

**DESCRIPTION OF COURSE UNIT FOR DOCTORAL STUDIES
AT VILNIUS UNIVERSITY**

Scientific Area/eas, Field/ds of Science	Medical and Health Sciences (M 000): Public Health (M 004)			
Faculty, Institute, Department/Clinic	Faculty of Medicine Institute of Health Sciences Department of Public Health			
Course unit title (ECTS credits, hours)	Public Health Nutrition 5 credits (135 hours)			
Study method	Lectures	Seminars	Consultations	Self-study
Number of ECTS credits	-	0,5	0,5	4
Method of the assessment (in 10 point system)	<p>Delivery and assessment of the presentation. The presentation shall be delivered on a target topic that is aligned with the coordinating lecturer (the doctoral student must analyze, review and present the latest research publications related to the target topic). The following aspects shall be assessed:</p> <ul style="list-style-type: none"> - structure and scope of the presentation, quality of visually presented material (2 points); - clear presentation of knowledge, argumentation, raising problem questions (2 points); - justification of the relevance of the problem in the context of the field of public health science (2 points); - presentation and analysis of conclusions (2 points); - discussion, handling questions (2 points). <p>The minimum pass score is 5.</p>			
PURPOSE OF THE COURSE UNIT				
<p>To deepen and broaden knowledge related to nutrition, food safety and public health issues, health risks of malnutrition, recommendations for healthy and sustainable nutrition and the reduction of health risks of malnutrition. To study the legal acts regulating the nutrition policy and strategic documents, to get familiarised with the nutritional status of the country's population and its changing trends.</p>				
THE MAIN TOPICS OF COURSE UNIT				
<p>Nutritional status of people of all ages in Lithuania and in the world, nutritional problems in infants, children and adults. Nutritional inequalities. Prevalence of nutrition-related diseases in Lithuania and other countries. The impact of nutrition on public health and morbidity. Dynamics of nutrition-related morbidity in Lithuania and in the world. The role of a public health specialist in the provision of healthy nutrition training to various groups of the population.</p> <p>Assessment of the potential risks of nutrition to public health. Nutritional risk factors and their elimination.</p> <p>Methods of research applied for investigating the nutrition of the population, their selection criteria, advantages and disadvantages. Assessment of nutritional adequacy. Assessment of compliance of the diet with the recommended requirements for nutrients and energy.</p> <p>Legal regulation of nutrition and food safety in the European Union and Lithuania. The concept of horizontal and vertical nutrition legislation. Law on Food of the Republic of Lithuania and related documents. Nutrition issues in the Guidelines for Health Promotion and Sustainability adopted by the Seimas of the Republic of Lithuania. Intersectoral cooperation in the field of nutrition and food safety, areas for its development. Functions, objectives, tasks, cooperation of institutions dealing with nutrition and food safety issues.</p>				

Various groups of food products, their significance for the human body, health risks of malnutrition. The concept of nutritional adequacy. Influence of diet on body weight. Changes and trends in the body mass index of the Lithuanian population. Ensuring food safety in food production, trade and catering establishments. The essence, application and importance of risk factor analysis and important control points system in nutrition and food facilities for public health. Application of good hygiene practice requirements in food facilities.

Food poisoning cases, their prevention. Food poisoning cases of microbial and non-microbial origin. Toxic substances that are naturally present in food and their potential risks to health.

Organic food, its regulation, significance for health. Peculiarities of organic food consumption in Lithuania and other countries. Requirements for organic food.

Functional foods and their components. Monitoring the potential impact of functional food on public health and its importance for public health.

Food supplements, their regulation.

Foodstuffs for special purposes, their regulatory documents. The importance of these products for public health.

Nutrition products for athletes. Nutritional peculiarities of athletes of different sports, dietary recommendations.

Novelty foods, genetically modified foods.

Food labeling, legal acts governing it. Health claims and labeling requirements.

Food additives, their regulation, labeling. Ensuring the safe use of food additives.

Drinking water as the most widely consumed food and public health.

Nutrition, physical activity and public health.

Nutritional recommendations for babies. The importance of breastfeeding. Promotion of breastfeeding. Breastfeeding status in Lithuania and other countries.

Nutrition of pregnant and lactating women in Lithuania, its peculiarities, recommendations, current status.

Dietary recommendations for children.

Procedure for organizing nutrition in children's educational institutions, its regulation.

The latest national and foreign research literature on nutrition and public health.

RECOMMENDED LITERATURE SOURCES

1. Janice L Raymond, Kelly Morrow. Krause and Mahan's Food & the Nutrition Care Process, 15e 15th Edition. Publisher: Elsevier UK, 2020.
2. Gregoire, Mary. Foodservice Organizations: A Managerial and Systems Approach. Publisher: Pearson, 2016.
3. Holli, Betsy B.; Beto, Judith A. Nutrition Counseling and Education Skills: A Guide for Professionals: A Guide for Professionals. Publisher: Jones & Bartlett Learning, 2017.
4. Nelms, Marcia. Medical Nutrition Therapy: A Case-Study Approach. Published by Cengage Learning, 2016.
5. Gropper, Sareen S.; Smith, Jack L. Carr, Timothy P. Advanced Nutrition and Human Metabolism. Publisher: Cengage Learning, 2017.
6. Summerfield, Liane M. Nutrition, Exercise, and Behavior: An Integrated Approach to Weight Management. Publisher: Cengage Learning, 2015.
7. Nelms, Marcia; Sucher, Kathryn P. Nutrition Therapy and Pathophysiology Book Only Publisher: Cengage Learning, 2019.
8. Theodore Tulchinsky, Elena Varavikova, Joel Matan Cohen. The New Public Health, 4th Edition. 2022
9. Rekomenduojamos maistinių medžiagų ir energijos poreikio normos, 2016. Internetinė nuoroda:
<https://www.e-tar.lt/portal/lt/legalAct/4bd890f0428011e6a8ae9e1795984391>
10. Sveikatos tausojimo ir stiprinimo politikos gairės, 2019. Internetinė nuoroda:
<https://e-seimas.lrs.lt/portal/legalAct/lt/TAD/f0d5f572a6eb11e9aab6d8dd69c6da66>

CONSULTING LECTURERS
1. <u>Coordinating lecturer</u> : Rimantas Stukas (Prof. Dr. HP).
2. Roma Bartkevičiūtė (Assist. Prof. Dr.).
3. Albertas Barzda (Assist. Prof. Dr.).
4. Raimondas Buckus (Assoc. Prof. Dr.).
APPROVED:
By Council of Doctoral School of Medicine and Health Sciences at Vilnius University: 29 th of September 2022
Chairperson of the Board: Prof. Janina Tutkuvienė