1. **FST 3206 COMMUNITY NUTRITION**
2. ***COURSE INSTRUCTORS***
* *Dr Margaret Kabahenda [BSc. Food & Nutr: Dietetics; MSc. Foods & Nutr.; PhD. Foods & Nutr]*
1. ***COURSE TYPE:***

*Core course for Year 3 BSc. Food Science & Technology and Year 3 Human Nutrition*

**Prerequisite***: FST 1103 Principles of human nutrition*

1. ***COURSE STRUCTURE***

*Course is 3 credit units (3 CU): 2 lecture hours and 2 practical hours per week for 15*

*study weeks [i.e. 30 lecture hours & 30 practical hours equivalent to 45 contact*

*hours].*

1. ***COURSE DESCRIPTION***

*Provides an overview of food and nutrition issues and programs; factors influencing nutritional status of a community; strategies for intervention at community level, program planning, monitoring, and evaluation; and nutrition surveillance methods. Practical components include assessment of community needs, planning interventions, and nutrition and dietary assessment methods at community level.*

1. ***COURSE OBJECTIVES***

**General objective**

Gain basic understanding on how to plan, implement, and monitor nutrition programs in different community settings.

**Specific Objectives**

1. Discuss concepts and principles of programme development and evaluation as they apply to community nutrition programmes
2. Describe food and nutrition interventions in Uganda , the region, and at international level
3. Assess activities of key governmental and non-government organisations involved in food, nutrition and dietetics
4. Discuss national policies and legislation with regard to food and nutrition
5. Design food and nutrition outreach activities
6. ***RECOMMENEDED REFERENCES***
7. ***Community Nutrition in Action: An Entrepreneurial Approach****. M A Boyle and D H Morris. Wadsworth Publishing company.*
8. ***Community Nutrition: Challenges and Opportunities****. 1999. Endres, J.B. Merrill/Prentice-Hall, Inc., Upper Saddle River, NJ.*
9. ***Food and Nutrition in Uganda. Principles and Community Needs****. 2007. Eds. Namutebi, A. Muyonga, J. H. and Tumuhimbise, A. G. Makerere University - Fountain Publishers Kampala.*
10. ***Human Nutrition in the Developing World.*** *Michael C. Latham. FAO Food and Nutrition Series No. 29.*
11. ***COURSE CONTENT, METHODS OF INSTRUCTION, TOOLS AND***

