

A European Master's Programme in Public Health Nutrition

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On behalf of the Working Group

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Executive Summary

Public Health Nutrition is the promotion of good health through nutrition and physical activity, and the prevention of related illness in the population.

The task of developing and undertaking effective population-based strategies over Europe demands people that are trained and competent with comparable skills. To achieve this, proper training across Europe is required. This at a time when it has been acknowledged on a European level, through *EURODIET* and the *French Initiative*, the importance of human nutrition and its role as a protective factor for health, rather than as the risk factor it has been seen as earlier.

With the aid of funding from Directorate General SANCO of the European Commission, the Karolinska Institutet, Stockholm, was asked in 1997 to act as their representative in the setting up of a pan-European Master's programme in Public Health Nutrition, a project involving a total of 17 European countries. It was introduced with the aim to increase the European dimension, improving the quality of existing training programmes in Public Health, and introducing a new and critically important area of specialisation within public health.

The development of the programme is now at the end of its third year. Much progress has been achieved in defining, setting up, facilitating and ensuring that the programme objectives and structure meet the training needs that graduates will require for working in Public Health Nutrition on a European level. Quality assurance remains the other critical cornerstone of our work and considerable time has been spent working on this issue.

Looking into the future, the latest developments within the *EURODIET* project, the *French Initiative* and the *EU Health Monitoring Programme*, need to be integrated into the programme, which also needs to be broadened, covering more courses and more universities in EU member states as well as those from the applicant countries. Areas that will be analysed for the Master's Programme in the future will be the monitoring and promotion of vegetable and fruit consumption, breastfeeding, physical activity as well as issues regarding cultural diversities in food habits. An element of sustainability will be introduced in the next phase of the programme.

With the support that the European Commission is giving to postgraduate training in Public Health Nutrition across Europe, we can hope for increased mobility, networking and understanding between European nutrition and physical activity professionals. We can look forward to a new breed of professionals, who are truly European in their training, who have an integrated view of nutrition and physical activity, interrelations, possibilities for intervention etc.

We have never before had such great a possibility for developing the field of public health nutrition. With these possibilities follow increased demands for showing cost efficiency and positive results. This can only be reached through increased specialisation, hard work and collaboration with other professionals across borders and within countries.

On behalf of the Working Group, Daniel Warm (International Liaison Officer) and Michael Sjöström (Programme Secretary)

Agneta Yngve
Programme Co-ordinator

Background

With funding from Directorate General SANCO of the European Commission, the Karolinska Institutet has been asked to act as their representative in the setting up of a pan-European Master's programme in Public Health Nutrition. This project involves partners from 14 member states as well as Iceland, Norway and Switzerland (APPENDIX I). The project is now at the end of its third year.

Public Health Nutrition is *'the promotion of good health through nutrition and physical activity and the prevention of related illness in the population.'* For the majority of European adults, who neither smoke nor drink excessively, the most significant controllable risk factors affecting their long term health are what they eat, and how physically active they are.

Additionally, the trends in health have stimulated research to provide for evidence based policy-making and have led to the development of the subject area. This has been emphasised recently by the French Presidency of the European Union that highlighted at the European level the importance of human nutrition. It states that nutrition can be a risk factor, but also a protective factor for health.

The main aim of this project is the setting up of a pan European Masters programme in Public Health Nutrition. This project is a step towards achieving the long-term goal of improving public health in Europe. The task of undertaking effective population-based strategies in the field of Public Health Nutrition requires people that are trained and competent, with comparable skills. This can only be effectively achieved through proper training across Europe. For this purpose, common standards for training and a quality assurance programme must be set and maintained.

In order to deliver the skills necessary for graduates to work in Public Health Nutrition at a European level, core modules have been identified and defined. These modules are:

- Principles of Nutritional Science (15 ECTS) ,
- Principles of Public Health (10 ECTS)
- Principles of Health Promotion (10 ECTS)
- Principles of Physical Activity (5 ECTS)
- Assessment of Nutrition and Physical Activity (10 ECTS)
- Epidemiology and Biostatistics (10 ECTS)
- Food Habits: An Integrated Perspective (5 ECTS)
- Food and Nutrition Policy (5 ECTS)
- EU Basics in Public Health Nutrition (5 ECTS)
- Food Safety (5 ECTS)
- Elective modules (5 ECTS)
- Research and Dissertation (30 ECTS)

(ECTS is the European Credit Transfer System; 1.5ECTS is equivalent to approximately one week of full time study)

The Second Year

A full report on the second year was submitted to DG V/F/3 (now DG SANCO) in September 1999. The project report covered the period September 1998 until September 1999, and was comprised of two main sections: a project review and a draft course document. The review included the background to the project, its aims and objectives, outcomes, conclusions and future work. The main outcomes of the second year are listed below:

- A 'Declaration of Interest' has been signed by the heads of departments of all participating centres in order to develop the unity and to show their continued commitment towards the development of the Master's programme across Europe
- The European Network for Public Health Nutrition, that was initiated during the first phase of the project, has been further developed
- The core curriculum has been updated to ensure completeness
- A quality assurance committee has been established
- Marketing and promotion of the programme is being developed, including a web-based catalogue of applicable courses/modules
- Funding for both student and teacher mobility is being sought from DG XXII
- In the academic year 1999-2000, seven of the 'official' modules will be running in three different countries (Sweden, UK and Portugal)

The second year of the project was regarded as a consolidation period, particularly in light of the many landmarks achieved in the first year. It was necessary to ensure that the project had 'solid foundations' on which to build. This is why much time was spent dealing with issues such as Socrates funding, quality assurance, development of the European Network for Public Health Nutrition (ENPHN) to aid with consortium and infrastructure building and further development of core modules. Many lessons have been learnt which is an integral part of the development process (for example on mobility issues).

The fact that 30 students from 12 different countries attended the EU Basics in Public Health Nutrition module proves that this project was successful. This module was held in Luxembourg in conjunction with the Third European Summer School on Public Health and Health Promotion in Europe, between the 27th June and 3rd July 1999. It must not be forgotten that this was the first of any pan European modules to be held and although problems were encountered, feedback from students has been favourable, and the group as a whole should be proud of its achievements with the module.

To build on what had been achieved previously, a project proposal for a third year was submitted to DG SANCO in September 1999. It was approved, and covered the period January to December 2000. The aim was to continue the establishment of a pan-European Masters Program in Public Health Nutrition, leading on from phases one and two (1998 onwards).

The Third Year; Aims and Objectives

The new proposal (APPENDIX II) highlighted six main tasks:

- Continued development of the core modules and general course structure;
- Strengthening of the European Network for Public Health Nutrition;
- Continued consortium and infrastructure development;
- Integration and co-ordination with other EC sponsored Master's programmes;
- Integration of candidate countries into the programme;
- Development of a seminar in conjunction with a major nutrition conference.

Outcomes

1) Continued development of the core modules and general course structure

Core course content committees. Graduates of the programme must have a deep knowledge and understanding of public health nutrition in order to promote health and prevent disease. Therefore,

the modules identified and taught to students must be able to mediate such skills. In terms of the broader cognitive and communication skills, the successful graduate will be able to:

1. Independently assess and evaluate intervention strategies for the promotion of health, prevention of disease or amelioration of disease;
2. Critique research literature and the evidence-base for practice;
3. Analyse and synthesise information and concepts in current practice and thereby generate alternative approaches;
4. Reflect critically on the participants own practice within the field of Public Health Nutrition and how this can be enhanced;
5. Select and apply appropriate approaches to plan continuing professional learning and development;
6. Engage in academic debate involving topical or ethical issues related to practice;
7. Engage in self-directed studies and learning;
8. Promote critical awareness of the effects of membership in the European Union on Public Health and Nutrition within the Union;
9. Plan and conduct research that is rigorous in design and analysis, culminating in the production of a Masters level dissertation.

