



# ***INTRODUCTION***

# Community Nutrition





# Instructor

- **Dr. Khalid S. Al-Numair**
- Associate Professor of Community and Applied Human Nutrition
- Department of Community Health Sciences, College of Applied Medical Sciences, King Saud University,
- P.O. Box 2460, Riyadh 11451, Saudi Arabia.
- Office: 162- Building 24
- Telephone: +9661- 467-7927
- Fax: +9661- 4697502
- Email : [alnumair@ksu.edu.sa](mailto:alnumair@ksu.edu.sa)



# Teaching Assistant

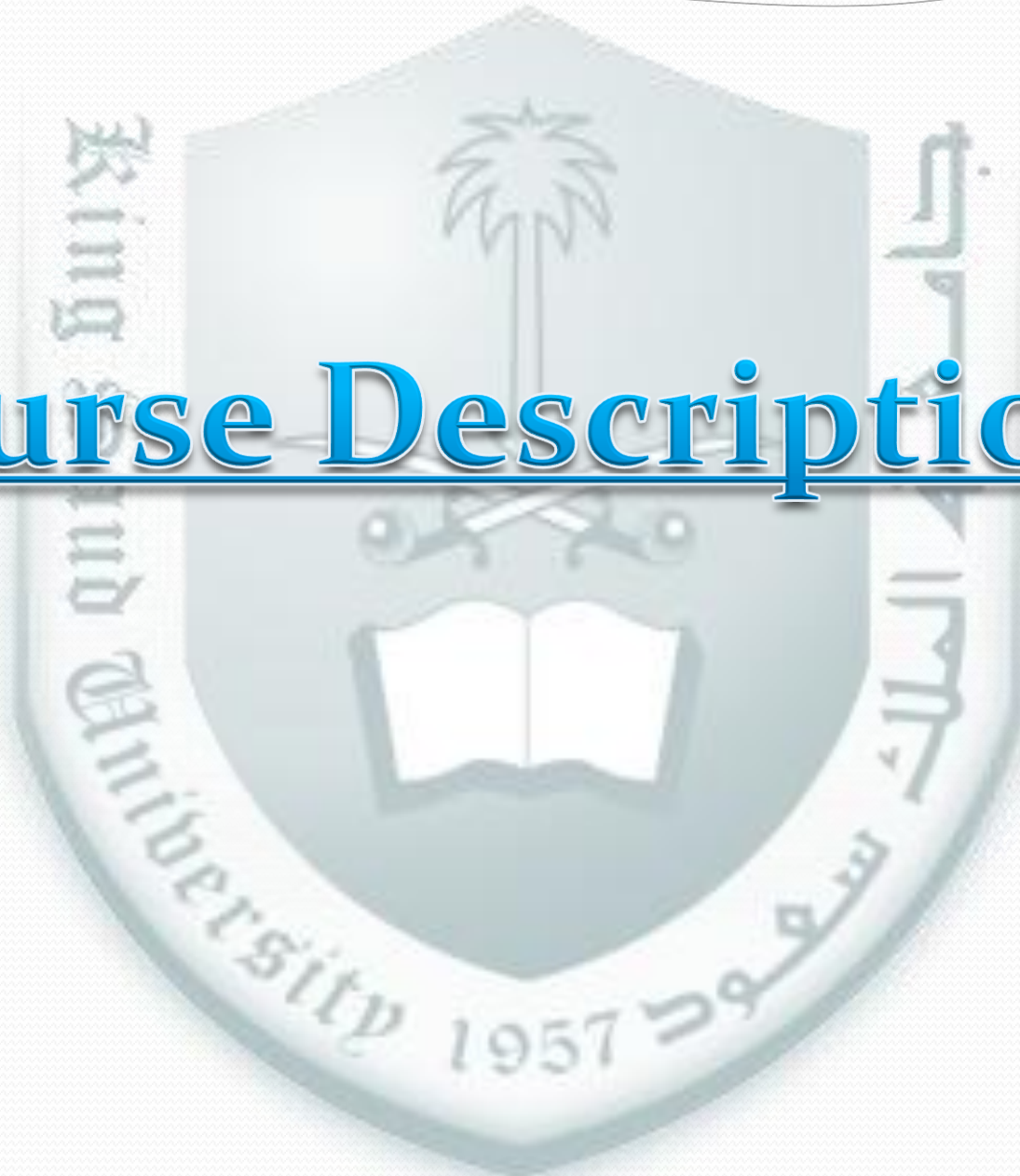
- **Mr. Muhammad Ibrar Khan**
- Community Health Sciences Department
- College of Applied Medical Sciences
- P.O.Box 10219, Riyadh, 11433
- Saudi Arabia



# Course Objectives

- Provide an overview of community nutrition concepts; monitoring, assessment, policies, services, education and marketing programs.
- Raise students ' awareness about the nutritional related problems in Saudi community, their consequences and the solutions.
- Study and assess the life cycle factors related to diet, lifecycle stages and the motivational interviewing for the different age groups.

