

NUTRITIONAL ASSESSMENT AND EDUCATION

Semester – 6th

CC - 15

FN (603)

Credit – 2 + 2 = 4

Objectives :-

This course should be enable the student to -

1. Understand the concept of nutritional status and its relationship to health.
2. Know the aims and objectives for assessing the nutritional status of an individual and the community.
3. Know the methods used for assessment of nutritional status.
4. Know the extent and types of malnutrition prevalent in the country and region.
5. Identify the factors responsible for the malnutrition.

Unit – 1

- A. Nutritional status assessment and importance – Meaning, need, objectives and importance.
- B. Direct nutritional assessment of human groups – clinical signs, nutritional anthropometry, biochemical tests, biophysical methods.

Unit – 2

- A. Diet surveys, Need and importance concept of consumption unit, intra and inter individual distribution in family.
- B. Adequacy of diet with respect to RDA concept of family food security.

Unit – 3

- A. Rapid Assessment Procedure – Need and importance, technique.
- B. Interpretation of the data for rapid assessment procedure.

Unit – 4

- A. Types of malnutrition present in the country and region factors responsible for malnutrition.
- B. Sociological factors in the etiology and prevention of malnutrition – food – production, availability, cultural influences, socio-economic factors, food consumption, conditioning

infections, medical & educational services, psycho social, emergency disaster conditions e.g. famine, floods, war.

Practicals:

1. Take various anthropometric measurements for individuals of different ages e.g. head, chest circumference, MUAC, Height, weight, BMI etc.
2. To assess the nutritional status of individuals and the communities.
3. To collect data and food and nutrient intake of different communities by 24 hour recall method, Household food consumption etc.
4. To know the significance and importance of various biochemical parameter.
5. Clinical assessment and signs of nutrient deficiency for PEM, Vitamin A, Anaemia, Rickets, B complex vitamin deficiencies.

Reference:

- Jelliffe D.B. (1966): Assessment of the nutritional status of the community world health organization.
- Sain D.R., Lockwood R., Scrimshaw M.S. (1981); Methods for the evolution of the impact of food and nutrition programmes, United Nations University.
- Ritchie, J.A.S. (1967); Learning Better Nutrition, FAO, Rome.
- Gopalan C.; Nutrition and Health care, Nutrition Foundation of India, special publication series.
- Beghin, I , M., Dujaram. B. (1988); A guide to nutritional status assessment W.H.O. Geneva.
- Gopaldas, T. and Seshadri.S. (1987); Nutrition Monitoring and Assessment, Oxford University Press.