(Adapted from course document MSc in Public Health Nutrition, Queen Margaret University College, Edinburgh)

The process of defining and updating the core modules continues through the core course content committees (i.e. experts in the field drawn from within the Working Group as well as externally).

As a continuation of this, a course document has been produced in two different versions. Firstly, there is an abridged version for students, which only includes the aims, objectives and content of each module. Secondly, there is a longer version for lecturers and administrators which also includes teaching and learning approaches, and assessment (APPENDIX III). These versions will be available on the web, as well as on a hard copy.

Furthermore, the localisation and scheduling of core modules have been established. A course catalogue (APPENDIX IV) has been developed that will enable potential students to easily gain information where and when modules (APPENDIX V) will be held across Europe. It is clear that all modules of the programme will be held in at least two countries next academic year.

In addition to this, as part of the exercise, further information has been gathered on what could be called 'module level' and 'university/institution level'. This work is intended to gather crucial data that students require regarding e.g. language, fees, existing bilateral agreements, pre-requisite learning, construction of courses, student accommodation availability and cost, and general information on localities (APPENDIX IV).

Self-studies. The project has reached the stage in its development when each of the potential participating universities should clearly indicate how the EMPHN could be implemented within their own university structures. This should be done in the format of a 'self-study' or 'self evaluation', and each participating centre should complete one.

As a result of these 'self-studies', the Quality Assurance Committee (QAC) of the EMPHN will prepare one summary document of the 'self-studies' stating for example which universities will give their students the possibility to obtain an EMPHN, which universities are offering what modules (that might be included in the EMPHN), the number of students willing to do an EMPHN, and the number of students interested in attending modules abroad (stating specific module) (APPENDIX VI).

Based on the information from the review document it will become clear which universities can be considered as full members of the EMPHN (i.e. universities offering an EMPHN), and which universities will be associate members of the EMPHN (i.e. universities providing at least several courses which might be included into the EMPHN). This type of information will also be of use to begin Bilateral Agreements, for those universities that have not done so yet/previously.

The issue of quality remains as one of the key elements of the programme. Without quality, the programme loses credibility. Therefore, mechanisms assessing the quality assurance of any aspect of the programme must be rigorous. However, these mechanisms also need to be flexible enough to admit partners with different capabilities, to join in. With such a practical and workable quality assurance package, it will be possible to determine the efficacy of the courses being offered. This is in agreement with the principle we have set up to assure the standards of the students leaving the programme. The mechanism should be based on consensus, an essential basis for recognising the highest quality and validate the rigour with which such high standards are obtained in different institutions, in different countries with different systems. Both approaches build on current best practice in universities and the administration of higher education.

The EMPHN process, directed/guided by an executive committee, a forerunner of an EMPHN programme board, starts with self analysis (self-study) reports that are exchanged across the consortium. Transparency with collegiality ensures that self-analysis of practice and capacity benefits everyone involved and facilitates formal agreement partnerships within the consortium that will facilitate mobility.

Agreed quality criteria include the quality of learning resources and methods of examination and evaluation, which should demonstrate that high-level cognitive and transferable skills and ethical values are developed. The calibre of staff is judged by research and professional activity in Public Health Nutrition. There should be a European dimension in the curricula of all modules. European faculties should examine dissertations or theses. Annual workshops in the EU Basics course provide regular opportunities for training-the-trainers and team-teaching. Thus, in the European Masters in Public Health Nutrition Project (EMPHN), quality assurance mechanisms are under development that will support the flexibility essential for a Europe-wide consortium approach to the quality-assured teaching and learning in Public Health Nutrition.

2) Strengthening the European Network for Public Health Nutrition (ENPHN)

As part of the support structure for the EMPHN, much time and effort have been spent on creating a structure that will allow the programme to exist. A DRAFT mission statement has been presented to the group. This is a continuation of the work started/initiated last year at the Working Group meeting in Las Palmas. Feedback from the Working Group was positive, as it was generally felt that there was a very important niche to be filled and that the efforts of The

Working Group supported the development of the EMPHN, which was of paramount interest to the Working Group. This recognition can be regarded as an acceptance by the European Commission, that the ENPHN is an official EC network.

At this stage in the proceedings, it is vital to establish the aims of the network and how to proceed in fulfilling these aims. Without the aims being 'right', progress becomes increasingly difficult. We also need to learn from previous attempts to establish networks. Another issue that needs clarifying is that on membership. Should individuals or organisations be members, or as it is now, academic institutions?

In order to establish lines of dissemination throughout the network, a quarterly electronic newsletter has been created.

The success and the appreciation of the need for such a network can be exemplified by the French Presidency of the European Union advocating the promotion, use and support of networks such as the European Network for Public Health Nutrition. It is believed that the establishment and development of various research, intervention, and evaluation activities necessary for the pursuit, reinforcement and evolution of existing networks of competence are necessary. These exchanges will enable the development of communication within, and between professions. They will also facilitate the dissemination of research findings, reviews, evaluation results, and recommendations to all professionals linked to nutrition (Société Française de Santé Publique 2000).

3) Continued consortium and infrastructure development

Last year as part of our work we submitted a CDA (Curriculum Development, Advanced Level) application as a method of gaining funding. However the application was subsequently rejected. Therefore, this year we have applied for ERASMUS funding instead. Bilateral agreements have been signed between the Karolinska Institutet and many of the partners, and also between many of the different partners. Money has been sought for student and/or staff exchange.

Furthermore, an application was submitted (and subsequently granted) for an 'Intensive Programme', aimed at developing a future course/module. In our case the Summer School 'EU Basics in Public Health Nutrition'. The duration of the programmes must be at least 10 days and is allowed to incorporate distance tuition. Money was granted for travel and subsistence, for lecturers as well as students.

The Summer School took place between the 17th and 27th August 2000 in Bordeaux, France. The course was organised in collaboration between the Karolinska Institutet, Université Victor Segalen Bordeaux 2, and the European Commission, SANCO, G/3. Participants of the course were 55 students from 12 countries, including invited participants from another European Master's Programme, EUMAHP; European Master in Health Promotion (APPENDIX VII). The course provided information on the organisation of the European Union, where matters related to public health nutrition are handled and how to participate in programmes within SANCO. The aims and objectives of the module were met through a careful blend of lecturing, interactive sessions and group work.

As part of the learning outcomes, students in groups were requested to complete a fictitious funding proposal to DG SANCO. These proposals are judged according to their feasibility as well as their adherence to the objectives set up by DG SANCO in their work programme. This part of the course was performed by distance tuition, and the deadline for submission of the mock proposals to the course examination board at the Karolinska Institutet was January 15th, 2001.

There were a great number of distinguished lecturers who volunteered to participate, despite the summer season. In addition to members of the Working Group, lecturers included representatives of the French Presidency, the European Commission, NGOs, WHO and FAO (APPENDIX VIII).

A full course report will be widely disseminated. The report will include student evaluation forms, which represent an important feedback from the participants, contributing to making improvements in future courses.

It was decided to locate the Summer School in Bordeaux for three main reasons. Firstly, Bordeaux is a collaborating centre for our programme. Secondly, a bilateral Socrates agreement exists between the Karolinska Institutet and Bordeaux, and thirdly, France held the presidency of the EU at that time and its central theme was nutrition.

