

## MODULE DESCRIPTOR

### Module Title

Public Health Nutrition

Reference	PL3037	Version	1
Created	May 2022	SCQF Level	SCQF 9
Approved	June 2022	SCQF Points	15
Amended	August 2021	ECTS Points	7.5

### Aims of Module

To provide students with the ability to evaluate key issues relating to public health nutrition in the UK and internationally.

### Learning Outcomes for Module

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

- 1 Explain and evaluate key elements of UK and international public health nutrition policy and recommendations.
- 2 Discuss theories of health education and strategies designed to improve health.
- 3 Critically analyse health promotion campaigns and the methods used to evaluate them.
- 4 Discuss issues for food security, sustainable agriculture and sustainable diets.

### Indicative Module Content

Monitoring diet at a population level. Food-based dietary guidelines. Relevant government white papers. Politics of health. Theory and ethics of health promotion and health education including behaviour change strategies. Sources of health and nutrition statistics. Qualitative methods and questionnaire design. Determinants of health. Social marketing and needs assessment. Health promotion campaign models. The role of mass media. UK, international, government and non-governmental organisation policies. Nutrition policy development and implementation. Planning and evaluation of health promotion campaigns. Working with communities. Health economics. Food security. Malnutrition (over- and under-nutrition). Sustainable diets. Genetically modified foods. Future food. Food safety and standards.

### Module Delivery

Theoretical material is delivered by lectures, tutorials and workshops.

**Indicative Student Workload**

	Full Time	Part Time
Contact Hours	40	N/A
Non-Contact Hours	110	N/A
Placement/Work-Based Learning Experience [Notional] Hours	N/A	N/A
TOTAL	150	N/A
<i>Actual Placement hours for professional, statutory or regulatory body</i>		

**ASSESSMENT PLAN**

If a major/minor model is used and box is ticked, % weightings below are indicative only.

**Component 1**

Type:	Coursework	Weighting:	100%	Outcomes Assessed:	1, 2, 3, 4
Description:	Component 1 is a written assignment.				

**MODULE PERFORMANCE DESCRIPTOR****Explanatory Text**

Component 1 (written assignment, CW1) comprises 100% of the module grade. A module grade of D or better is required for a pass. Non-submission will result in an NS grade.

Module Grade	Minimum Requirements to achieve Module Grade:
<b>A</b>	A
<b>B</b>	B
<b>C</b>	C
<b>D</b>	D
<b>E</b>	E
<b>F</b>	F
<b>NS</b>	Non-submission of work by published deadline or non-attendance for examination

**Module Requirements**

Prerequisites for Module	None, in addition to SCQF level 9 entry requirements or equivalent.
Corequisites for module	None.
Precluded Modules	None.

**INDICATIVE BIBLIOGRAPHY**

- 1 BUTTRISS, J.L. et al., 2017. *Public Health Nutrition*. 2nd ed. Chichester: Wiley Blackwell.
- 2 GREEN, J. et al., 2019. *Health promotion: planning and strategies*. 4th ed. London: Sage Publications Ltd.
- 3 NAIDOO, J. and WILLS, J., 2016. *Foundations for health promotion: public health and health promotion*. 4th ed. London: Elsevier.
- 4 SARLIO, S., 2018. *Towards healthy and sustainable diets: perspectives and policy to promote the health of people and the planet*. Cham, Switzerland: Springer.
- 5 UNITED NATIONS, 2015. *Sustainable Development Goals*. Available from: <https://sustainabledevelopment.un.org/sdgs>
- 6 WILSON, F. and MABHALA, M., 2009. *Key concepts in public health*. London: SAGE.
- 7 Willet W et al (2019) Food in the anthropocene: The EAT?lancet commission on healthy diets from sustainable food systems Lancet, 393 (10170), pp. 447-492