***EQUIPMENT***

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| ***TOPIC*** | ***CONTENT*** | ***METHOD OF INSTRUCTION/ Time allocation******(i.e. contact hours)*** | ***TOOLS/ Equipment needed*** |
| 1. *Introduction*
 | * *Describe community*
* *Nutrition problems of different communities include worksites, school systems, religious groups, and special groups such as PLWHA and the institutionalized*
* *Factors influencing nutritional status of different communities*
* *Conceptual frameworks for community food and nutrition security*
 | *-Interactive lectures* *(2 hr)* *Assignment**Practical (3 hours) – Mapping community resources* | *LCD projector/ White boards/Flip charts* *Post-it note booklets**Flip charts**Thread/Springs maps/directories of selected communities* |
| 1. *Domestic food and nutrition programs*
 | * *Overview of food, nutrition, and health sectors*
* *Overview national food and nutrition policies and implementation plans*
* *MDGs related to food and nutrition - indicators and achievements*
* *Role of health sector*
 | *- Interactive lectures* *(1 hr)**Guest lecture - Ministry of health (1hr)**Practical (3 hours) – Mapping community programs and services* | *LCD projector/ White boards / Flip charts* *Transport for guest**Flip charts etc* |
| 1. *Community food and nutrition security*
 | * *Overview of food and nutrition services and programs for different life stages and special groups – mothers and children, school children, older adults, PLWHA, disabled*
* *Indicators of community food security*
* *Groups vulnerable to malnutrition*
 | *- Interactive lecture* *(1 hr)**Guest lecture – MAAIF (1 hr)**Practical (3 hours) – Mapping community resources* | *LCD projector/ White boards / Flip charts* *Transport for guest* |
| 1. *Community food and nutrition security*
 | * *Ensuring food security in community including community gardens, food stores, food assistance programmes, congregate/supplementary feeding for special groups, and community therapeutic care*
* *Case studies of community food and nutrition programs*
 | *Interactive lecture (2 hrs)**Practical (3 hrs) –* *-Assessing food and nutrition programs in community*  | *LCD projector/ White boards / Flip charts* *-Facilitation for students to visit communities around campus* |
| 1. *Nutrition surveillance*
 | * *Basic epidemiological concepts and nutritional surveillance methods with emphasis on anthropometry and dietary assessment methods*
* *Review community nutrition surveillance systems*
 | *-Interactive lecture (2 hrs)**-Practical (3 hrs) – nutrition and health surveillance systems*  |  |
| 1. *Community nutrition intervention*
 | * *Overview of planning, implementation, and development of community nutrition programs*
 | *-Interactive lecture (2hrs) -Practical (3 hrs) –* *Defining community for intervention* | *LCD projector/ White boards*  |
| 1. *Community needs assessment*
 | * *Plan for collecting data*
* *Types of data to collect*
* *Data collection tools*
* *Methods for collecting data i.e. survey, health risk appraisal, screening, focus groups, key informant interviews, and others*
* *Issues in data collection : practical, scientific, and cultural*
 | *-Interactive lectures* *(2 hr)* *- Practical (3 hours) – Develop data collection tools* | *LCD projector/ White boards / Flip charts*  |
| 1. *Mid semester evaluation*
 | *Mid semester evaluation* | *-Test (2 hours)**-Practical – Basic anthropometry*  | *Answer booklets and timer* |
| 1. *Community needs assessment: Assessing nutritional status*
 | * *Anthropometry – major indicators, reference standards, data processing programmes*
* *Overview of key biochemical and clinical indicators of undernutrition*
* *Limitations of anthropometry, biochemical, and clinical assessments*
 | *-Interactive lectures* *(2 hrs)* *-Assignments* *- Lab practical (3 hrs)- processing and interpretation of data* | *LCD projector/ White boards / Flip charts/growth charts**Anthropometric equipment* |
| 1. *Community needs assessment: Assessing dietary intake*
 | * *Dietary - Use of dietary diversity scores, food composition tables, computerized diet analysis programs, and other analytical techniques*
* *Limitations of dietary assessments at community level*
 | *Interactive lectures* *(3 hrs)* *-Assignments* *- Lab practical (3 hrs)-Basic dietary data collection methods* | *LCD projector/ White boards / Flip charts**Food weighing scales, measuring utensils, data sheets* |
| 1. *Program planning*
 | * *Using results of needs assessment*
* *Defining program goals and objectives*
* *Developing program plan*
* *Program monitoring and evaluation*
 | *- Interactive lectures* *(3 hrs)**- Field practical (3 hrs) – mini health fair*  | *LCD projector/ White boards / Flip charts**Anthropometric equipment, diet record sheets and analysis software, transport to selected community* |
| 1. *Policy and community programming*
 | * *Planning community nutrition programs in line with national policies and development plans*
* *Overview advocacy as a nutrition intervention*
 | *Interactive lectures* *(3 hrs)* *- Practical (3 hrs)- Agenda setting* | *LCD projector/ White boards / Flip charts* |
| 1. *Nutrition education and communication*
 | * *Nutrition communication and education strategies*
* *Appropriate channels for different groups*
 | *Interactive lectures* *(3 hrs)* *- Practical (3 hrs)- Materials for public* | *LCD projector/ White boards / Flip charts* |
| 1. *Health services and community nutrition*
 | * *Role of health sector in improving community nutrition*
* *MDGs related to health and nutrition*
* *Integration of agricultural and health programs – need, strategies, and successful programs*
 | *Interactive lectures* *(3 hrs)* *- Practical (3 hrs)- Materials for public* | *LCD projector/ White boards / Flip charts* |
| 1. *Linking actors for community intervention*
 | * *Building coalitions, networks, and partnerships (includes identifying SWOT)*
* *Legal and ethical issues*
 | *- Interactive lecture* *(3 hrs)**- Practical (3 hours) – networking* | *LCD projector/ White boards/ flip charts*  |
| *Final evaluation* | * *Final exam*
 |  | *Answer booklets*  |

1. ***SUMMARY OF TIME (as contact hours) NEEDED***
* *Lecture hours 30 hr*
* *Practicals 30 hr*
1. ***OVERALL COURSE EVALUATION***
	1. *Assignments 5%*
	2. *Practicals, class attendance and participation 25%*
	3. *Course tests 20%*
	4. *Final exam 50%*