

INTRODUCTION

Public Health Nutrition (PHN) has gained immense importance since India is in phase of nutritional transition where diabetes and obesity coexist with the largest number of the world's low birth weight babies. Nutritional health is dependent on the economic, social, cultural and behavioural domains since these have an impact on the availability of food, access to food, household distribution of food and practices. Nutrition is thus complex and multidisciplinary.

The key challenges for providing effective public health and nutrition services include striking a balance between different service providers and the overall resource constraints. The other challenge facing the public health community is the need for a coordinated multi-sectoral approach for preventing and controlling complex nutritional problems.

An integrated knowledge of Public Health and Nutrition is thus essential to address these challenges plaguing the country. It is evident that nutrition needs to move beyond the traditional biomedical science based approaches to the study of socio-cultural determinants, impact of disasters and climate change on nutrition.

Recognizing this need, NIHFWS is organizing the ***training course in Public Health Nutrition.***

GENERAL OBJECTIVE

To enhance the knowledge of faculty from Medical Colleges (Dept.of Community Medicine /Pediatrics /Obstetrics & Gynecology), Nursing and Home Science Colleges and State Institute of Health and Family Welfare so that they will be able to render effective services in the area of Public Health Nutrition.

SPECIFIC OBJECTIVES

At the end of the training course, the participants will be able to:

- Explain the existing status of policies and public health programmes in nutrition.
- Discuss the status and causes of malnutrition in India, particularly among the vulnerable groups.
- Describe the need and contents of balanced diet for various age- and gender-groups with special emphasis on the vulnerable groups.
- Outline steps for preventing malnutrition among the vulnerable groups.
- Describe the Food safety and standards Act and the role of regulatory agencies in ensuring food safety and security.
- Discuss the management functions, concepts and models of programme planning in public health nutrition
- Explain management, evaluation and challenges in the implementation of nutritional programmes

COURSE CONTENTS

- Overview of National Nutrition Programmes and Policy
- Balanced Diet.
- Optimum nutrition for vulnerable groups with emphasis on micronutrients.
- Strategies for preventing malnutrition in the vulnerable groups.
- Nutritional deficiency disorders and its prevention
- Food safety and standards Act and the role of regulatory agencies in ensuring food safety and security.
- Management, functions, concepts and models of programme planning in public health nutrition
- Management evaluation and challenges in the implementation of nutritional programmes

TRAINING METHODOLOGY

A participatory approach will be adopted throughout the course with

- ✚ Lecture discussion
- ✚ Role play
- ✚ Group work
- ✚ Field visit

Participants will be given an opportunity to make a brief presentation on organizational setup, their role in the organization and managerial issues related to nursing care services experienced in their respective organizations.

NUMBER & NATURE OF PARTICIPANTS

25 – 30 participants, Graduates with medicine, AYUSH, Dentistry, Home science, Dietetics and the Nursing professionals from Medical, Home Science Colleges and other health institutions.

TRAINING OUTCOME

The course will be helpful in capacity building of the health professionals for rendering effective services in the area of public health nutrition.

COURSE COORDINATING TEAM

Course : Dr. N. Subbiah
Coordinator

Course : Dr. Renu Seharawat
Co-coordinator Dr. Vandana Bhattacharya

Course : Mrs. Rita Rani
Associate



ABOUT THE INSTITUTE

The National Institute of Health and Family Welfare is a premier autonomous Institute, funded by the Ministry of Health and Family Welfare, Government of India. It has kept pace with the new thinking and substantially contributed to the health manpower development in the country.

NIHFW serves as an apex 'technical institute' as well as a 'think tank' to promote national health and family welfare programmes in the country through education and training, research and evaluation, consultancy and advisory services, specialized projects, etc.

LOCATION OF THE INSTITUTE

It is situated in South Delhi, near Jawaharlal Nehru University and Munirka DDA Flats, near to R.K Puram metro station (Magenta line). It is easily accessible from both the Indira Gandhi International Airport and the New Delhi Railway Station, approximately 7 kms and 15 kms respectively. Prepaid taxis/auto-rickshaws are available.

COURSE FEE

There is a course fee of Rs.5000/ per participant. It includes training material, morning and evening refreshment, mineral water and working lunch. TA/DA

and other expenses will also be borne by the participants/ sponsoring organization. Each application must be accompanied with the course fee in the form of a draft payable to **Director, NIHFW**, New Delhi

VENUE

Teaching Block
The National Institute of Health & Family Welfare,
Munirka,
New Delhi – 110067

ACCOMMODATION

For outstation participants moderate hostel accommodation at nominal rate (Rs. 400/- for room rent per day per participant + Rs. 140/ for breakfast & dinner per day per participant) would be provided within the NIHFW campus.

LAST DATE FOR RECEIVING NOMINATIONS

20th January, 2019

(Participants are requested to make travel plans on receipt of confirmation from NIHFW for participation)

FURTHER CORRESPONDENCE TO BE ADDRESSED TO:

Dr. Nanthini Subbiah

Associate Professor,

Deptt of Community Health Admin.

Course Coordinator

The National Institute of Health & Family Welfare

Email: nanthini@nihfw.org

Phone: 09810334505

Training Course On Public Health Nutrition

(28th January – 1st February, 2019)



आरोग्यम् सुखसम्पदा

Department of Community Health Administration
The National Institute of Health and Family Welfare
Munirka, New Delhi-110067