In keeping with this policy/these policies and aiding the European dimension of the programme, it has been suggested that the Summer School should be located in the country holding the Presidency of the Commission during that period. For example, it is the intention to have the summer school in Sweden in 2001, as it holds the Presidency during the first half of 2001.

4) Integration and co-ordination with other EC sponsored Master's programmes

Lines of communication and collaboration have been opened between the EMPHN and the co-ordinators of the other DG SANCO funded European Master's Programmes. Particularly, the European Master's Programme in Health Promotion (EUMAHP) at the University of Brighton, UK, has been dedicated considerable efforts. There is a commitment on both sides to work together on comparable issues. Members have attended other working group meetings and a number of future meetings are planned.

As part of this new working relationship, the EUMAHP group has been looking at our Health Promotion module and has passed on a number comments/suggestions, which will be incorporated.

A shining example of this co-operation is the Summer School mentioned above, which was attended also by a number of students and lecturers from the EUMAHP programme.

It is important that each of the Master's programmes supported by the European Union is aware of each other and able to support each other. While the collaboration between the EMPHN and EUMAHP has been the most vociferous, communications have continued (and in some cases begun) with the European Masters Programmes in Public Health, Public Health for Nurses and Gerontology.

5) Integration of candidate countries into the programme

While it was our intention to integrate and involve the new potential members of the European Union, this was deemed inappropriate at this point in time. However, in the future it will be absolutely crucial to involve these countries in a fair and equitable way. Furthermore, there must be a clear and easily understandable policy as how to involve new countries, as well as new centres within existing member states.

The lessons learnt so far in the development of the programme will be fundamental to the future expansion, particularly concerning issues such as module design, content and assessment, quality assurance, student and staff mobility.

6) Development of a seminar in conjunction with a major nutrition conference

A very important part of the work within the programme at this time is the issue of dissemination.

As part of a major nutrition conference that was held in Bilbao, Spain in October 2000, the Network was invited to conduct a seminar on the programme. This type of dissemination is indicative of the processes occurring that enable diffusion of the programme. This may be further highlighted by the fact that journal articles have been published in several member states, including Germany, Sweden, Austria and the UK. Furthermore, we have been asked to present our programme at one of the largest nutrition related conferences in the world, namely at the IUNS conference, in Austria, August 2001.

The Future

The justification and timing of the need for a European Master's Programme in Public Health Nutrition could not be more apparent than at a time when nutrition is very much on the political agenda with the French Presidency of the European Union. In their document entitled 'Health and Human Nutrition: Element for European Action', they include the following quote:

'Specific training programmes in Public Health Nutrition should be developed in parallel with the inclusion of public health nutrition elements into the various health professional training programmes. Harmonised or common core curricula for different levels and professions should be developed between member states. A lead had been given by the European Master's Programme in Public Health Nutrition which helps professionals to share Member State experience. Public health nutrition courses should be added to all health-training programmes. The profession of public health nutrition should be recognised in the Member States as such and quality assurance criteria developed. Recognition between Member States should be envisaged' (Société Française de Santé Publique 2000).

The task to set up a European Master's Programme in Public Health Nutrition is proceeding rapidly. Much has been done to develop the programme both in terms of its content and quality, but also its support structure in the European Network for Public Health Nutrition. A great deal has also been done to enable students to travel between expert institutions. Major progress has also been made regarding development, dissemination and integration.

However, this does not mean that the process is completed. More work is needed to ensure that students have a cohesive programme that enables them to acquire the skills necessary to become Public Health Nutritionists on the European arena.

Specific tasks that have been identified for the next year are:

- Analysing and introducing the elements identified by EURODIET, the French Initiative, the European Monitoring Programme as well as other relevant Commission documents into the training programme, with special emphasise on the promotion of
 - Fruit and vegetables consumption
 - Breastfeeding
 - Physical activity

- To ensure particularly that socio-economic determinants and cultural diversities within Europe are covered within the core curriculum.

- To further increase the number of
 - Courses within the participating universities
 - Universities participating within each country, and
 - Countries participating, by including universities from candidate countries
- To further develop the course catalogue, student and teacher exchange as well as the quality assurance programme
- To introduce an element of sustainability into the programme, by building permanent structures as well as supporting the formulation of national and European policy documents regarding training and employment within the specialised area of Public Health Nutrition.

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Appendix I

Master's Programme in Public Health Nutrition; **Working Group Address List**

Master's Programme in Public Health Nutrition; Working Group Address List

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Appendix II

Master's Programme in Public Health Nutrition; **Proposal for 2000**



EUROPEAN COMMISSION
DIRECTORATE-GENERAL V
EMPLOYMENT, INDUSTRIAL RELATIONS AND SOCIAL AFFAIRS
Public Health and Safety at Work
V/F

CEC/LUX/V/F(95)

**PUBLIC HEALTH
APPLICATION FOR FUNDING**

**EUROPEAN COMMISSION
PUBLIC HEALTH AND SAFETY AT WORK DIRECTORATE
DG V/F
L 2920 LUXEMBOURG
FAX: (++352) 43 01 3 45 11**

To be completed by the Commission

SAGA registration no.

- | | |
|---------------------------------------|--------------------------------------------------------|
| * Name of applicant organisation | Karolinska Institutet |
| * Member State | Sweden |
| * Name of project leader: | Agneta Yngve |
| * Title of project: | 'A European Master Program in Public Health Nutrition' |
| * Reference of call for proposals: | |
| * Date of dispatch to the Commission: | 15 th September 1999 |

To enable us to deal with your dossier correctly, please indicate below the main

Subject area of this project (one cross at most)

- | | | |
|--------|--------------------------|----------------------------|
| V/F/2: | <input type="checkbox"/> | Cancer |
| | <input type="checkbox"/> | Drug addiction |
| | <input type="checkbox"/> | Pollution-related diseases |

- | | | |
|--------|-------------------------------------|-------------------------------------------------------------------------------------------|
| V/F/3: | <input checked="" type="checkbox"/> | Health education and/or promotion, information and training in the field of public health |
| | <input type="checkbox"/> | Prevention of accidents and injuries |
| | <input type="checkbox"/> | Health surveillance |

- | | | |
|--------|--------------------------|--------------------------------------|
| V/F/4: | <input type="checkbox"/> | AIDS and other communicable diseases |
| | <input type="checkbox"/> | Rare diseases |

PART ONE

Administrative and budgetary information

Mark a cross in the boxes which correspond exactly to your project

FIELD OF ACTIVITY

V/F/2

- Cancer
- Drug addiction
- Pollution-related diseases

V/F/3

- Health education and/or promotion
- Information and formation in the field of health
- Health surveillance
- Deliberate and accidental injuries and accidents outside the workplace

V/F/4

- | | |
|----------------------------------------------------------------------|---------------------------------------------------------------------------|
| <input type="checkbox"/> AIDS and other communicable diseases | <input type="checkbox"/> AIDS |
| | <input type="checkbox"/> Other communicable diseases |
| | <input type="checkbox"/> Emerging diseases |
| | <input type="checkbox"/> Surveillance network |
| <input type="checkbox"/> Rare diseases | <input type="checkbox"/> Establishment of a European information network |
| | <input type="checkbox"/> Training and updating of professional skills |
| | <input type="checkbox"/> Promotion of transnational co-operation |
| | <input type="checkbox"/> Surveillance of rare diseases at community level |

