

The University of British Columbia
School of Population and Public Health
Master of Public Health/MSc Public Health

Calendar Entry: SPPH 581R

Pediatric Nutrition and Public Health

Credits: 3

General Course Description:

This course will serve as an introduction to the fundamental concepts of nutrition with particular emphasis to pediatric populations. This course is designed for all learners at the Masters and PhD levels in Public and Population Health and is a prerequisite for students in MCH, LCS and other related themes.

Course Objectives:

1. To understand fundamental aspects of nutrition with respect to pediatric health (Weeks 1, 2)
2. To understand how nutritional status assessment can be done in children (Week 3)
3. To understand current nutrient intake recommendations for pediatric populations, and how to interpret food nutrition labels (Week 4, 5)
4. To understand maternal-fetal aspects of nutrition, infancy, and issues that impact growth and development (Weeks 6, 7, 8)
5. To understand global nutrition issues and the impact of culture on diet habits with particular relevance to pediatric health. (Weeks 9, 10)
6. “Why then, can one desire too much of a good thing?”- As You Like It by W. Shakespeare – relevance of the quote in current times’ to child nutrition and the childhood obesity epidemic (Weeks 11, 12, 13)

Course Evaluation:

Class participation: (10%)

Mid Term Quiz: (20%)

Case Study/Research paper: Apply skills to critically appraise a case study of a critical pediatric nutrition issue in the context of population and public health (20%)

Oral Presentation: 15 minute presentation of the above Research Paper (15%)

Final Exam: (35%)

Course overview

Week 1: Introduction and Course Overview: Fundamentals/key concepts of human nutrition

Week 2: Macro and micro nutrients and it's importance in child health

Week 3: Nutritional assessment of the child – the role of growth curves, and biochemical measures

Week 4: Nutrient intake recommendations for children - Canada's Food Guide, Dietary Reference Intakes, World Health Organization/Food and Agriculture Organization

Week 5: Understanding food and nutrition labels

Week 6: Maternal-Fetal aspects of nutrition and impact on child growth & development

Week 7: Nutrition during infancy

Week 8: Nutrition and infection, Nutrition and food allergies – impact on child health

Week 9: Global nutrition – impact of diet and culture on child feeding

Week 10: Pediatric Malnutrition: with a focus on under-nutrition

Week 11: Pediatric Malnutrition: with a focus on over-nutrition

Week 12: School based initiatives to tackle pediatric nutritional issues with a particular emphasis on childhood obesity

Week 13: Linking pediatric nutrition research to action to promote public health

Recommended Readings:

- Nutrition Now, 7th Edition, Judith E. Brown, Wadsworth Publishing, Belmont, CA, USA, 2013 (Units 1, 2, 3 and 7)
- Pediatric Nutrition, Fourth Edition, Patricia Queen Samour and Kathy King, Jones & Bartlett Learning, 2010 (Chapters 2, 3, 7 and 8)
- Managing Child Nutrition Programs: Leadership For Excellence, Second Edition, Josephine Martin, Charlotte Beckett Oakley, Jones & Bartlett Learning, 2007 (Chapters 9 and 10)
- Pediatric Nutrition in Practice, Koletzko B, Cooper P, Makrides M, Garza C, Uauy R and Wang W, Karger Publishers, 2008 (Chapters 1 and 2)