

## 29213 - Public Health

### Syllabus Information

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**Academic Year:** 2022/23

**Subject:** 29213 - Public Health

**Faculty / School:** 229 - Facultad de Ciencias de la Salud y del Deporte

**Degree:** 441 - Degree in Human Nutrition and Dietetics

**ECTS:** 6.0

**Year:** 2

**Semester:** Second semester

**Subject Type:** Compulsory

**Module:**

## 1. General information

### 1.1. Aims of the course

The subject and its expected results, respond to the following approaches and objectives:

The main expected learning outcome is that the student acquires the necessary skills to apply the following theoretical knowledge of the subject to the analysis of situations, resolution of problems and decision making in real contexts.

The subject is taught during the second four-month period of the 2nd year. The inclusion of the same as a subject in the Human Nutrition and Dietetics Grade (NHD), responds to the need for students to have the ability to sufficient knowledge of the basics of public health and nutrition, health planning, prevention and promotion, and the analyzes the impact of nutrition on the most prevalent diseases in our environment.

The aims is to train professionals who understand the role of health determinants, highlighting food among them; with the capacity to interpret and carry out studies that allow studying the association between diet in general, and composition of food in particular, with communicable and non-communicable diseases; that they are able to establish programs that address these determinants, both for industry advice, as well as for education and promotion of the health of citizens.

These approaches and objectives are aligned with the following Sustainable Development Goals (SDGs) of the United Nations 2030 Agenda (<https://www.un.org/sustainabledevelopment/es/>), in such a way that the acquisition of the results of subject learning provides training and competence to contribute to some extent to its achievement.

The subject is fully aligned with the SDGs because it is considered that the control and study of environmental and social determinants and those linked to lifestyles are essential when it comes to maintaining health. Public health is working with a "Health for all Policies" approach.

In order to achieve health, it is necessary to improve the standard of living of citizens (objective 1) by reducing poverty. That hunger is eradicated in the world (objective 2), that the population achieve the highest degree of health and well-being (objective 3). The implementation of a quality education is an element to minimize inequalities (objectives 4 and 10). Gender equality (goal 5) must be present in all public health plans. Environmental aspects (objectives 6,7, 11, 13, 14, 15) are determinants of health that are reviewed in the subject. Social aspects (objectives 8, 12) are also an essential element to consider in any health strategy. The non-existence of wars and the existence of justice within the reach of all people is a necessity to achieve the health of citizens (objective 16).

### 1.2. Context and importance of this course in the degree

This course is related to the subjects of "Biostatistics" and "Scientific Methodology and Epidemiology Nutritional", which are taught in the first year. These subjects, mainly the second one, provide the basic knowledge that facilitates teaching activities related to the calculation and interpretation of indicators, as well as with the search and critical review and interpretation of the scientific evidence, necessary to elaborate plans and develop arguments to advise industry and administrations. It is also important the training that acquire the students in "Microbiology" and "Toxicology" where basic concepts are acquired that allow to understand food-borne infectious diseases.

On the other hand, the subject of "Anthropology" provides a global view of individuals, cultures and social groups, supporting the population perspective that is acquired from Public Health; in turn providing the student with qualitative tools useful in development of its own activities.

This subject (Public Health) allows students to integrate the knowledge acquired on the composition of food and food security with the health of populations, enables them to interpret and conduct studies to study the influence of food on health and to obtain information available in different countries sources. The practical content provides them with knowledge and skills in the handling of data analysis tools that are useful to them in the accomplishment of the End of Degree Work and in subsequent studies.

Also the presentation the use of oral exercises and assignments, helps students acquire necessary skills, both in other subjects and in the classroom as well as in their subsequent professional development. The course also contributes to the development of a critical spirit among students and a global vision of populations and their relationship with food.

### 1.3. Recommendations to take this course

It is recommended to have taken the subjects of "Scientific Methodology and Nutritional Epidemiology" and "Biostatistics", that provide the basis for the understanding and interpretation of part of the contents of this document subject.

This subject requires a participatory attitude on the part of the student, which facilitates reflection in the classroom and development of skills to solve the practical problems of population health. In addition, a knowledge of English that allows the reading of scientific texts.

It is recommended to attend the face-to-face sessions and consult the bibliography provided.

## 2. Learning goals

### 2.1. Competences

Upon passing the subject, the student will become more competent for:

- Know planning levels, especially in relation to nutritional aspects, and analyse policies food.
- Identify the characteristics of the different health models.
- Know, critically evaluate and know how to use information sources.
- To interpret indicators and epidemiological data in public nutritional health and recognize the relationship between factors sociodemographic, health and nutrition.
- To apply and interpret the epidemiological research process in nutrition.
- To master computer applications related to the field of study.
- Recognise the need to maintain and update professional competence, with particular emphasis on learning, autonomously and continuously, and quality.
- To be able to apply theoretical knowledge to the analysis of situations, problem solving and the taking of decisions. decisions in real contexts.
- Have the ability to communicate correctly and effectively, both orally and in writing, in Spanish and the ability to read in English.
- Ability to organize and plan work autonomously; to manage information and to develop their creativity.

