

Nutrition and Public Health

July 15-19, 2018 | Course No. 0158.1159 / 0466.4007

Course Coordinator:	Sigal Eilat-Adar (Tel Aviv University)
Course Instructors:	Rebecca Goldsmith (Israel Ministry of Health), Josefa Kachal (Israel Ministry of Health), Ronit Endvelt (Israel Ministry of Health)
Date & Time:	July 15-19, 2018 S, M, Th 8:30-13:00 / T, W 8:30-13:30
Final Exam:	July 20, 2018 9:00-11:00
Location:	Room TBA, Sackler Faculty of Medicine, Tel Aviv University
Teaching Assistants:	TBA

This course is part of the Food Safety and Security Summer Institute.

MOH: Ministry of Health | TAU: Tel Aviv University

Pre-requisites & Intended Audience

No pre-requisites.

The course is intended for Master's and PhD level students or above.

Academic Credit & Course Requirements

2 Academic Credits (4 ECTS). Participants must pass the final exam with a grade of 60 (D). Noncredit participants will receive a certification of participation and are not required to take the final exam, but are expected to participate. The exam accounts for 100% of the course grade.

Course Description

The one-week, intense course will present the nutritional aspects of public health challenges that occur throughout life in different settings. It will introduce major methods and tools to assess, plan, and implement nutritional interventions at personal, people-centered care, as well as at household, community, national, and global levels. The significant role of food and nutrition in human development, health, and disease prevention will be highlighted.

Course Timetable

Sunday, July 15 (Day 1) – Lecturer: Sigal Eilat-Adar	
08:30-08:45	Welcome and Introductions
08:45-10:00	Nutrition at a glance (essential nutrients, food)
10:00-10:30	Break
10:30-12:00	Food insecurity
12:00-12:15	Break
12:15-13:00	Basic definition in nutritional health promotion: vitamins, minerals: DRI, RDA, UL, food sources
Monday, July 16 (Day 2) – Lecturer: Sigal Eilat-Adar	
08:30-10:00	Nutrition – From data to recommendations Lecturer: Sigal Eilat-Adar
10:00-10:30	Break
10:30-11:15	Nutritional recommendation for cardiovascular disease prevention: examples of dietary patterns and vitamin supplementation (antioxidants) Lecturer: Sigal Eilat-Adar
11:15-11:30	Break
11:30-13:00	Nutrition during pregnancy, breastfeeding and pediatric nutrition Lecturer: Sigal Eilat-Adar
Tuesday, July 17 (Day 3) – Lecturer: Rebecca Goldsmith	
08:30-10:00	Nutritional status and surveillance
10:00-10:30	Break
10:30-11:45	Nutrition and dietary surveys: Planning and implementation
11:45-12:00	Break
12:00-13:30	Understanding food labeling and claims

Wednesday, July 18 (Day 4) – Lecturers: Sigal Eilat-Adar and Josefa Kachal	
08:30-10:00	Nutrition and dietary care for the elderly with a focus on malnutrition Lecturer: Josefa Kachal
10:00-10:15	Break
10:15-11:00	The triple strategy for treating a nutritional problem: anemia and neural tube defects as examples Lecturer: Josefa Kachal
11:00-11:45	Food labels – Exercise Lecturer: Sigal Eilat-Adar
11:45-12:00	Break
12:00-13:30	Nutritional assessment in public health: framework, implementation and planning Lecturer: Sigal Eilat-Adar
Thursday, July 19 (Day 5) – Lecturers: Sigal Eilat-Adar and Ronit Endvelt	
08:30-10:00	Nutrition policy to promote healthy living Lecturer: Ronit Endvelt
10:00-10:30	Break
10:15-11:00	Nutritional assessment - Exercise Lecturer: Sigal Eilat-Adar
11:00-11:15	Break
11:15-12:40	Making a nutritional change in a developing world: examples from Sri Lanka and Peru Lecturer: Sigal Eilat-Adar
12:40-13:00	Certificate ceremony and class photo
Friday, July 20 (Final Exam)	
09:00-11:00	Room TBA, Sackler Faculty of Medicine