

in collaboration with

# Public Health Nutrition

## Facilitators

Dr. Patricia Chocano-Bedoya, MD PhD  
Population Health Laboratory (#PopHealthLab) University of Fribourg  
Bern Institute of Primary Care (BIHAM), University of Bern

Prof. Pedro Marques-Vidal, MD PhD  
Lausanne University Hospital and University of Lausanne

Prof. Suzanne Suggs, PhD  
Institute of Public Health (IPH) and Institute of Communication and Public Policy (ICPP), University of Lugano

## Description

Nutrition is a major determinant of population health, a key factor in healthy growth, and a risk factor for several chronic conditions. Multiple factors shape nutrition patterns, including individual behaviours, food policies, environmental constraints, and the food production industry. Still, nutritional assessment and population monitoring is challenging as it needs accounting for recall problems and social desirability. This course explores areas of vital interest in public health nutrition, including health promotion and prevention, food production, policy making, and dietary guidelines. The course also covers the different methods used to assess diet in adults and children.

## Objectives

The course will familiarize participants with the principles and methods of nutrition public health and epidemiology. Students will learn to:

1. Identify the major determinants (societal, environmental, behavioural) of nutrition at the population level;
2. Describe the principles of health promotion and prevention in the field of nutrition, including risk communication;
3. Compare the different methods of dietary assessment and tools of nutrition epidemiology.

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4. Evaluate and interpret the literature on nutritional epidemiology and the evidence used to develop guidelines.

**Dates**

**28-30 Nov**

**Eligibility**

Open to SSPH+ PhD students, and health professionals interested in nutrition and public health.

**Course Structure**

The course will be held *on site* at the University of Fribourg and will consist of keynote lectures and group discussions. Students will work in groups to design a study on a nutritional exposure and present their results at the end of the course.

**Assessment**

Participation in class and presentations

**Credits**

**1 ECTS: Preparation Work: 10h, Contact (Lectures/Workshops): 17h.**

(1 ECTS corresponds to appr. 25-30 hours workload)

**Location**

University of Fribourg

**Course Fees**

SSPH+ PhD Students	30.- CHF (processing fee)
External PhD or MD Students	300.- CHF
Academics	850.- CHF
Other Participants	1250.- CHF

**Registration**

[Please register online on our website](#)

**Deadline for registration**

28 October 2022