TYPE OF PROJECT

- | | | | |
|---------------------------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|
| * Innovative approaches, pilot project, "model" project | <input checked="" type="checkbox"/> | * Creation and operation of networks | <input checked="" type="checkbox"/> |
| * Evaluation and review | <input type="checkbox"/> | * Conference | <input type="checkbox"/> |
| * Co-ordination of activity | <input checked="" type="checkbox"/> | * Seminar | <input checked="" type="checkbox"/> |
| * Feasibility studies | <input checked="" type="checkbox"/> | * Symposium | <input type="checkbox"/> |
| * Communication | <input checked="" type="checkbox"/> | | |
| * Other (<i>specify</i>): | | | <input type="checkbox"/> |

METHODS

- | | | | |
|---------------------------------------------|-------------------------------------|------------------------------------------|-------------------------------------|
| * Primary prevention | <input type="checkbox"/> | * Data collection | <input type="checkbox"/> |
| * Secondary prevention, including screening | <input type="checkbox"/> | * Training | <input checked="" type="checkbox"/> |
| * Care, special schemes | <input type="checkbox"/> | * Epidemiology | <input type="checkbox"/> |
| * Social reintegration | <input type="checkbox"/> | * Prevention policy, health care systems | <input type="checkbox"/> |
| * Public information | <input type="checkbox"/> | * Health education | <input checked="" type="checkbox"/> |
| * Exchanges of information and experience | <input checked="" type="checkbox"/> | | |
| * Other (<i>specify</i>): | | | <input type="checkbox"/> |

- | | | | | |
|-------------------------------------------------------------------------------------|-----|-------------------------------------|----|-------------------------------------|
| * Is the project complementary to a project previously supported by the Commission? | YES | <input checked="" type="checkbox"/> | NO | <input type="checkbox"/> |
| * Is this a new project? | YES | <input type="checkbox"/> | NO | <input checked="" type="checkbox"/> |
| * Are other partners involved? | YES | <input checked="" type="checkbox"/> | NO | <input type="checkbox"/> |
- If so, please turn to part 2 item 5**

- | | | | |
|---------------------------------------------|--|----------------------------------------------------|--|
| * What other Member States are involved? | | | |
| <input checked="" type="checkbox"/> Austria | | <input checked="" type="checkbox"/> Italy | |
| <input checked="" type="checkbox"/> Belgium | | <input type="checkbox"/> Luxembourg | |
| <input checked="" type="checkbox"/> Denmark | | <input checked="" type="checkbox"/> Netherlands | |
| <input checked="" type="checkbox"/> Finland | | <input checked="" type="checkbox"/> Portugal | |
| <input checked="" type="checkbox"/> France | | <input checked="" type="checkbox"/> Spain | |
| <input checked="" type="checkbox"/> Germany | | <input checked="" type="checkbox"/> Sweden | |
| <input checked="" type="checkbox"/> Greece | | <input checked="" type="checkbox"/> United Kingdom | |
| <input checked="" type="checkbox"/> Ireland | | | |

What other, non-member countries are involved? Norway, Iceland and Switzerland are currently involved. Poland, Estonia, Czech Republic, Slovenia, Cyprus and Hungary to participate as of now.

PROPOSED TIMETABLE

- * Planned start of project: September 16th 1999
- * Duration of project (number of months): 12

PREVIOUS SERVICES/GRANTS

Has the applicant already received grants from the Commission?

YES [X]

NO []

If YES:

<u>Type and number of contract</u>	<u>Commission department</u>	<u>Year</u>	<u>Amount in euro</u>
SOC 97 201982 05F03	DG V/F/3	1997	182,955
SOC 98 201396 05F03	DG V/F/3	1998	228,450

PART TWO

Detailed description of the project

(In French, English or German if possible)

1) Statement of project aims

To continue the establishment of a European Master's Program in Public Health Nutrition (PHN), leading on from phases one and two, (September 1997 – September 1999).

- Continued development of the core modules and general course structure
- Strengthening of the European Network for Public Health Nutrition
- Continued consortium and infrastructure development
- Integration and co-ordination with other EC sponsored Master's Programmes
- Integration of candidate countries into the programme
- Development of a seminar in conjunction with a major nutrition conference.

2) How does your project relate to what has already been done in the field?

The Nutrition Society, ASPHER, WHO/CINDI, FAO and EU have been involved in projects that have identified the need and/or the competence required for appropriately trained staff. To conduct an effective population based strategy, requires competent people trained in the discipline of Public Health Nutrition (PHN). This can only be effectively achieved through proper training across Europe, leading to the development of skilled and competent individuals. In order to achieve this, common standards for training must be set and monitored.

This phase of the project is an extension to what has been achieved in the previous phases, with the aim of establishing a European Master's Programme in Public Health Nutrition.

Phase one showed that there is potential and capacity for, as well as commitment for the development of the Master's course in Europe. A 'European Network for Public Health Nutrition' (ENPHN) has been formed, following identification of key centres and the creation and support of partnerships. ENPHN has identified the key qualifications that European Public Health Nutrition professionals must possess. A core curriculum has been produced that will enable the participants to undertake studies at the Master's level and will allow Master's graduates to demonstrate competence to begin professional practice in PHN in the European Union.

Phase two, which has just been completed has shown that there is a continued commitment towards the development of such a programme. This is exemplified by the signing of a 'Declaration of Interest' by the heads of departments of all the participating centres in order to develop the pan European unity in the field of PHN. The ENPHN has been further developed, as has the core curriculum. There are on-going development of quality assurance schemes for the course, marketing and promotion, and funding for student and teacher transportation. As a result of the work carried out so far, seven of the 'official' modules of the programme will run in the next academic year in three European countries (Sweden, UK and Portugal)

3) Description of tasks/sequence of work/timetable

As previously, the project will be managed by an Executive Committee supported by a Project Manager, and an International Liaison Officer, under the direction of The European Network for Public Health Nutrition (previously known as the Working Group).

All tasks are based on the work accomplished in the previous two phases of the project (September 1997 to September 1999)

Six tasks will be completed by the end of this phase of the project:

- 1) Continued development of the core modules, particularly as a result of the modules being held across Europe in the present academic year. Additionally, further modules will be set up in participating centres across Europe (By March 2000)
- 2) Strengthening of the European Network for Public Health Nutrition in order to offer a strong foundation for the future and long term running of a pan-European training programme (Months one to eight).
- 3) Continued consortium and infrastructure building. This will enable the further development of the overall co-ordination and organisational structure of the Master's. It will enable co-ordination of the various sub-groups that are/have been initiated. These include a quality assurance committee, a Socrates funding group and a group looking at the long-term establishment of a Summer School (EU Basics Course) (Continuing process – until September 2000).
- 4) Integration and co-ordination of overlapping tasks with the other EC sponsored Master's programmes, particularly the Master's programme in Health Promotion, where contacts have already been established. Overlapping tasks include the principles of the development of distance learning/training packages for selected modules, and the further development of the EU Basics Course (Months one to twelve).
- 5) Integration of candidate countries of the EU into the programme, namely Poland, Estonia, Hungary, Slovenia, Czech Republic and Cyprus (Months one to twelve).
- 6) At the end of the first three years of the project and thus the main development period, it is the intention that a seminar will be held in conjunction with a major nutrition conference in Bilbao, Spain next year. There are also prospects that the EU Basics course will be arranged in conjunction with this conference (Months one to twelve).

