Master in Life Sciences

A cooperation between
BFH, FHNW, HES-SO, ZFH

Module Title	**Public Health Nutrition (PHN)**
Module Code	MCLs355
Module	FHN-6
Degree Program	Master of Science in Life Sciences (MSLS)
ECTS Credits	5
Workload	150 h: Contact 70 h; Self-study 80 h
Module Coordinator	**Name** Dr. Joyce Haddad **Phone** +41 31 848 58 89 **Email** joyce.haddad@bfh.ch **Address** Bern University of Applied Sciences, School of Health, Murtenstrasse 10, 3008 Bern, Switzerland

Lecturers	• Dr. David Fäh (BFH-Health)
	 • Dr. Franziska Pfister (BFH-Health)
	 • Dr. Joyce Haddad (BFH-Health)
	 • Dr. Karin Haas (BFH-Health)
	 • Dr. Leonie Bogl (BFH-Health)
	 • Marie-Noëlle Falquet (BFH-Health)
	 • Dr. Pascale Wälti (BFH-HAFL)
	 • Dr. Samuel Mettler (BFH-Health)
	 • Guest lecturers:
	     o Silvia Honigmann (BFH External Specialist)
	     o Dr. Eva Monterrosa (Global Alliance for Improved Nutrition)

Entry Requirements	Basic knowledge in health promotion and prevention (refer to the WHO Health Promotion Glossary of Terms, listed in the bibliography below).
Learning Outcomes and Competencies	After successful completion of the module, students should be able to: • recognise major public health nutrition (PHN) problems, their influencing factors and possibilities for measurement; • understand and assess structural and behavioural approaches in PHN; • analyse advantages and disadvantages and the risks and chances of PHN approaches in industrialised and low- and middle-income countries; • understand the role of different stakeholders (food producers, retailers, governments, educational systems) in PHN; • define settings and target populations for PHN interventions; • design PHN approaches for a given situation and make specific/tailored implementation suggestions.

Module Content	Structural prevention (policy measures and their effectiveness): • Market regulations (e.g. price policies, taxation) • Legal regulations (e.g. food labelling, regulation of food additives). • Self-regulation of the food industry • Examples of structured prevention measures and programmes in developed countries
	Behavioural prevention in PNH in industrialised countries: • Traditional prevention campaigns • Social media • eHealth and mHealth • Importance and challenge of reaching vulnerable groups Challenges and approaches of PHN in low- and middle-income countries: • Nutrition transition • Malnutrition and obesity – the double burden • The role of industrial farming and GMOs vs. traditional agriculture in food security • Impact of export and import policies/globalisation on diet patterns • Culture and nutrition patterns • The food industry and PNH
Teaching and Learning Methods	• Lectures and seminars • Group work • Case studies • Literature analysis • Self-study • Journal club • Role play
Assessment of Learning Outcomes	• Oral exam • Swiss school grades (1-6)
Bibliography	• Global Nutrition Report, 2022. Global Nutrition Report: Stronger commitments for greater action. Bristol, UK • World Health Organization, 2021. Health Promotion Glossary of Terms 2021. https://www.who.int/publications/i/item/9789240038349 • Thompson FE and Subar AF, 2017. Dietary assessment methodology. Nutrition in the Prevention and Treatment of Disease, pp. 5–48 • OECD, 2019. The Heavy Burden of Obesity: The Economics of Prevention, OECD Health Policy Studies, OECD Publishing, Paris, France. https://doi.org/10.1787/67450d67-en. • Barth MM (ed.), 2021. Public health nutrition: Rural, urban, and global community-based practice. Springer, New York, USA
Language	English
Comments	It is compulsory for students to attend 80% of the module in person. You can find more information about compulsory sessions in the module schedule, which will be available on Moodle four weeks before the module starts.
Last Update	10.01.2024/Joyce Haddad