

MODULE	CONTENT	YEAR	TERM	CREDITS	TYPE
Public Health and Community Nutrition	Public Health	3º	1º	6	Compulsory
<b>LECTURERS<sup>(1)</sup></b>			<b>POSTAL ADDRESS, TELEPHONE NO, E-MAIL ADDRESS</b>		
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<b>DEGREE WITHIN WHICH THE SUBJECT IS TAUGHT</b>					
Human Nutrition and Dietetics					

<sup>1</sup> Consulte posible actualización en Acceso Identificado > Aplicaciones > Ordenación Docente

(∞) Esta guía docente debe ser cumplimentada siguiendo la "Normativa de Evaluación y de Calificación de los estudiantes de la Universidad de Granada" ([http://secretariageneral.ugr.es/pages/normativa/fichasugr/ncg7121/!](http://secretariageneral.ugr.es/pages/normativa/fichasugr/ncg7121/))



## BRIEF ACCOUNT OF THE SUBJECT PROGRAMME

General concepts: health, public health and health determinants. Health demography and epidemiology. Classification of epidemiological studies. Determinants of health: genetic, lifestyles, environmental and health system.

## GENERAL AND SPECIFIC ABILITIES

### General abilities

- Develop the profession with respect to other health professionals, acquiring skills to work as a team.
- Know the limits of the profession and its competences, identifying, when necessary, an interdisciplinary treatment or referral to another professional.
- Know, critically assess and know how to use and apply the sources of information related to nutrition, food, lifestyles and health aspects.

### Specific abilities

- Know the different educational methods of application in health sciences, as well as the communication techniques applicable in human nutrition and food.
- Know the Spanish health system and the basic aspects related to the management of health services, mainly those related to nutritional aspects.
- Be able to base the scientific principles that sustain the intervention of the dietitian-nutritionist, making his professional performance subject to scientific evidence.
- Participate in the analysis, planning, intervention and evaluation of epidemiological studies and intervention programs in food and nutrition in different areas.
- Design and carry out nutritional assessments to identify the needs of the population in terms of food and nutrition, as well as identify the determinants of nutritional health.
- Acquire the ability to intervene in promotion, prevention and protection projects with a community and public health approach.

## OBJETIVES

The student should to acquire:

- Fundamental concepts on health, Public Health, General and Nutritional Epidemiology.
- Knowledge of the epidemiological method and demography, as tools to evaluate problems and nutritional policies.
- Public Health Strategies, health programs, policies and health organization.
- Ability to develop and participate in health policies, multidisciplinary teams and Public Health projects related to nutrition.
- Concepts of health determinants in the population.
- Environmental factors related to health.

## TEMARY

1. Concept of health, public health and community health.
2. Determinants of health. The role of the nutritionist in Public Health.
3. Fundamentals of the investigation. Qualitative and quantitative research.



4. Demography and public health. General concepts. Static demography
5. Dynamic demography: Birth, fertility, mortality and life expectancy.
6. Concept of epidemiology. The epidemiological method.
7. Causality in epidemiology.
8. Introduction to the design of epidemiological studies. Classification of the main designs.
9. Measurement of health and disease phenomena. Frequency measurements.
10. Measurement of health and disease phenomena. Association measures: force and impact.
11. Descriptive studies. Design and analysis
12. Case and control studies. Design and analysis
13. Cohort studies. Design and analysis
14. Experimental studies. Design and analysis
15. Random and systematic errors. Selection and classification biases.
16. Confusion and effect modification.
17. Assessment of the validity and precision of diagnostic tests.
18. Nutritional epidemiology. Concept and applications. Main epidemiological studies in nutrition.
19. Instruments for the evaluation of food consumption in populations.
20. Health education. General concepts of health education. Determining factors of health behaviors.
21. Evidence-based sanitary practice. Nutrition recommendations based on the best tests.
22. Natural history of the disease. Strategies and levels of prevention.
23. Genetic determinants and health.
24. Epidemiology and prevention of smoking (I).
25. Epidemiology and prevention of smoking (II).
26. Epidemiology and prevention of harmful alcohol consumption (I).
27. Epidemiology and prevention of harmful alcohol consumption (II).
28. Epidemiology and prevention of the use of illegal drugs (I).
29. Physical activity and problems related to health (I).
30. Physical activity and problems related to health (II).
31. Food and health.
32. Assessment of the quality of the diet. Dietary patterns
33. Environmental determinants in health. Ecology and air pollution.
34. Sanitary aspects of water. Quality criteria.
35. Social inequalities. Health problems of immigrant populations.
36. Health planning. Concept and characteristics Planning levels. Strategic planning. The health programs.
37. Models of health systems.
38. The Spanish Health System.

