

HLTH 3020 GLOBAL NUTRITION AND FOOD

Credit Points 10

Legacy Code 301458

Coordinator Li Li (<https://directory.westernsydney.edu.au/search/name/Li Li/>)

Description This unit aims to develop an understanding of the inter relationship between nutrition and health in Australian and Global contexts. The aim is to provide you with a sound foundation in nutritional anthropology, public health nutrition and health promotion in order that they can systematically analyse nutritional problems associated with world food issues; including those affecting minority and culturally and linguistically diverse groups within Australia; diseases of affluence and current health and nutrition issues in the community. An important objective of the unit is that you will learn the principles of health promotion and how to apply effective nutrition promotion strategies in community and population settings in order to reduce the burdens of various nutritional and lifestyle related disorders and diseases like: obesity, some cancers, diabetes and cardiovascular disease and malnourishment.

School Science

Discipline Nutrition and Dietetics

Student Contribution Band HECS Band 2 10cp

Check your HECS Band contribution amount via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Undergraduate Level 3 subject

Pre-requisite(s) HLTH 2012 AND BIOS 2021

Equivalent Subjects HLTH 3007 Global Nutrition Food and Community HLTH 3006 Global Nutrition Food and Community HLTH 3010 Nutrition and Community Health

Assumed Knowledge

An understanding of human nutrition and associated health issues.

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Analyse the anthropological relationship between nutrition and health in the Australian and global context
2. Critique the contributing factors that affect the nutrition status of Australia's indigenous population
3. Evaluate the relationship of lifestyle factors and nutritional status along with the contribution of food systems to community health and wellbeing
4. Critique the influences of world food politics on nutritional status and examine the trends in national and international nutrition and food
5. Critique the role of nutrition promotion and public health nutrition
6. Analyse current diet related nutrition related public health issues
7. Propose a public health nutrition promotion plan for a current public health issue

Subject Content

1. Principles and application of nutritional anthropology
2. Nutritional Epidemiology
3. Nutrition and Health issues in Indigenous populations
4. Lifestyle factors, Australian food habits and Australian food systems
5. Risk factors, nutrition and cardio vascular disease (CVD)
6. Risk factors, nutrition and cancer
7. Risk factors, nutrition and diabetes
8. Obesity and community health
9. Health Promotion and public health nutrition
10. International nutrition and world food politics
11. Quantitative and qualitative data collection methods

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/Group Task
Case Study	1,500 words	30	N	Individual
Report	2,000 words, 20 minutes	30	N	Group
Final Exam	2 hours	40	N	Individual

Prescribed Texts

- Hughes, R & Margetts, BM 2011, Practical Public Health Nutrition, Wiley-Blackwell, Oxford
- Lawrence, M. Worsley, T. 2007. Public health nutrition: from principles to practice. Allen & Unwin. Sydney

Teaching Periods

Autumn Hawkesbury

Day

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View timetable (https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=HLTH3020_22-AUT_HW_D#subjects)