# Course Description





Define the concepts of  
community nutrition

community nutrition



➤ Discuss the relationship between diet and diseases


between diet and diseases





Explain the different methods of assessing the nutritional status and need assessment techniques

and need assessment techniques  
assessing the nutritional status

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- Analyze the importance of food assistance programs; describe how dietitians become involved in setting policy at local level and the nutritional related problems in Saudi community, their consequences and the suggested solutions.

- **Discuss the life cycle factors related to diet, lifecycle stages and the motivational interviewing for the different age groups**

interviewing for the different age groups  
lifecycle stages and the motivational



➤ Explain the nutrition programming processes

processes

- Discuss the different educational strategies that may be effective in providing nutrition education throughout the life span.

throughout the life span.

providing nutrition education

# References :

**1.Nnakwe .N. E (2009) " Community Nutrition: Planning Health Promotion and Diseases Prevention" Jones and Bartlett Publishers, London, UK.**

**2.Sentselaar, L. (2007) " Nutritional Counseling for Lifestyle Change" Tylor&Francis, London.**

# Course assessment:

<b>Final exam</b>	<b>60 points.</b>
<b>Mid term exam</b>	<b>20 points.</b>
<b>Assignments (4)</b>	<b>15 points.</b>
<b>quizzes</b>	<b>5 points.</b>



# Course contents :

Date	Topic
1st week	Overview of Community Nutrition Background
2nd week	Nutrition Screening and Assessment
3rd week	Nutrition Monitoring and Food Assistance Programs
4th week	Public Policy and Nutrition
5th week	Principles of Planning Effective Community Nutrition Programs
6th week	<b>Mid-term Exam</b>





<b>7th week</b>	<b>Principles of Planning Effective Community Nutrition Programs</b>
<b>8th week</b>	<b>Principles of Nutrition Education</b>
<b>9th week</b>	<b>Marketing Nutrition Programs and the Role of Food Industry in Food Choice</b>
<b>10th week</b>	<b>Marketing Nutrition Programs and the Role of Food Industry in Food Choice</b>
<b>11th week</b>	<b>Assessment of Life Cycle Factors Related to Diet and Obesity Associated Diseases</b>
<b>12th week</b>	<b>Lifestyle Change Factors Related to Lifecycle Stages</b>
<b>13th week</b>	<b>Motivational interviewing for childhood and parental habits( <u>stage 1</u>) &amp;for children and adolescents( <u>stage 2</u>)</b>
<b>14th week</b>	<b>Motivational interviewing for adult &amp; elderly(<u>stage3</u>)</b>

*1<sup>st</sup> week*

**Overview of Community Nutrition  
Background**

*2nd week*

**Nutrition Screening and  
Assessment**

*3rd week*

**Nutrition Monitoring and  
Food Assistance Programs**

*4th week*

**Public Policy and Nutrition**

*5th week*

**Principles of Planning Effective  
Community Nutrition Programs**

*6th week*

**Mid-term Exam**

*7th week*

**Principles of Planning Effective  
Community Nutrition Programs**



*8th week*

**Principles of Nutrition  
Education**

*9th Week*

**Marketing Nutrition Programs and the Role  
of Food Industry in Food Choice**

*10th week*

**Marketing Nutrition Programs and the  
Role of Food Industry in Food Choice**

*11th week*

**Assessment of Life Cycle Factors Related to  
Diet and Obesity Associated Diseases**

*12th week*

**Lifestyle Change Factors  
Related to Lifecycle Stages**

# *13th week*

**Motivational interviewing for childhood  
and parental habits( stage 1) &for children  
and adolescents( stage 2)**

*14th week*

**Motivational interviewing for adult  
& elderly(stage3)**

# Assignments schedule

<b>No. of Assignment</b>	<b>Topic</b>	<b>Starting time</b>	<b>Submission time</b>
<b>Assignment# 1</b>	<b>In your opinion what are the Nutritional Related Problems in Saudi Community. Reasons and Solutions.</b>	<b>2nd Week 1st lecture</b>	<b>4th week 2nd Lecture</b>
<b>Assignment# 2</b>	<b>Write Overview of the Existing Nutrition Policies and Programs in the Kingdom of Saudi Arabia: Weaknesses and Strengths.</b>	<b>7th Week 1st Lecture</b>	<b>9th Week 2nd Lecture</b>
<b>Assignment# 3</b>	<b>Development of a Nutrition Program for the Primary School Students in the Kingdom of Saudi Arabia.</b>	<b>9th Week 1st lecture</b>	<b>11th Week 2nd Lecture</b>



# Reading Schedule



<b>Reading No.</b>	<b>Topic</b>	<b>Pages</b>		<b>Week</b>
<b>1</b>	<b>Methods and Tools for Assessing the Nutrition Status</b>	<b>23</b>	<b>33</b>	<b>2<sup>nd</sup></b>
<b>2</b>	<b>Public Health Nutrition: an International Prospective</b>	<b>119</b>	<b>126</b>	<b>4<sup>th</sup></b>
<b>3</b>	<b>Developing Lesson Plan</b>	<b>303</b>	<b>307</b>	<b>8<sup>th</sup></b>
<b>4</b>	<b>Market research and Situational Analysis</b>	<b>315</b>	<b>316</b>	<b>9<sup>th</sup></b>

**Thank you**