Executive Committee Meetings

November 1999

June 2000

(Additional meetings following
Network meetings and seminars)

Network (Working Group) Meetings

January 2000

May 2000

Seminar & EU Basics Course

October 2000

4) Applicant's ability to attain set objectives

(Experience, facilities, etc.)

The Unit for Preventive Nutrition is part of the Department of Medical Nutrition and the Department of Biosciences at Novum, Karolinska Institutet. The unit also belongs to the Community Medicine Organisation within the local health authority – Stockholm County Council. The work at the Unit deals with Public Health Nutrition and Physical Activity issues as determinants for health.

International collaboration is the cornerstone of the Unit's work. The Unit has an extensive international network, which has been built up over a number of years, for example by running Summer Schools in Public Health Nutrition in Eastern Europe and the co-ordination of the first phase of the pan-European project.

The Unit is a designated WHO Collaboration Centre, as well as a Resource Centre for the CINDI-network. In addition, work with the UN FAO-Organisation has been initiated.

Project Manager, Executive Committee

Agneta Yngve MSc RPHNutr (Registered Public Health Nutritionist) Head of Unit since 1987 and the Director of the PHN program, Stockholm County Council.

Assistant Professor, Executive Committee

Michael Sjöström MD PhD. Divides his time between the Unit (see above) and the Department of Physical Education and Health, University of Örebro. He shares the leadership of the unit with Agneta Yngve.

International Liaison Officer, Executive Committee

Daniel Warm MMedSci RPHNutr, Nutrition Research Fellow at the Unit for Preventive Nutrition and University of Southampton. Has been the Liaison Officer for the first two phases of the project.

Executive Committee

Barrie Margetts PhD RPHNutr. Director of the Masters program in PHN at the University of Southampton, Chair of the Nutrition Society Working Group on PHN and Editor for the Journal of Public Health Nutrition.

Aulikki Nissinen MD, PhD. Professor of Public Health, Head of Department of Public Health and General Practice, University of Kuopio, and Head of Kuopio Graduate School of Public Health.

Carmen Perez Rodrigo MD, Nutritionist. Co-ordinator of the Community Nutrition Unit at the Department of Public Health of the municipality of Bilbao, member of the Board of the Spanish Society of Community Nutrition, member of the European Academy of Nutritional Sciences.

5) Partnership: State name, address, telephone and fax numbers of bodies from other Member States taking part in the project

Representatives from centres from all member states, as well as Norway and Iceland, are involved in the on-going project and have formed the European Network for Public Health Nutrition (cf. enclosed list of partners). Representatives from candidate countries will be invited to participate.

6) Community dimension and Community added value (please provide full details)

- I** The project involves participation of all Member States, plus Norway and Iceland (that has lead to the formation of the European Network for Public Health Nutrition) and candidate countries will be invited to participate.
- II** The activities are conducted jointly in all States, and can not take place in a single country or with only a few partners.
- III** The whole programme contains a European dimension (cf. Project tile), it has an integral cross curricular content in each module.
- IV** The proposed course will run across all states.
- V** Centres of excellence from throughout, within different fields of Public Health Nutrition have been identified, and it is planned that they will run particular modules.

7) Expected results of the project

The tasks are all very explicit in their aims and therefore the outcomes of the project. It will aid the establishment of the Master's course through consortium and infrastructure building leading to advisory/supervisory bodies. It will enable quality control and assurance issues to be addressed, which will allow for common standards across Europe. Marketing and promotion of the program, as well as funding issues will be tackled.

Each of these tasks is vital for the establishment and long term running of a pan European Master's programme.

A report will be written and submitted to the EU (DGV).

8) Assessment and follow-up of the project (provide details of funding expected for this activity at the end of the current project)

An assessment and follow-up is built into the project, enabling the WHO? to run elements of the proposed Master's program next academic year (2000/2001).

9) Utilisation and dissemination of results among the scientific community and the general public

The establishment of the European Network for Public Health Nutrition will aid in the rapid and timely dissemination of results among the partner countries. Additionally, contacts have already been established with many outside organisations (including governmental and research organisations) that will aid the dissemination. The present phase of the project has been presented at conferences, the European Summer School on Health Promotion and Public Health, as well as having received attention in a number of journals. In addition, information has been posted on the web, which will be further developed.

This gives a good platform from which to continue the dissemination (see report).

10) Methods

Questionnaires, national and international work-shops, networking, pilot project, peer-review (establishment of advisory/supervisory bodies).

Incomplete or incorrectly filled in forms will be disregarded.

If the application is accepted, the applicant undertakes to indicate on all documents resulting from the project (brochures, books, posters, etc.) that the project is financially supported by the European Commission.

The applicant confirms that he is aware of all the conditions upon which any Commission funding is granted.

The applicant solemnly declares that the information provided to the Commission in this document is true.

Date:

Signature of legal representative preceded by the words "Read and approved":

Name of signatory:

Appendix III

Master's Programme in Public Health Nutrition; **Course Document**

**The Unit for Preventive
Nutrition**

The Core Courses within the European Master Programme for
Public Health Nutrition:

Course Document 2000

On behalf of the Working Group

Agneta Yngve

Project Manager

Michael Sjöström

Project Secretary

Daniel Warm

International Liaison Officer

Preventive Nutrition and Physical Activity Reports

Number 5 2000 (ISSN 1402-6031)



Supported by the European Commission,
Health and Consumer Protection, F/3

Courses listed with Core Course Content Committee members at the time of design and to date

Principles of Nutritional Science

Course design: Tim Gill, Rowett Research Institute, Daniel Warm, Karolinska Institutet, Inga Thorsdottir, University of Iceland and Agneta Yngve, Karolinska Institutet.

Course Committee to date: Ibrahim Elmadfa, University of Vienna, Daniel Warm, University of Southampton, Inga Thorsdottir, University of Iceland and Agneta Yngve, Karolinska Institutet.

Principles of Public Health

Course design: Aulikki Nissinen, University of Kuopio, Antonia Trichopoulou, University of Athens.

Course Committee to date: Same as above.

Principles of Physical Activity

Course design: Michael Sjöström, Karolinska Institutet, Agneta Yngve, Karolinska Institutet.

Course Committee to date: Michael Sjöström, Karolinska Institutet, Knut-Inge Klepp, University of Oslo, Agneta Yngve, Karolinska Institutet.

Principles of Health Promotion

Course design: Aulikki Nissinen, University of Kuopio, Antonia Trichopoulou, University of Athens.

Course Committee to date: Same as above.

EU Basics in Public Health Nutrition

Course design: Henriette Chamouillet, European Commission, Jan-Ole Gudmundsen, European Commission, Michael Sjöström, Karolinska Institutet and Agneta Yngve, Karolinska Institutet.

Course Committee to date: Henriette Chamouillet, European Commission, Denis Malvy, Université Victor Ségalen, Bordeaux, Michael Sjöström, Karolinska Institutet, Agneta Yngve, Karolinska Institutet, Daniel Warm, University of Southampton.

Assessment of nutrition and physical activity

Course design: Joop van Raaij, Wageningen University, Marion Burkard, University of Giessen, Anna Ferro-Luzzi, National Institute of Nutrition, Rome, Eric Poortvliet, Karolinska Institutet and Michael Sjöström, Karolinska Institutet.

Course committee to date: Same as above.

Food habits – an integrated approach

Course design: Maria Daniel Vaz de Almeida, University of Porto, Carmen Perez Rodrigo, University of Navarra..

Course committee to date: Same as above.

Epidemiology and Biostatistics

Course design: Barrie Margetts, University of Southampton, Johanna Haraldsdottir, Royal Veterinary and Agricultural University, Denis Malvy, Université Victor Ségalen.

