COURSE OUTLINE

1. GENERAL

SCHOOL	School of Food Sciences and Nutrition		
ACADEMIC UNIT	Department of Food Science and Human Nutrition		
LEVEL OF STUDIES	Bachelor		
COURSE CODE	**292**	**SEMESTER**	**7th**
COURSE TITLE	Nutritional Epidemiology & Public Health		

INDEPENDENT TEACHING ACTIVITIES *if credits are awarded for separate components of the course, e.g. lectures, laboratory exercises, etc. If the credits are awarded for the whole of the course, give the weekly teaching hours and the total credits*	**WEEKLY TEACHING HOURS**	**CREDITS**
	3	3
Add rows if necessary. The organisation of teaching and the teaching methods used are described in detail at (d).		

COURSE TYPE *general background, special background, specialised general knowledge, skills development*	specialised general knowledge
PREREQUISITE COURSES:	
LANGUAGE OF INSTRUCTION and EXAMINATIONS:	Greek (Offered to Erasmus students in English)
IS THE COURSE OFFERED TO ERASMUS STUDENTS	Yes
COURSE WEBSITE (URL)	

2. LEARNING OUTCOMES

Learning outcomes

The course learning outcomes, specific knowledge, skills and competences of an appropriate level, which the students will acquire with the successful completion of the course are described.

Consult Appendix A

- *Description of the level of learning outcomes for each qualifications cycle, according to the Qualifications Framework of the European Higher Education Area*
- *Descriptors for Levels 6, 7 & 8 of the European Qualifications Framework for Lifelong Learning and Appendix B*

- *Guidelines for writing Learning Outcomes*

Purpose: Familiarization with the principles of nutritional epidemiology and its role in public health and prevention.

Outcomes:

- Understanding the link between nutrition, chronic diseases, and health promotion.
- Knowledge of tools for population nutritional assessment.
- Design and evaluation of nutritional interventions and policies.

Cooperation for changing dietary habits at the community level.

General Competences

Taking into consideration the general competences that the degree-holder must acquire (as these appear in the Diploma Supplement and appear below), at which of the following does the course aim?

Search for, analysis and synthesis of data and information, with the use of the necessary technology	*Project planning and management*
Adapting to new situations	*Respect for difference and multiculturalism*
Decision-making	*Respect for the natural environment*
Working independently	*Showing social, professional and ethical responsibility and sensitivity to gender issues*
Team work	*Criticism and self-criticism*
Working in an international environment	*Production of free, creative and inductive thinking*
Working in an interdisciplinary environment	*……*
Production of new research ideas	*Others…*
	……

Upon successful completion of the course, the student will be able to:

- **Understand** the basic and critical characteristics of nutritional epidemiology and its role in public health, as well as its connection to health promotion and the prevention of population morbidity.
- **Know** the tools and techniques for the nutritional assessment of populations, as well as how to design dietary recommendations and policies that bring about beneficial changes at the individual, community, and population levels.
- **Distinguish** the key roles in the design and implementation of a nutritional intervention, and evaluate the role of stakeholders (national organizations, EFSA, the state) regarding its effectiveness.
- **Apply** methodologies for evaluating nutritional policies and dietary recommendations to determine key characteristics, such as their utility, effectiveness, and applicability.
- **Collaborate** effectively with colleagues to design, evaluate, and propose nutritional interventions aimed at changing dietary habits and improving public health.

General Competencies

- Search for, analysis, and synthesis of data and information, with the use of the necessary means.
- Decision making.
- Autonomous work.

- Teamwork.
- Promotion of free, creative, and inductive thinking.

3. SYLLABUS

1. Introduction: Basic concepts and principles of nutritional epidemiology
2. Food & Epidemics: Nutrients and early interventions
3. Assessment: Nutritional status of populations
4. Chronic Diseases: Cardiovascular (recommendations/interventions)
5. Chronic Diseases: Diabetes Mellitus & other metabolic diseases
6. Dietary Trends: Social patterns, fats, sodium, saturated fats
7. Nutritional Disorders: Malnutrition - Undernutrition (deficiencies)
8. Nutritional Disorders: Obesity (causes, strategies)
9. Special Topics: Breastfeeding (promotion, interventions)
10. Micronutrients: Iron, Iodine, Vitamin A & D
11. Macronutrients & Recommendations
12. Front-of-pack labelling
13. Project presentation

4. TEACHING and LEARNING METHODS - EVALUATION

DELIVERY *Face-to-face, Distance learning, etc.*	
USE OF INFORMATION AND COMMUNICATIONS TECHNOLOGY *Use of ICT in teaching, laboratory education, communication with students*	
TEACHING METHODS *The manner and methods of teaching are described in detail.* *Lectures, seminars, laboratory practice, fieldwork, study and analysis of bibliography, tutorials, placements, clinical practice, art workshop, interactive teaching, educational visits, project, essay writing, artistic creativity, etc.* *The student's study hours for each learning activity are given as well as the hours of non-directed study according to the principles of the ECTS*	
STUDENT PERFORMANCE EVALUATION *Description of the evaluation procedure*	

Activity	***Semester worklo***
Lectures	36
Study hours & Bibliography	30
Written group project	9
Total hours	***75***
Course total	

Language of evaluation, methods of evaluation, summative or conclusive, multiple-choice questionnaires, short-answer questions, open-ended questions, problem solving, written work, essay/report, oral examination, public presentation, laboratory work, clinical examination of patient, art interpretation, other *Specifically defined evaluation criteria are given, and if and where they are accessible to students.*	➢ Final Written Exam (80%): Multiple choice questions and problem solving. ➢ Compulsory Group Project (20%): Includes presentation.

5. ATTACHED BIBLIOGRAPHY

- Suggested bibliography:
- Related academic journals:

1. Spark A, Dinour LM, Obenchain J. - Nutrition in Public Health.
2. Walter Willett - Nutritional Epidemiology (3rd Ed.).
3. Margetts and Nelson - Design Concepts in Nutritional Epidemiology (2nd Ed.)