

COMMUNITY HEALTH & CARE (ELECTIVE)

Paper no.- HSHD-104

ES -1

Credits – 3+1=4

SEM – I (M.Sc. H.D.)

Marks : 100 +35 = 135

OBJECTIVES

1. This course will enable students to develop a holistic knowledge base and understanding of the nature of important nutrition problems and their prevention and control for the disadvantaged and upper socio economic strain society.
2. To understand the course/determinants and consequences of nutrition and health problems in society.
3. Be familiar with various approaches to nutrition and health interventions, programmes and policies.

CONTENTS :

UNIT : 1

- Concept of community health, relationship between health and nutrition.
- Role of public nutrition list in the health care delivery.
- Primary health care of the community.
- Determinants of health status.
- Indicators of health.
- Factors affecting on nutritional and health status

UNIT : 2

- Common health problems in India.
- Infective diseases/communicable diseases, nutritional problems.

- Problems due to environmental pollution.
- Health problems due to food adulteration.
- Life style diseases.
- Sexually transmitted diseases.
- Factor responsible for all above mentioned health problems.

UNIT: 3

Health & Nutritional assessment.

- Anthropometric measurement.
- Dietary server/Food consumption.
- Clinical symptom's assessment.
- Biochemical symptoms assessment.
- Functional indicators, such as Heart fitness, respiratory fitness.

UNIT :4

Preventive measures

- Health education-objectives, importance, methods.
- Health & Nutritional services.
 - Voluntary agencies.
 - Government program/Agencies.
 - International agencies.

PRACTICALS:

1. Community based projects for assessment of health and nutritional status of vulnerable group.

2. Study of all assessment techniques applicable for individuals and community.
3. Comparison of rural, urban and tribal communities for
 - a) Determination of Malnutrition.
 - b) Determination of health problems.
 - c) Socio-economic groups.
 - d) The types of nutritional and health problems in different segments and age groups through analysis of secondary data.
4. Development and demonstration of low cost nutritive recipes suitable for various vulnerable groups.

REFERENCES :-

1. Gopalan C, and Kaur,S(Eds)(1993). Towards Better Nutrition,problems & Policies,Nutrition foundation of India.
2. National Family Health Survey I & II (1993,2000) International Institute for population studies, Mumbai.
3. World Health Organisation (1998) world Health Report : Life in the 21st century. Report of the director general. WHO,Geneva,Switzerland.
4. Jellief D.B. and Jellief E.F.P. (1989).Community Nutritional Assessment, Oxford University Press.
5. Gopaldas T.and Seshadri S (1987).Nutrition monitoring and Assessment,Oxford University Press.