Course committee to date: Same as above.

Food Safety

Course design: Michael Gibney, Trinity College, Dublin and Ibrahim Elmadfa, University of Vienna.

Course committee to date: Michael Gibney, Trinity College, Dublin.

Food and Nutrition Policy

Course design: Agneta Yngve, Karolinska Institutet, Anna Ferro-Luzzi, National Institute of Nutrition, Rome, Marion Burkhard, University of Giessen, Anne-Marie Remaut de Winter, University of Gent, Antonia Trichopoulou, University of Athens.

Research Project and Thesis

The whole working group has together formulated and discussed the content of the Research Project and Thesis.

Principles of Nutritional Science

ECTS 15 credit points

Prerequisites None

Aim

To develop students' knowledge & understanding of the fundamental principles of food and nutrition science relevant to public health in Europe, in order to enable students to develop strategies for life long learning in nutrition science.

Objectives

After the module students will be able to

- Apply knowledge to critically evaluate energy and nutrient reference values and guidelines in Europe
- Critically evaluate variations in nutritional demand due to physical activity level, physiological and health status
- Justify proposed mechanisms of nutritional or health risk in varied or novel situations
- Establish strategies for private study and continuing academic development in nutritional science

Course content

1. Fundamental concepts of nutrition, such as essentiality, bio-availability, balance, turnover, requirements and dietary reference values (etc), as they apply to:
 - Energy and macronutrients: Carbohydrates Non-starch polysaccharides, Fat, Protein, Alcohol, Water & electrolytes, Energy intake & expenditure (including physical activity) and body weight
 - Micronutrients and other components of food: Vitamins, Minerals, Non-nutritive components, Functional foods, Supplements
2. Interaction of nutrition with physical activity, physiological status (during the life cycle)
3. Nutrition and function in health, disorders. Risk factors of disease. Breastfeeding.

European Dimension

Examples will be used from across Europe, for diet, nutritional reference values and guidelines.

Physical Activity Dimension

This is integral to the objectives for and content of this module, as part of energy expenditure and balance and as an influence on demand for and consumption of nutrients.

Teaching and learning approaches

Lectures supported by extensive reading before and during the module. There will also be problem-based learning, for example:

- 1) Diet, food and nutrients. Participants will be asked to assess the sources of nutrients in their own diets compared with national and European patterns. How do they compare? What are the differences? Report on how the results compare to European, national and international reference values or guidelines.
- 2) Literature study or simulation: Groups work on different micronutrients to investigate main function(s) – food sources – requirements, reference values and safe levels of intake. They submit a written report to share with the class in short presentations. Other topics may include nutritional requirements of specific groups.

These problem based activities will be designed to ensure that students are involved in 'complex, unpredictable and, normally, specialised situations demanding innovative work, which may involve exploring the limits of knowledge' consistent with Master's level.

Assessment

The written reports on the problem-based learning activities and an unseen written examination.

Notes

Students from a non-nutrition background must be willing to devote time to extensive prior reading as well as developing their nutritional knowledge continually during the module.

Principles of Public Health

ECTS 10 credit points

Pre-requisites None

Aim

To enable students to develop knowledge and understanding of the fundamental theories and concepts of public health to underpin further learning and professional practice of Public Health Nutrition in Europe.

Objectives

After the module, students will be able to:

- Describe the current national and European public health issues at the international context and their relation to nutrition;
- Define and find solutions to an important public health problem;
- Identify the sources of support that will facilitate evaluation and criticism of existing systems.

Content

1. *Public health in a historical perspective*
Public health ideology “human rights”; Public health history; Health inequalities; The industrial revolution and health; The scientific revolution and health; Health sociology.
2. *Health systems*
Evolution, Legislation, Comparison and criticisms of health systems in the European context; how the political and health systems influence nutrition education.
3. *Introduction to biostatistics and epidemiology*
Measures of effect and measures of association, Health indicators; Demography, -Patterns of health and disease in Europe. Health and nutrition surveillance.
4. *Health economics*
Principles of economics: Macro- and micro desirability and feasibility of health and nutrition policies.
5. *Environment*
Environment and health, Implications of environmental policies for nutrition and physical activity.
6. *Public health policy*
How public health policy is related to nutrition policy and to common agricultural policy.
Interactions between health, nutrition (including physical activity) and agricultural policies.

European Dimension

The module will primarily use European data, reports, legislation, as well as other information and resources.

Physical Activity Dimension

Physical activity will be included in relation to health, nutrition and environment (i.a.).

Teaching & Learning Approaches

Lectures, seminars, group work for case or problem, distance learning.

Assessment

Written examination. Assessment of written reports on solutions to problems.

Principles of Physical Activity

ECTS 5 credit points.

Prerequisites None.

Aim

1. To provide students with an understanding of the meaning of the terms used in health enhancing physical activity and exercise physiology.
2. To provide students with detailed theoretical knowledge and understanding of the way physical activity affects human physiology and health development from a public health perspective.
3. To enable students to contribute effectively to discussions concerning physical activity, its relationship with nutrition (and other lifestyle factors) and their effect on health.

Objectives

By the end of the module, students will be able to:

1. Explain the fundamentals of exercise physiology;
2. Understand the theory behind the measurement of physical activity and fitness (background to the assessment module);
3. Understand the importance of physical activity in relation to nutrition;
4. Understand the fundamental theory behind the health enhancing effects of physical activity;
5. Understand support systems and fundamental obstacles for physical activity;
6. Have general knowledge of the present organisation of physical activity promoting structures in society.

Contents

Introduction to health-enhancing physical activity and exercise physiology

Exercise physiology and fitness development

Physical activity and health relationships

Physical activity patterns in Europe

Pathophysiology of physical activity

Socio-economic differences

Physical activity and risk

Physical activity and transportation

Environmental aspects

Guidelines and recommendations

Physical activity promotion

Introduction to assessment

Teaching and learning approaches

Lectures, seminars, group discussions, practicals

European Dimension

Patterns of physical activity/inactivity across Europe

Organisation in Europe

Guidelines and recommendations in Europe

Assessment

Written examination.

Principles of Health Promotion

ECTS 10 credit points

Prerequisites Desirable: 55 – 60 credit points, including Principles of Public Health

Aim

To equip students with detailed theoretical knowledge and the understanding of health promotion that they need to be able to contribute effectively to planning, implementation and evaluation of nutrition and health promotion.

Objective

After completion of the course, each student will show that he/she:

- Knows the principles and key components of the practice of health education and health promotion policies and programs;
- Can translate the current scientific knowledge on relationships between nutrition and health into nutrition guidelines and subsequently into targets and food based advice which are relevant in socio-cultural contexts (considering differences between age, gender, ethnicity and between different geographic reasons), at population and/or sub population levels;
- Is able to design and implement intervention projects and programs, masters methods for monitoring and evaluating effectiveness and efficacy;
- Understands the sociology and politics of institutions, stake holders, agents and agencies in national and global food and public health systems; sustain ability and equality in public health nutrition programs;
- Understands the theory and critical appraisal of public health food and nutrition policies at population (national and regional) and international levels.

Content

1. Theories of health education and health promotion.
2. Concept of community organisations.
3. Leadership in health promotion.
4. Planning, implementing and assessment of health promotion program.
5. European dimension of public health and health promotion.
6. Identification of health problems, European and global:
 - Social and health policy; Health indicators; Immigration; Minorities; Legislation.

