

Academic Year/course: 2021/22

## 30824 - Public Health and Diet

### Syllabus Information

**Academic Year:** 2021/22

**Subject:** 30824 - Public Health and Diet

**Faculty / School:** 105 - Facultad de Veterinaria

**Degree:** 568 - Degree in Food Science and Technology

**ECTS:** 6.0

**Year:** 3

**Semester:** First semester

**Subject Type:** Compulsory

**Module:**

## 1. General information

## 2. Learning goals

## 3. Assessment (1st and 2nd call)

## 4. Methodology, learning tasks, syllabus and resources

### 4.1. Methodological overview

The subject is structured in 40 lectures/workshops and 20 hours of group practical sessions. During lectures, both the learning activities corresponding to the agenda of the subject and the oral presentation of group works will be developed.

The practical sessions will take 4 hours and be organized as follows: 4 hours developing health indicators and problems of nutritional epidemiology, where the student will handle useful tools in the data analysis (Excel spreadsheets and programs for epidemiological analysis), and 16 hours working with web pages, scientific articles and reports and health promotion materials which will allow the student to integrate and critically evaluate the information obtained for the elaboration of the group work. The professor will initially present all the steps and guidelines to be followed in the elaboration of this work, will supervise the activity of each group during practical sessions and will offer students the tutoring needed.

Teaching materials for the course (teaching guide, lecture notes, supporting materials, recommended bibliography, relevant webs, information about complementary activities, practices notebooks) will be available in the Anillo Digital Docente (ADD) of the University of Zaragoza.

Students must follow the regulations described in:

- Prevention: A guide for students at the University of Zaragoza:  
[https://ciencias.unizar.es/sites/ciencias.unizar.es/files/users/fmlou/pdf/Prevencion\\_seguridad/riesgos\\_laborales\\_estud](https://ciencias.unizar.es/sites/ciencias.unizar.es/files/users/fmlou/pdf/Prevencion_seguridad/riesgos_laborales_estud)
- Manual de seguridad en los laboratorios de la Universidad de Zaragoza:

[https://uprl.unizar.es/sites/uprl.unizar.es/files/archivos/Procedimientos/manual\\_de\\_seguridad\\_en\\_los\\_laboratorios\\_de\\_la](https://uprl.unizar.es/sites/uprl.unizar.es/files/archivos/Procedimientos/manual_de_seguridad_en_los_laboratorios_de_la)

<https://uprl.unizar.es/inicio/manual-de-procedimientos>

In addition, students will follow as well any instructions related to biosecurity given by the professor

### 4.2. Learning tasks

The course includes the following learning tasks:

- **Lectures/workshops:** (4 total ECTS of which 1,6 are face-to-face). 40 hours face-to-face. All contents blocks will

be introduced by the professor through a brief exposition of the theoretical contents. Discussion of different graphics, articles, news and documentaries related to the topic will be held. Voluntary student participation in activities involving reflection and/or search for information on the subject will also be promoted. Some of these tasks will be solved in group. Students will be trained to be able to perform a critical reading of a scientific article, and an activity to implement these concepts will be developed.

- **Practical sessions:** (2 total ECTS of which 0,8 are face-to face). 20 hours face-to-face. Sessions take place in the computer room. Risk prevention in practical sessions: There are no chemical, physical or biological risks related to the involvement of student in practical sessions.

### 4.3. Syllabus

#### The course will address the following topics:

##### Section 1: Introduction to public health and food 0,5 ECTS

- Topic 1- The concept of health. Determinants of individual and collective health.
- Topic 2- Historical evolution and the present concept of Public Health.
- Topic 3- The main health problems and its relation with the diet.

##### Section 2: Methods in public health and food 1,8 ECTS

- Topic 4- Measurement of the health level. Information systems and health indicators.
- Topic 5- Nutritional epidemiology.
- Topic 6- Systematic reviews and meta-analyses. Food recommendations based on evidence.
- Topic 7- Population evaluation of food consumption.
- Topic 8- Study of epidemiological outbreaks. Investigation and control measures.

##### Section 3: Planning and promotion of health in the field of food habits 0,8 ECTS

- Topic 9- Planning and programming in the field of health and food.
- Topic 10- Preventive activities and promotion of health. Educating for healthier diet habits.
- Topic 11- Social marketing and food.

##### Section 4: Diet and health problems 0,7 ECTS

- Topic 12- Nutritional and metabolic diseases with a higher prevalence in our society.
- Topic 13- Diet and cardiovascular diseases.
- Topic 14- Diet and cancer.

##### Section 5: Food safety 0,2 ECTS

- Topic 15- Food safety.

#### Practical sessions:

- 1. Development of health indicators and solving of problems of nutritional epidemiology. 0,4 ECTS
  - Measurement of the frequency of disease
  - Rates adjustment by the direct method
  - Descriptive epidemiological studies
  - Analytic epidemiological studies
- 2. Consultation and evaluation of scientific literature and web pages of interest in public health and food. 0,6 ECTS
- 3. Application of knowledge and tools learned during the theoretical-practical sessions in the elaboration of the group work: global intervention in the presence of a public health problem related to diet. 1,0 ECTS

### 4.4. Course planning and calendar

The planning of the subject is described in detail, along with those of the other subjects in the third course in the Degree on CTA, on the website of the Faculty of Veterinary (link: <http://veterinaria.unizar.es/gradocta/>). This link will be updated at the beginning of each academic year.

Lectures begin in September and continue through January. They will be held in the hall of the Central Building assigned by the Centre.

The group's composition and schedule for practical classes will be coordinated by the Centre. They will take place in the computer room reserved.

Office hours will be previously agreed with the professor responsible for the subject