

NUTRITION AND HEALTH - FUNDAMENTALS AND APPLICATIONS

15 August to 14 November 2018

EVERY WEDNESDAY AFTERNOON 2PM TO 5PM

COURSE COORDINATOR



Mary is Assistant Professor at the Saw Swee Hock School of Public Health, the National University of Singapore. She is also Principal Investigator at the Singapore Institute for Clinical Sciences and Clinical Nutrition Research Centre at A*STAR.

She is a clinical dietitian by training and pursued her PhD studies and post-doctoral training in the UK before returning to Singapore to help build up the nutrition research capabilities locally.

Her research interests are in maternal and infant nutrition, nutrition in obesity and metabolic diseases, weight loss diet interventions and eating behaviour in adults and infants. She teaches various aspects of nutrition and health and gives health promotion talks to schools and to the public.

WHAT IS THE COURSE ABOUT

This course introduces the concepts and principles underlying nutrition in relation to health and diseases, so as to better understand and address population health and nutrition challenges. Content areas include an overview of nutrition as a major determinant of health and disease; methods to assess nutritional status; maternal and child health through the lens of a life course perspective; nutrition during ageing and evaluation of effective nutritional interventions. This class will include discussion of nutrition policies and strategies, multi-sectoral approaches and the importance of public- partnerships aimed at preventing chronic diseases.

There will be a strong emphasis on gaining practical skills, critical appraisal of scientific literature and media articles relating to diet and nutrition and communication of nutritional science to the public. The teaching approach involves class interaction and provides opportunities for self-reflection.

WHO SHOULD ATTEND

Executives and Professionals industry, particularly individuals interested in or involved in nutrition-related health promotion and communication. Individuals who are interested in gaining evidence-based nutrition knowledge for work or personal/family interests are also welcomed to attend.

COURSE OBJECTIVES

- Improve understanding of key concepts in nutrition and methods used to assess dietary intakes
- Increase awareness of key nutritional problems across the life-course (infancy to ageing) in developed and developing countries
- Enhance ability to critically appraise scientific and media articles relating to diet and nutrition
- Apply knowledge of nutrition policies and intervention strategies for work (health promotion) and personal needs and utility.

COURSE FEES

SGD1337.50 (INCLUDING PREVAILING GST)

- ✓ Course fees include electronic lecture materials.
- ✓ Closing date for registration: **3 August 2018**
- ✓ Applications are on "first-come-first-serve" basis. Successful applicants will be informed by **6 AUGUST 2018**. Self-paying individuals should pay the fees no later than the first day of class. Sponsored individuals must get their HR consent and the fees would be billed directly to the organisation.
- ✓ No refunds will be given for any cancellation once the course has commenced. Replacement with another participant is permissible.
- ✓ The organizer reserves the right to cancel the course and fully refund the fees in the event of unforeseen circumstances.

CONTACT

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**THIS IS A STRICTLY NOT-FOR-CREDIT COURSE.
PARTICIPANTS WILL RECEIVE A CERTIFICATE OF ATTENDANCE
IF MINIMUM ATTENDANCE IS ACHIEVED.**

REGISTER AT [HTTPS://TINYURL.COM/SSHSPH1810](https://tinyurl.com/sshspH1810)