European Dimension

This will be integral to the module in the form drawing on the European thesaurus, frameworks, institutions, databases for patterns of health, diet, nutrition and physical activity and other lifestyle or health behaviours.

Physical Activity Dimension

Students will be encouraged to relate nutrition to physical activity as integral parts of the promotion of healthy lifestyles.

Teaching and learning approaches

Lectures, seminars, group projects.

Assessment

Written examinations and/or assessment of written reports on assignments (case study or problem-solving).

ECTS 5

Aim

1. To provide students with detailed theoretical knowledge and understanding of the organisation and functions of the European Union.
2. To enable students to contribute effectively to lobbying, planning and policy-making on the European arena.
3. To provide students with an understanding of the meaning of added value in European Community – wide and international collaboration.
4. To facilitate networking and co-operation among students from different member-states in the EU.

Objectives

By the end of the module, each student should be able to show that he/she:

- Knows about the present organisation of the European Union, and how to get updates on developments;
- Understands the underlying regulations for public health nutrition in EU and how this corresponds to EFTA countries, Eastern European countries and the rest of the world;
- Can critically appraise the role and functions of the European Commission, in public health nutrition;
- Is motivated to contribute actively to foster a European Communities perspective in public health nutrition policy and professional practice.

Content

The module will support the EU Dimensions in the rest of the course by developing students' detailed knowledge of:

- History of the EU, present organisation, funding and governance, possible future developments including implications of expansion;
- Countries' representation in relevant committees in the European Commission; Lobby groups in the EU;
- Commission Directorate Generals dealing with nutrition, physical activity and health and related sectors;
- Surveillance and data gathering related to health, life style, risk groups and risk factor assessment;
- Recommendations and guidelines on nutrition, physical activity and health in Europe;
- Agricultural policy within EU – in support of the details learnt in other modules;
- Aid, trade and international relations and regulations;
- Research with emphasis on project funding.

European Dimension

The whole module.

Physical Activity Dimension

Students will be encouraged to analyse the extent to which nutrition and physical activity are the subjects of recommendations and guidelines and how research funding can be found for both. Committees that consider Physical Activity in the EU e.g. as a risk factor to be assessed and monitored.

Teaching and learning approaches

- Attendance at ONE summer school is mandatory
- There is one assignment that is formative not summative

Lectures and seminars in a mobile manner, somewhere in Europe, organised by local partner in collaboration with the European Commission, as a Summer School. Completed with a distance learning section.

Assessment

Formative assessment of a funding proposal, written by students in groups.

Indicative reading and other learning resources

Key texts.

EU reports and publications.

Nutrient and energy intakes for the European Community. Reports of the Scientific Committee for Food (31st series).

European Commission Employment and Social Affairs. The State of Women's Health in the European Community. Office for Official Publications of the European Communities, Luxembourg, 1997.

European Commission. The State of Health in the European Community. Office for Official Publications of the European Communities, Luxembourg, 1996.

Lillehök, B., Pushka, P., Schnocks, H., Sharp, I., Stiggelbout, P., Tounas, Y., Wood, D., European Heart Health Initiative. An Expert Report on European Action in the field of CVD Prevention. European Heart Network. Luxembourg, 1997.

Commission Employment and Social Affairs. The State of Women's Health in the European Community. Office for Official Publications, Luxembourg, 1997.

European Commission (1997): Work program for 1997 of the Community action program on health promotion, information, education and training, Official Journal of the European Communities C18, 40: 17, Brussels.

Institute of European Food Studies (1996): A pan-EU survey of Consumer Attitudes to Food, Nutrition and Health, Report NR. 4, Dublin.

European Commission Website.

Articles, papers and reviews.

Assessment of nutrition and physical activity

ECTS 10 credit points

Prerequisites Principles of Nutrition Science, Principles of Public Health.
Desirable: Food Safety, Food habits and Physical Activity.

Aim

By the end of the module each student will be able to:

1. Choose and defend the appropriateness of their choices of methods for each of a varied range of purposes;
2. Critically evaluate the uses and limitations of each of the assessment methods;
3. Competently perform assessment methods.

Objectives

By the end of the module each student will be able to perform:

a) Dietary assessment

- Describe the advantages and limitations of methods of dietary assessment viz. 24-hour recall, food record, food frequency, diet history;
- Define the sources of error in dietary assessment and describe the relative importance for these different methods;
- Describe methods for calibration;
- Perform dietary assessments including the use of appropriate European and other food intake data bases and nutrient analysis software.

b) Anthropometry

- Describe the advantages and limitations of anthropometric assessment;
- Describe the sources of error in nutritional anthropometry;
- Describe the most common anthropometric methods and indices and their calibration;
- Use appropriate types of anthropometric reference data for different population groups;
- Perform anthropometric measurements, including skinfolds at four sites.

c) Physical activity assessment

- Demonstrate understanding of the relationship between physical activity, fitness and health and the differences between physical activity, exercise and physical fitness;
- Describe methods for the assessment of aerobic fitness;
- Show understanding of and be able to define the components of total energy expenditure as well as patterns of physical activity;
- Describe the main methods, the physiological principles upon which assessment of physical activity is based and the advantages and limitations of : indirect calorimetry (laboratory, ambulatory), the doubly labelled water method (DLW); the minute-by-minute heart rate monitoring; the diary method; movement assessment devices; questionnaires;
- Make each of the following measurements, and after data entry, calculate TEE RMR and 24 hour energy expenditure:
24 hour activity diary; other indirect calorimetry measurements; minute by minute heart rate monitoring; 24 hour CSA activity measurement, and activity profile calculation.

Content

Introduction builds on Principles of Nutritional Science to:

- Review and develop students' knowledge of understanding of the purposes of each type of assessment (i.e., Research, screening and surveillance, problem solving, baseline data);
- Selection of assessment strategy (objectives, criteria, logistics, time, cost/benefit);
- Introduction of the theory and practice of validation and measurement error.

a) Nutritional Status

Body composition

Biochemical and molecular indicators

Functional indicators

Pathophysiological indicators (blood pressure, bone density)

European references/standards (cut-off values, reference values, quality control in labs, cross-lab standards)

b) Dietary Intakes

Methods: advantages and limitations

Selection of methods (deciding on variables, targeting, questions, selecting databases)

Tables of food composition

Reference values, their background and use

c) Energy expenditure and physical activity levels

Methods for assessment

Need for European standardisation

Unanswered questions

Other lifestyles

d) Assessment of potential value of combining two or more assessment strategies to integrate the sub-topics

European Dimension

The reference values, databases and other resources, issues of standardisation and the problems considered will be (mainly) European.

Physical Activity Dimension

This is an integral and major part of the objectives and content of this module.

Teaching and learning Approaches

- Lecture and learning guides may introduce sub-topics that will be integrated through a critical evaluation of scientific articles as the basis for problem-based learning. The lectures and students' discussions should support practical sessions in each sub-topic.
- Practicals – for the demonstration of and performing assessment measurements (biochemical, physiological and computer laboratory)
- Seminars/tutorials for discussion of problems in the literature and practicals.

Assessment

Written reports of solutions to problems for each type of assessment method.

Food habits: an integrated approach

ECTS 10 credit points

Prerequisites Principles of Nutritional Science

Aims

1. To give students the theoretical basis for understanding the complex nature of food habits.
2. To enable students to identify the determinants of food habits

Objectives

By the end of the module, students will be able to:

- Describe the historical changes in food consumption patterns;
- Describe and compare models of food consumption in Europe and internationally;
- Describe ideologies and theories of the societal significance of foods and feeding;
- Describe the theories to explain the links between emotions and food choice;
- Describe the key issues concerning food practices and special groups of the population;
- Describe and analyse experience from public health programs for promoting dietary and lifestyle changes;
- Describe methods for researching food habits;
- Apply their knowledge to explore the emotional and social aspects of food choices and feeding as individuals and as part of a team;
- Apply their knowledge to help solve a problem of food habits.

