

# STUDY GUIDE

## ***NUTRITION AND PUBLIC HEALTH***

**Organised by**

**University of the Peloponnese**

1. IDENTIFYING DATA.		
• Course Name.	Nutrition and Public Health	
• Coordinating University.	University of the Peloponnese	
• Partner Universities Involved.	-	
• Course Field(s).	Public Health	
• Related Study Programme.	-	
• ISCED Code.	091 (Health)	
• SDG.	2 (zero hunger) 3 (good health and well-being) 12 (responsible consumption and production)	
• Study Level.	B, M, D	
• EUNICE Key Competencies	<ul style="list-style-type: none"> <li>• Green – strongly</li> <li>• Orange - moderately</li> <li>• Red – partially</li> <li>• Blank cell - not at all</li> </ul>	
	Problem solving	Orange
	Teamworking	Orange
	Communication	Orange
	Self-management	Green
	Cognitive flexibility	Green
	Digital competence	Orange
	Technical competence	Red

	Global intercultural competence	
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• <b>Number of ECTS credits allocated.</b>	3
• <b>Mode of Delivery.</b>	Online live
• <b>Language of Instruction.</b>	English
• <b>Course Dates.</b>	5/11/2026- 18/2/2027
• <b>Precise Schedule of the Lectures.</b>	Thursdays (every one or two Thursdays), 2h class in the evening
• <b>Key Words.</b>	Nutrition, vitamins, minerals, Mediterranean diet, ultra-processed foods, malnutrition, cancer, pregnancy, elderly, cardiovascular disease, hypertension
• <b>Catchy Phrase.</b>	Eat well, stay well

• <b>Prerequisites and co-requisites.</b>	Knowledge of English language PowerPoint Knowledge - The study levels this course is available for (B, M and D)
• <b>Number of EUNICE students that can attend the Course.</b>	30
• <b>Number of EUNICE students that can attend the course per institution</b>	3
• <b>Course inscription procedure(s).</b>	Standard EUNICE process

## 2. CONTACT DETAILS.

• <b>Department.</b>	Department of Nutritional Science and Dietetics
• <b>Name of Lecturer.</b>	Paraskevi Detopoulou
• <b>E-mail.</b>	<a href="mailto:p.detopoulou@uop.gr">p.detopoulou@uop.gr</a>
• <b>Other Lecturers.</b>	Pinelopi Douvogianni, MSc, PhD student Georgia Pouloupoulou, MSc, PhD student Pantelis Papanastasiou, MSc

### 3. COURSE CONTENT.

- Introductory aspects (macro and micro nutrients)
- Nutrition and cardiometabolic diseases
- Nutrition and cancer
- Malnutrition
- Healthy Eating in various life stages

### 4. LEARNING OUTCOMES.

By the end of this course, students will:

- Understand the roles and sources of macronutrients (carbohydrates, proteins, and fats) and their importance in human health.
- Recognize the significance of micronutrients (vitamins and minerals) in body functions and disease prevention.
- Comprehend the relationship between nutrition and major health conditions, including obesity, diabetes, hypertension, cardiovascular diseases, cancer, and malnutrition.
- Read and interpret food labels to assess nutritional value and make informed dietary choices.
- Identify healthy dietary patterns and nutritional strategies for disease prevention and management.
- Recognize and address nutritional deficiencies and excesses in different life stages.
- Strengthen Critical Thinking and Communication Skills
- Analyze current nutrition-related issues and their implications on public health.
- Apply Knowledge to Real-World Contexts through case-studies
- This course equips students with both theoretical knowledge and practical skills to make informed decisions about nutrition and contribute to health promotion and disease prevention.

### 5. OBJECTIVES.

The objective of this course is for professionals from different areas of health to become familiar with Fundamentals of Nutrition and Public Health.

### 6. COURSE ORGANISATION.

#### UNITS

1.	Introductory aspects of nutrition
2.	Nutrition and Obesity

3.	Nutrition and dyslipidemia/ cardiovascular disease
4.	Nutrition and cancer
5.	Malnutrition
6.	Healthy eating in children and pregnant women
7.	presentations of students
8	Presentations of students

#### LEARNING RESOURCES AND TOOLS.

Presentations, scientific articles

#### PLANNED LEARNING ACTIVITIES AND TEACHING METHODS.

Lectures, presentations by sole students or students' groups

#### 7. ASSESSMENT METHODS, CRITERIA AND PERIOD.

Presentation of a nutrition related project

#### OBSERVATIONS.

The course is graded

#### 8. BIBLIOGRAPHY AND TEACHING MATERIALS.

R.S. Gibson: Principles of Nutritional Assessment (online free e-book)  
<https://nutritionalassessment.org/>  
<https://pressbooks.bccampus.ca/nutr1100/> (online free e-book)  
<https://www.cambridge.org/core/journals/public-health-nutrition>  
<https://www.sciencedirect.com/journal/the-journal-of-nutrition>  
<https://www.myplate.gov/life-stages>  
<https://www.efsa.europa.eu/en>  
<https://www.espen.org/files/ESPEN-Guidelines/ESPEN-practical-guideline-clinical-nutrition-in-cancer.pdf>  
<https://www.cancerresearchuk.org/about-cancer/coping/physically/diet-problems/why-diet-is-important>  
<https://heart.bmj.com/content/108/15/1234>  
<https://www.escardio.org/The-ESC/Press-Office/Press-releases/what-should-i-eat-to-avoid-heart-disease>  
<https://data.unicef.org/topic/nutrition/malnutrition/>  
<https://medlineplus.gov/nutritionforolderadults.html>

<https://www.nhs.uk/pregnancy/keeping-well/have-a-healthy-diet/>