

SEMESTER IV

COMMUNITY NUTRITION (CREDITS: THEORY-4, PRACTICAL-2)

Objectives:

1. To enable students to understand the importance of nutrition in national progress and the significance of assessment of Nutritional status.
2. To recognize the solutions to overcome problems of malnutrition in the company and the role of national and international agencies in this area.

Contents

UNIT-I: Nutrition and Health

- Community nutrition- Definition, importance and scope
- Nutritional problems, malnutrition, definition, causes, PEM,
- Vitamin A deficiency, causes and symptoms.
- Vitamin D deficiency, causes and symptoms
- Iron deficiency Anemia
- Iodine deficiency

UNIT-II: Methods of Assessing Nutritional Status

- Direct and Indirect method of assessing nutritional status.
- Anthropometry, Diet survey, clinical and biochemical assessment.
- Nutrition Monitoring-Objectives, agencies engaged in nutrition monitoring
- Vital statistics.

UNIT-III: Nutrition and Infection

- Nutrition and infection- relationship.
- Immunization, its importance
- Immunization schedule for infants and children.
- Nutrition Education.

UNIT-IV: Nutritional Policies and Programmes

- National Nutrition Policy-aims and objectives
- Short and long term policies and implementation
- Anganwadi-its management, its role in implementation of nutrition policy programme.
- Functions of Primary Health Center
- Supplementary feeding programmes (Mid Day Meal Programme), Special Nutrition Programme, PradhanMantriGramodayaYojana (PMGY), Balwadi Feeding Programme, Composite Nutrition Programme, Applied Nutrition Programme

Practicals:

1. Anthropometric measurement for assessing Nutritional Status of Infants and preschoolers.(length, height, weight, head circumference, Chest and MUAC).
2. Comparison of anthropometric measurement with norms of pre-school age groups.
 - Weight for Age
 - Height for age
 - Weight for height
 - BMI
3. Plotting of growth charts of (Infants and preschoolers)
4. Estimation of Food and nutrition intake
 - 24 hour food recall.
 - Food diaries
 - Food frequency

References

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Jelliffe. D.B1996. The assessment of Nutritional status on the community- WHO monograph series No. 53 GENEVA
Shukla, P.K-1982. Nutritional problems of India -Prentice hall of India PVT. Ltd. New Delhi
2. Wadhwa A and Sharma S (2003). Nutrition inthe Community-A Textbook. Elite Publishing House Pvt. Ltd. New Delhi.
3. Park K (2011). Park's Textbook of Preventiveand Social Medicine, 21st Edition. M/s BanarasidasBhanot Publishers, Jabalpur, India.
4. Bamji MS, Krishnaswamy K and Brahmam GNV (Eds) (2009). Textbook of Human Nutrition, 3rdedition. Oxford and IBH Publishing Co. Pvt. Ltd. New Delhi.