Nutrition and Public Health
July 15-19, 2018 | Course No. 0158.1159 / 0466.4007

Course Coordinator: Sigal Eilat-Adar (Tel Aviv University)
Course Instructors: Rebecca Goldsmith (Israel Ministry of Health), Josefa Kachal (Israel Ministry of Health), Ronit Endvelt (Israel Ministry of Health)

Date & Time:
- July 15-19, 2018 | S, M, Th 8:30-13:00 / T, W 8:30-13:30
Final Exam:
- July 20, 2018 | 9:00-11:00
Location: Room TBA, Sackler Faculty of Medicine, Tel Aviv University
Teaching Assistants: TBA

This course is part of the Food Safety and Security Summer Institute. MOH: Ministry of Health | TAU: Tel Aviv University

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. The exam accounts for 100% of the course grade.

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 15 (Day 1) – Lecturer: Sigal Eilat-Adar**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>08:30-08:45</td>
<td>Welcome and Introductions</td>
</tr>
<tr>
<td>08:45-10:00</td>
<td>Nutrition at a glance (essential nutrients, food)</td>
</tr>
<tr>
<td>10:00-10:30</td>
<td>Break</td>
</tr>
<tr>
<td>10:30-12:00</td>
<td>Food insecurity</td>
</tr>
<tr>
<td>12:00-12:15</td>
<td>Break</td>
</tr>
<tr>
<td>12:15-13:00</td>
<td>Basic definition in nutritional health promotion: vitamins, minerals: DRI, RDA, UL, food sources</td>
</tr>
</tbody>
</table>

**Monday, July 16 (Day 2) – Lecturers: Sigal Eilat-Adar and Ronit Endvelt**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>08:30-10:00</td>
<td>Nutrition policy to promote healthy living</td>
</tr>
<tr>
<td></td>
<td><strong>Lecturer: Ronit Endvelt</strong></td>
</tr>
<tr>
<td>10:00-10:30</td>
<td>Break</td>
</tr>
<tr>
<td>10:30-12:00</td>
<td>Nutrition – From data to recommendations</td>
</tr>
<tr>
<td></td>
<td><strong>Lecturer: Sigal Eilat-Adar</strong></td>
</tr>
<tr>
<td>12:00-12:15</td>
<td>Break</td>
</tr>
<tr>
<td>12:15-13:00</td>
<td>Nutritional recommendation for cardiovascular disease prevention: examples of dietary patterns and vitamin supplementation (antioxidants)</td>
</tr>
<tr>
<td></td>
<td><strong>Lecturer: Sigal Eilat-Adar</strong></td>
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**Tuesday, July 17 (Day 3) – Lecturer: Rebecca Goldsmith**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>08:30-10:00</td>
<td>Nutritional status and surveillance</td>
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<tr>
<td>10:00-10:30</td>
<td>Break</td>
</tr>
<tr>
<td>10:30-11:45</td>
<td>Nutrition and dietary surveys: Planning and implementation</td>
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<tr>
<td>11:45-12:00</td>
<td>Break</td>
</tr>
<tr>
<td>12:00-13:30</td>
<td>Understanding food labeling and claims</td>
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<tr>
<td>Time</td>
<td>Topic</td>
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<tr>
<td>08:30-10:00</td>
<td>Nutrition during pregnancy, breastfeeding and pediatric nutrition</td>
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<tr>
<td>10:00-10:30</td>
<td>Break</td>
</tr>
<tr>
<td>10:30-12:00</td>
<td>Nutritional assessment in public health: framework, implementation and planning</td>
</tr>
<tr>
<td>12:00-12:15</td>
<td>Break</td>
</tr>
<tr>
<td>12:15-13:30</td>
<td>Food labels - Exercise&lt;br&gt;Nutritional assessment - Exercise</td>
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</tbody>
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**Wednesday, July 18 (Day 4) – Lecturer: Sigal Eilat-Adar**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>08:30-10:00</td>
<td>Nutrition and dietary care for the elderly with a focus on malnutrition&lt;br&gt;&lt;br&gt;<strong>Lecturer: Josefa Kachal</strong></td>
</tr>
<tr>
<td>10:00-10:15</td>
<td>Break</td>
</tr>
<tr>
<td>10:15-11:00</td>
<td>The triple strategy for treating a nutritional problem: anemia and neural tube defects as examples&lt;br&gt;&lt;br&gt;<strong>Lecturer: Josefa Kachal</strong></td>
</tr>
<tr>
<td>11:00-11:15</td>
<td>Break</td>
</tr>
<tr>
<td>11:15-12:40</td>
<td>Making a nutritional change in a developing world: examples from Sri Lanka and Peru&lt;br&gt;&lt;br&gt;<strong>Lecturer: Sigal Eilat-Adar</strong></td>
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<tr>
<td>12:40-13:00</td>
<td>Certificate ceremony and class photo</td>
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**Thursday, July 19 (Day 5) – Lecturer: Sigal Eilat-Adar**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
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<tbody>
<tr>
<td>09:00-11:00</td>
<td>Room TBA, Sackler Faculty of Medicine (Teaching Assistants will be present)</td>
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