

# 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 subject 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 subject 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 fees via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 3 subject

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

## Restrictions

Successful completion of 120 credit points

## 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 and profile demographic data of a select community.
2. Critique contributing factors and current issues that affect nutrition related health and wellbeing across a range of populations, including Indigenous/First nations communities.
3. Evaluate the nutritional status of a select community, using current research and published data.
4. Design a nutrition promotion program and program evaluation plan based on key principles and models in public health and health promotion
5. Identify national and international food and nutrition trends and critique the influence of food politics on the nutritional status of local and international communities
6. Evaluate factors contributing to Australian and global disease burdens pinpointing risk factors.

## Subject Content

1. Community Nutrition Needs Assessment
2. Community profiling and demographic analysis
3. Environmental determinants of health
4. Obesogenic environments and nutritional status
5. Community food mapping
6. Australian food systems
7. Social determinants of health
8. Socio-ecological model of health, food and nutrition
9. Nutrition and Health issues in Indigenous populations
10. Health Promotion and public health nutrition
11. Principles and application of nutritional anthropology
12. International nutrition and food politics
13. Nutritional Epidemiology including non-communicable diseases and risk factors

## 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	Mandatory
Simulation	2000 words	40	N	Individual	N
Proposal	2500 words	30	N	Group	N
Presentation	5 minutes each person	10	N	Individual	N
Quiz	2 x Online quizzes, 1 hour each	20	N	Individual	N

## 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 (2025)

### Hawkesbury

#### On-site

**Subject Contact** Li Li (<https://directory.westernsydney.edu.au/search/name/Li Li/>)

View timetable ([https://classregistration.westernsydney.edu.au/odd/timetable/?subject\\_code=HLTH3020\\_25-AUT\\_HW\\_1#subjects](https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=HLTH3020_25-AUT_HW_1#subjects))