

Nutrition and Public Health

July 9-13, 2017 | Course No. 0158.1159

Course Instructors: Sigal Eilat-Adar (TAU), Rebecca Goldsmith (MOH), Elliot Berry (HUJI), Ina Henkel (UP), Harshadrai Rawel (UP), Lisa Sasson (NYU)

Date & Time: July 9-13, 2017 | S, M, Th 8:30-13:00 / T, W 8:30-13:30

Final Exam: July 14, 2017 | 9:00-11:00

Location: Sackler Faculty of Medicine, Tel Aviv University

This course is part of the Food Safety and Security Summer Institute.

Pre-requisites & Intended Audience

No pre-requisites.

The course is intended for Master's and PhD level students or above.

Academic Credit & Course Requirements

2 Academic Credits (4 ECTS). Participants must pass the final exam with a grade of 60 (D). Noncredit participants will receive a certification of participation and are not required to take the final exam, but are expected to participate.

Course Description

The one-week, intense course will present the nutritional aspects of public health challenges that occur throughout life in different settings. It will introduce major methods and tools to assess, plan, and implement nutritional interventions at personal, people-centered care, as well as at household, community, national, and global levels. The significant role of food and nutrition in human development, health, and disease prevention will be highlighted.

Course Timetable

Sunday, July 9 (Day 1) – Lecturers: Sigal Eilat-Adar; Lisa Sasson	
08:30-08:45	Welcome and Introductions
08:45-10:00	Nutrition at a glance (essential nutrients, food) Lecturer: Sigal Eilat-Adar
10:00-10:30	Break
10:30-12:00	Nutrition during pregnancy and benefits of breastfeeding Lecturer: Lisa Sasson
12:00-12:15	Break
12:15-13:00	Nutrition and positive eating behaviors during childhood Lecturer: Lisa Sasson
Monday, July 10 (Day 2) – Lecturer: Elliot Berry	
08:30-10:00	Sociotype and coping with food insecurity
10:00-10:30	Break
10:30-12:00	Positive Deviance approach to managing non-communicable disease
12:00-12:15	Break
12:15-13:00	Overweight, obesity & the nutrition transition
Tuesday, July 11 (Day 3) – Lecturer: Rebecca Goldsmith	
08:30-10:00	Nutritional status and surveillance
10:00-10:30	Break
10:30-12:00	Nutrition and dietary surveys: Planning and implementation
12:00-12:15	Break
12:15-13:30	Understanding food labeling and claims

Wednesday, July 12 (Day 4) – Lecturers: Ina Henkel; Harshadrai Rawel	
08:30-10:00	Determination of cereal authenticity in processed products by targeted peptide biomarkers Lecturers: Harshadrai Rawel
10:00-10:30	Break
10:30-12:00	The role of micronutrients (Iodine) for the growth of adolescents Lecturers: Ina Henkel
12:00-12:15	Break
12:15-13:00	The role of micronutrients (Zinc) for the growth of adolescents Lecturers: Ina Henkel
Thursday, July 13 (Day 5) – Lecturer: Sigal Eilat-Adar	
08:30-10:00	Nutrition – From data to recommendations
10:00-10:15	Break
10:15-11:45	Nutritional recommendation for cardiovascular disease prevention: examples of dietary patterns, vitamin supplementation (antioxidants) and omega-3
11:45-12:00	Break
12:00-12:40	Making a nutritional change in a developing world
12:40-13:00	Certificate ceremony and class photo
Friday, July 14 (Final Exam)	
09:00-11:00	Room 201, Sackler Faculty of Medicine (Teaching Assistants will be present)