

# HLTH 7003 COMMUNITY AND PUBLIC HEALTH NUTRITION

**Credit Points** 10

**Legacy Code** 301186

**Coordinator** Li Li ([https://directory.westernsydney.edu.au/search/name/Li Li/](https://directory.westernsydney.edu.au/search/name/Li%20Li/))

**Description** This subject examines the principles of public health nutrition and a systems approach, and enables students to use them to identify and analyse nutrition issues and outcomes. Students will learn about the food and nutrition system and its drivers, and examine their impact on current food, nutrition and nutrition-related health issues. They will explore public health nutrition priorities in Australia and 'at risk' groups such as Aboriginal and Torres Strait Islander peoples, culturally and linguistically diverse groups, and other vulnerable groups. They will learn to interrogate nutrition-related policies in relation to public health nutrition priorities and contemporary topics in Australia and similar contexts. Students will learn about the role of advocacy in promoting a sustainable and equitable food supply system, and improving food and nutrition outcomes for populations.

**School** Science

**Discipline** Nutrition and Dietetics

**Student Contribution Band** HECS Band 2 10cp

**Level** Postgraduate Coursework Level 7 subject

## Restrictions

Unit coordinator permission is required, to ensure that prospective students have completed sufficient undergraduate study (the equivalent of 30 credit points of undergraduate study at Western) that focus on nutrition science, life cycle nutrition, and the relationship between diet and disease. This is essential, assumed knowledge for this unit, as the subject does not teach these topics.

## Assumed Knowledge

Undergraduate knowledge of human nutrition, including nutrition science, life cycle nutrition, and the relationship between diet and disease.

## Learning Outcomes

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

1. Apply principles of public health nutrition and a systems approach to analyse population-level food and nutrition issues and outcomes.
2. Analyse the food and nutrition system in Australia and evaluate the impact of relevant drivers on the components as well as the whole of the system.
3. Critique current policies, strategies and advocacy practices in Australia and similar contexts, in relation to public health nutrition and the food system.
4. Identify public health nutrition issues and priorities in Australia and similar contexts, and in their populations and 'at risk' subgroups, and examine how these issues and priorities have been addressed and the outcomes.
5. Communicate professionally and effectively to a range of audiences, in written and oral formats.

## Subject Content

1. The principles of public health nutrition and a systems approach, and its relationship with population food, nutrition and health outcomes.
2. An introduction of food and nutrition system and its drivers, such as the social, economical, political, and environmental drivers.
3. Public health nutrition issues and priorities in Australia and in 'at risk' groups such as Aboriginal and Torres Strait Islander peoples, culturally and linguistically diverse groups, and other vulnerable, minority groups.
4. Policies and strategies, such as nutrition and food monitoring and surveillance, to examine current nutrition and nutritionally-related health issues, and promote population-level nutrition outcomes.
5. The purpose and 'how to' of strategic and effective advocacy in influencing nutrition, food and health policy and legislation, and the food and nutrition system, in order to promote a sustainable and equitable food supply, and adequate population-level nutrition.

## 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.

Type	Length	Percent	Threshold	Individual/Group Task
Short Answer	5 x 30 minutes	30	N	Individual
Report	3,000 words	40	N	Individual
Presentation	20 minutes	30	N	Individual

Teaching Periods

## Autumn (2022)

**Parramatta - Victoria Rd**

**Day**

**Subject Contact** Li Li ([https://directory.westernsydney.edu.au/search/name/Li Li/](https://directory.westernsydney.edu.au/search/name/Li%20Li/))

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=HLTH7003\\_22-AUT\\_PS\\_D#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=HLTH7003_22-AUT_PS_D#subjects))

## Autumn (2023)

**Parramatta - Victoria Rd**

**On-site**

**Subject Contact** Li Li ([https://directory.westernsydney.edu.au/search/name/Li Li/](https://directory.westernsydney.edu.au/search/name/Li%20Li/))

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=HLTH7003\\_23-AUT\\_PS\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=HLTH7003_23-AUT_PS_1#subjects))