### 2.2. Learning goals

In order to pass this subject, the student must demonstrate the following results:

- It is able to apply scientific criteria to analyze existing food policies and knows and it is able to develop the necessary steps to design a public health nutrition intervention.
- Knows, critically values, and knows how to use and apply the sources of information related to nutrition, food, lifestyles and health problems.
- Knows the method for analyzing and evaluating nutritional risks.
- Can obtain and interpret data from epidemiological studies in the field of nutrition and is able to obtain, define, calculate, interpret and use health indicators.
- Master, at a basic level, computer applications related to the field of study.
- Applies theoretical knowledge to the analysis of situations, problem solving and decision making in real contexts .
- Communicates orally in a correct manner and understands English texts in the subject area.
- Can organise and plan work autonomously.
- It is able to work in a team, in a coordinated and effective way.
- Recognises the need to maintain and update professional competence.

### 2.3. Importance of learning goals

Contribute together with the rest of the competences acquired in the subjects of the Public Health block/module and Community Nutrition, to the training of the students for the performance of the professional profile of the dietitian in several areas scopes.

Mainly, in the Community and public health field, but also in the clinical field, providing knowledge about the role of food in health and disease, from the population point of view; in the field of collective and social catering, providing knowledge on the nutritional objectives recommended to the public based on scientific evidence and/or marked from institutions and health and programme planning in the field of the food industry, providing scientific and technical legal advice and establishing agreements based on strategies in nutrition policy and planning for the population; and, in the area of teaching and learning, in the area of education investigator.

On the other hand, the learning results obtained with the subject of Public Health contribute to strengthening

of the generic or transversal competences of instrumental type and those referred to the interpersonal relation, which results in the integral formation of future graduates in Human Nutrition and Dietetics.

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

#### 3.1. Assessment tasks (description of tasks, marking system and assessment criteria)

##### 1. Participation and home/classwork with presentation (30%).

Activities and tasks to be done in the face-to-face sessions and at home, written and oral, individually and by groups, including short questions and exercises, to search and critically assess public health reports or articles, and/or the design of program/intervention proposals; and its presentation. Those who do not attend classes, or do not complete the face-to-face activities/tasks, will do homework with presentation in the final call (June or September).

##### 2. Written exam (70%) with two parts: 1) test and 2) exercises/open questions.

#### Qualification System

The numerical rating shall be expressed in accordance with the provisions of art. 5.2 of Royal Decree 1125/2003 of 5 September (BOE 18 September), establishing the European Credit System and the European Credit System qualifications in university degrees of official character and valid throughout the national territory.

Thus, the grades shall be established in the following range: 0 to 4.9: Suspense (S); 5.0 to 6.9: Pass (A); 7.0 to 8.9: Notable (N); 9.0 to 10: Outstanding (SB). The Honorable Mention may be awarded to students who have a grade of 9,0 or higher.

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

#### 4.1. Methodological overview

The methodology followed in this course is oriented towards the achievement of the learning objectives.

It is based on active methodologies that favor the development of critical thinking. A wide range of teaching and learning tasks are implemented, such as lectures, practice sessions, autonomous work and assessment tasks.

Students are expected to participate actively in the class throughout the semester.

Classroom materials will be available via Moodle.

Further information regarding the course will be provided on the first day of class.

#### 4.2. Learning tasks

This 6 ECTS course is organized as follows:

**Lectures** (1.2 ECTS: 30 hours).

**Practice sessions** (1.2 ECTS: 30 hours).

**Autonomous work and study** (3.6 ECTS: 90 hours).

#### 4.3. Syllabus

This course will address the following modules:

Module 1. Introduction to public health and to public health nutrition

Module 2. Methods in Public Health

Module 3. The Health System and Health Planning

Module 4. Nutrition and Health

#### 4.4. Course planning and calendar

At the beginning of the semester, the organisation of practice groups will be planned together with the students.

Further information concerning the timetable, classroom, office hours, assessment dates and other details regarding this course will be provided on the first day of class or please refer to the Faculty of Health and Sport Sciences website (<https://fccsyd.unizar.es/academico/horarios-y-calendarios>) and Moodle.

#### **4.5. Bibliography and recommended resources**

<https://psfunizar10.unizar.es/br13/egAsignaturas.php?codigo=29213>