and functional biochemical tests for assessing nutritional status; population survey methods for anthropometry and nutritional status; sensitivity and specificity of methods; diet and cardiovascular diseases, cancers, gastrointestinal disease, dental caries and osteoporosis encompassing aspects of physiological and and cellular and moleculat mechanisms in aetiology and pathogenesis. Role and function of non-nutritive dietary components, and functional foods. Concept of individual optimal nutrition.