#### **PRACTICAL SESSIONS:**

- Session 1.** Practical application of the main types of epidemiological design to problems related to food. Analysis of data from case and control studies.
- Session 2.** Data analysis of cohort studies. Analysis of data from experimental studies.
- Session 3.** Data analysis of cross-sectional studies. Identification of epidemiological parameters. Confidence intervals.
- Session 4.** Identification of the main biases in epidemiology.
- Session 5.** Critical reading of a scientific article.



## REFERENCES

- Piédrola Gil et al. Medicina Preventiva y Salud Pública. 12ª Ed. Elsevier-Masson. Barcelona, 2015.
- Martínez González MA. Conceptos de Salud Pública y estrategias preventivas. 2ª Ed. Elsevier España, SA. Barcelona, 2018.
- Serra Majem L, Aranceta Batrina J, Mataix Verdú FJ. Nutrición y Salud Pública. 2ª Ed. Elsevier-Masson. Barcelona, 2006
- Argimón Pallás JM, Jiménez Villa J. Métodos de investigación clínica y epidemiológica. 4ª edición. Elsevier España, SA. Barcelona, 2012.
- Gordis L. Epidemiología (5ª edición). Elsevier. Madrid, 2014.
- Rothman KJ. Epidemiology: An Introduction. OUP USA, 2012.
- Irala Estévez J, Martínez-Gonzalez MA, Seguí-Gomez M. Epidemiología aplicada. Ariel Ciencias Médicas. Barcelona, 2004.
- Organización Panamericana de la Salud. El control de las enfermedades transmisibles 19ª ed. OPS. Washington, 2011.
- Stewart BW Wild CP. World Cancer Report. IARC Press. Lyon, 2014.
- Prüss-Ustün A, Wolf J, Corvalán C, Bos R, Neira M. Preventing disease through healthy environments. WHO. France, 2013.
- Organización Panamericana de la Salud. Salud, ambiente y desarrollo sostenible: hacia el futuro que queremos. OPS. Washington, 2013
- Real Decreto 140/2003 de 7 de febrero, por el que se establecen los criterios sanitarios de la calidad del agua de consumo. B.O.E. de 21 de febrero de 2003

## RECOMMENDED LINKS

- Food and Agriculture Organization of the United Nations (FAO): [www.fao.org](http://www.fao.org)
- Organización Mundial de la Salud (OMS): [www.who.int](http://www.who.int)
- Organización Panamericana de Salud: [www.paho.org](http://www.paho.org)
- Instituto de Salud Carlos III, en el que se incluye el Centro Nacional de Epidemiología: [www.isciii.es](http://www.isciii.es)
- Consejería de Salud de la Junta de Andalucía: [www.juntadeandalucia.es/salud/principal](http://www.juntadeandalucia.es/salud/principal)
- Ministerio de Sanidad y Consumo: [www.msc.es](http://www.msc.es)
- Departamento de Medicina Preventiva y Salud Pública (Universidad de Granada): [http://www.ugr.es/~dpto\\_prev/](http://www.ugr.es/~dpto_prev/)
- Biblioteca Electrónica de la Universidad de Granada: <http://www.ugr.es/~biblio/>
- U. S. Environmental Protection Agency: [www.epa.gov](http://www.epa.gov)
- U. S. Food and Drug Administration: [www.fda.gov](http://www.fda.gov)
- U. S. Centers for Disease Control: [www.cdc.gov](http://www.cdc.gov)
- Naciones Unidas (ONU): [www.un.org/es/](http://www.un.org/es/)

