



## INTERNATIONAL HEALTH AND NUTRITION (CLN-446) 1437-1438H

### A- COURSE INFORMATION:

Course Code	Course Title	Credit Units			Study Level	Pre-requisites
		Total	Theory	Practical		
CLN-446	International Health and Nutrition	2	2	-	8th (Old Plan)	None
Course Coordinator		Extension		Email Address		
Dr Sameena Sultan		-		ssultan@taibahu.edu.sa		

### B- COURSE DESCRIPTION:

This course will elaborate nutrition interventions utilized in International Programs to address public health challenges due to malnutrition, prevalence of malnutrition and management of nutritional programs for improving hunger, morbidity and mortality all over the world.

### C- COURSE OBJECTIVES:

1. To understand the global malnutrition problem.
2. To understand the principles of feeding infants and young children in extreme circumstances
3. To understand the concept of nutritional vulnerability

### D- THEORY TOPICS:

Week	Theory Topic	Hours
1	The global malnutrition problem. Nutrition interventions utilized in International Programs. Growth monitoring and promotion. Supplementary feeding and food based income transfers. Household food security and agricultural based interventions.	8
2	Resurgence of old nutritional diseases such as scurvy, beri beri and pellagra. Malnutrition causality. The nutritional outcomes of emergencies	9
3	Nutrition and structural adjustments, social funds, economic and food aid program design and appraisal techniques. Complex emergencies and acute hunger situations within a global perspective. Management skills needed in relation to humanitarian response initiative. Nutrition interventions utilized in international programs growth monitoring and promotion.	10
4	Special topic in international nutrition For e.g. Report of the Commission on Ending Childhood Obesity - Implementation Plan (WHO, Jan 2017)	2
5	Revision	1

### F- ASSESSMENT TASKS:

#	Type of assessment task	Week	Total Grades
1	Assignment submission	Week 10	20%



2	First Periodical Exam	Week 5	20%
3	Midterm exam	Week 8	20%
4	Final written examination	Week 16	40%

#### G- LEARNING RESOURCES:

##### 1- Required textbook:

- Nweze Nnakwe (2012): Community Nutrition: Planning Health Promotion And Disease Prevention 2<sup>nd</sup> edition. John and Barlett publishers USA

##### 2- Essential references:

- Gail Frank (2007): Community Nutrition: Applying Epidemiology To Contemporary Practice. 2<sup>nd</sup> edition. John and Barlett publishers, London.
- Required - Community Nutrition in Action – An Entrepreneurial Approach, Sixth Edition; Boyle, M.A., Holben, D. H.; Thomson, Wadsworth; 2013

#### Notes:

- Assignments topics and requirements shall be announced by the end of Week-1, the deadline for submission is 12pm Thursday of Week-10 and presentation of assignments will be started by 11th Week.
- Assignments and written assessment tasks must be verified against plagiarism.
- Continuous assessment methods may include quizzes, midterm exam and content and presentation of assignment.
- Written exams will include multiple-choice questions (MCQ), short essay questions, and long essay questions.