

BIOL239C : Public Health Nutrition

Provide students with the foundation and core competencies of public health nutrition. This includes the skills, knowledge, and tools used in assessment, community intervention, and evidence-based approaches to promote health and prevent diseases. This course engages students in critical thinking and productive discussion around public health nutrition and health promotion. The course addresses major public policy initiatives related to public health nutrition, health promotion, and disease prevention nationally and globally. This course requires students to be proficient in writing.

Credits 3

Lab/Practicum/Clinical Hours 0

Lecture Hours 3

Recommended Prerequisites

ENGL 101C

Prerequisites

Students must pass all prerequisite courses with a grade of C or higher.

- Students must take either BIOL129C or BIOL159C or BIOL259C.

BIOL129C

BIOL159C

BIOL259C

Learning Outcomes

Upon completion of this course, students will:

1. Evaluate domestic and international public health nutrition programs.
2. Identify the social determinants of health and equity issues involved in optimal nutrition and exercise.
3. Define nutritional epidemiology and describe the different types of epidemiological research.
4. Analyze nutrition recommendations made by individuals and organizations at the local and national level.
5. Describe the legislative process, including the key stakeholders and current policies that have an impact on public health and nutrition policy at the federal, state and local levels.
6. Discuss public health nutrition messaging and the role of media in childhood obesity and how the food industries and policies influence food choices.