

Semester VI
ANCC6: PUBLIC NUTRITION
(CREDITS: THEORY-4, PRACTICAL-2)

Contents:-

Unit: I Assessment of Nutritional Status

- Understanding the terms: Nutrition, health, under nutrition, Over nutrition, malnutrition, nutritional status
- Assessment of nutritional status: methods and application
- Direct methods - anthropometry, biochemical and clinical examination
- Indirect methods - dietary surveys, vital statistics

Unit: II Malnutrition

- Causes and consequences.
- Indicators of malnutrition.
- Interventions in malnutrition
- Nutritional problems: Prevalence, causes, consequences, treatment, prevention and control

Unit: III Common nutritional deficiencies

- Etiology, prevalence, clinical features, prevention and management of the following nutritional deficiencies
 - PEM
 - Vitamin A deficiency and nutritional Anemia,
 - Iodine deficiency disorders.
 - Fluorosis.

Unit: IV Strategies to combat nutritional problems

- Food based approaches, dietary diversification ,horticultural intervention and food fortification
- Nutrition and health education
- Nutrition policies and programmes
- NNP, ICDS, NIDDCP, NACP, SFP, Vitamin A prophylaxis programme

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PRACTICAL

1. Preparation of visual aids -
 - Charts
 - Posters
 - Flash card etc.
2. Assessment of Nutritional status of children using anthropometric measurements.
3. Interpretation of anthropometric measurements using reference standards.
4. Preparation of low cost nutrient rich recipes.
5. Visit to primary health centre to observe nutritional deficiencies.

RECOMMENDED READINGS

1. Owen, A.Y. and Frackle, R.T., (latest edition): Nutrition in the Community. The Art of Delivering Services, Times Mirror/Mosby.
2. Part, K. (latest edition): Part's Textbook of Preventive and Social Medicine, M/s. Banarasidas Bhanot, Jablpur.
3. Beaton, G.H. and Bengoa, J.M. (Eds) (latest edition): Textbook of Human Nutrition, Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi.
4. Bamji, M.S., Rao, P.N., Reddy, V (Eds) (latest edition): Textbook of Human Nutrition, Oxford and IBH Publishing Co. Pvt. Ltd., New Delhi.