Contents

1. *Food in a historical perspective*
Consideration of food production and consumption considering diet, physical activity and human evolution, the prehistoric world, the agricultural revolution, the New World, the industrial revolution and the scientific revolution.
2. *Models of food consumption in the world and public health*
Models of food consumption and physical activity in countries at different stages of economic development and the implications for public health; world food supply and the impact of the EU on food availability in European countries.
3. *Food ideology*
Includes consideration of food choices in relation to culture, ethnocentrism and cultural relativity; food symbolism; myths and taboos; religion; culture and body image, and health beliefs; cuisine and gastronomy; meal patterns and structures in Europe.
4. *Food and society*
Socialisation and food habits, food in the life cycle, food and social status; food and social behaviour; mass media
5. *Food and emotions*
Sensory perceptions of food; physiological aspects of food choice; food preferences.
6. *Food practices and special groups relevant to Public Health Nutrition*
E.g. migrants, ethnic minorities, elderly, people with special needs.
7. *Promoting dietary changes and physical activity*
Nutrition health education for the general public and in schools (linked with Principles of Health Promotion)

European Dimension

European information, programs and policies will be studied.

Physical Activity Dimension

Students will be encouraged to approach dietary habits and physical activity as lifestyles in historical, cultural and societal contexts.

Teaching and Learning Approaches

Lectures and guided private studies will prepare students for active learning through participation in seminars, individual and group work.

The methods of teaching will:

- Enable students to learn to the required levels of learning outcome;
- Enable students to enhance self – reflection;
- Stimulate the development of communication and inter-personal skills and competence conducive to developing professional work relationships.

Problem-based learning

a) Methods of biographical self-reflection:

- Keeping a food diary followed by group discussion about number of meals, places where food has been eaten, times, with whom etc...
- Guided fantasies: group comments on food habits in personal life.

b) Presenting facts for group discussion:

- Case-studies and group discussion
- Literature review and group comments

c) Group research in this field:

- Develop a questionnaire and carry out directed team research.

Assessment

Essay.

Oral and written reports of group research based either on a literature review or field work. The group work will be presented to all the students for discussion.

Epidemiology and Biostatistics

ECTS 10 credit points

Prerequisites: Successful completion of Principles of Nutrition Science, Principles of Public Health, Assessment. Students with limited statistical experience should read starred * titles **prior to** the module.

Aim

To enable students to design and interpret nutritional epidemiological (research) studies.

Objectives

At the end of the module each student will have sufficient knowledge for application in novel situations or to deal with original problem in:

- Basic concepts in nutritional epidemiology;
- Theory and practice of designing studies;
- Validation and calibration of measures of exposure;
- Choice and use statistics appropriately;
- Critical evaluation of published literature;
- Appraisal as a basis for formulation of recommendations.

Content

- Types of study: cross-sectional, cohort, case-control, experimental studies, evaluation, nutritional surveillance.
- Measures of exposure relevant for epidemiological studies.
- Development of measures of exposure.
- Measures of outcome and risk.
- Chance, bias, confounding.
- Sampling, study size and power.
- Validation and calibration of methods; measurement error and misclassification.
- Analysis of epidemiological studies; probability and hypothesis testing.

European Dimension

All data and examples of research literature explicitly:

European/International, especially MONICA, EPIC, of national & international requirements for design, calibration, interpretation and inference.

Physical Activity Dimension

Physical activity level will be of explicit and direct relevance to diet, health and other issues considered.

Teaching and learning approaches

The course will use a problem based learning approach. Fundamental concepts will be covered in didactic lectures, supported by prior reading and followed by seminar and discussion group work.

For each type of epidemiological study design students will be asked to do the following:

1. Critically review, and present to the group, an original research paper.
2. Develop a protocol (in a team) for the design and analysis of a specific study (having agreed on the aims and objectives, key exposure and outcome measures) and present the protocol to the group for comments and discussion.

Assessment

Will be by continuous assessment of performance in group work and written reports.

Food Safety (including food technology & catering)

ECTS 5 credit points

Prerequisites Principles of Nutrition Science and Principles of Public Health

Aim

To equip students with sufficient knowledge and understanding of the theory of and practice in food safety, food service to contribute to risk assessment and management in relevant public health nutrition programs.

Objectives

By the end of the module the students will be able to show that they:

1. Understand the principles and dimensions of food safety
2. Can contribute to risk communication
3. Can contribute to risk assessment and management.

Contents

Overview of the key concepts to support public health and nutrition science:

1. Food and water safety

1.1 Chemicals

Introductory toxicology or ecotoxicology: Nature of food/water borne toxicants/allergens. Naturally occurring toxins, allergens, pesticides, contaminants, additives, packaging material. Background to risk assessment, risk management and risk communication. Local, EU, global regulatory framework. Exposure estimates. Bioavailability or bioenhancement, (building on Principles of Nutritional Science); Direct versus indirect; trends in food consumption and the use of food intake databases in risk assessment; coding systems.

1.2 Biological (microbiological/entomological)

Introductory basic food microbiology and hygiene; food - borne infectious disease surveillance; Food storage. Issues of antibiotic resistance of public health significance (linked to the module Principles of Public Health).

2. Food Technology

Basic food technology (physical/chemical processing); New technologies; GMO – derived food and ingredients; Functional foods; Food quality management; Food technology and nutritional value; Packaging technology.

3. Catering

Overviews of significance of mass catering outside the home, at institutional level, for vulnerable groups, e.g. meals on wheels. Issues of ethnic diversity and food choice will link with the Food Habits module.

4. Labelling

Purposes and types of labelling - Ingredients, Quality/use information, Nutritional, Health and other claims) within EU, global regulatory frameworks. Nutrition information and education issues will be considered further in the modules: Principles Health promotion and applied in Food and Nutrition Policy.

European Dimension

Emphasis will be placed on European data, legislation and regulatory frameworks within an international context.

Physical Activity Dimension

This will include consideration of the claims that products or supplements can enhance physical activity endurance or performance and implications for food safety, food service and labelling policies in the EU.

Teaching and learning approaches

Lectures will be supported by directed private studies. Teams or individual students will solve problems, based on practical, realistic issues (see annex for detailed examples).

Assessment

Assessment of written reports on solutions to individual and team problems.

ANNEX: Problems in Food Safety:

Examples of team problems in Food Safety:

ECTS 10 credit points

Prerequisites

At least 85 credit points, i.e. after completing all modules except EU Basics and the Research project & Thesis.

Aims

1. To enable students to integrate and apply all their knowledge and skills in public health nutrition to the development and analysis of food and nutrition policies with special reference to Europe.
2. To enable students to further develop professional and personal competencies in advocacy

Objectives

At the end of the module each student will be able to:

- Justify the theoretical bases for critical appraisal of food and nutrition policy at national and European level, within an international context;
- Contribute effectively to the planning (including implementation and monitoring) of food and nutrition policy, taking into consideration health issues;
- Make reasoned proposals for implementation and monitoring of food and nutrition policy, taking into consideration health issues;
- Make reasoned proposals for monitoring and evaluating food and nutrition policy, taking into consideration health issues;
- Be competent in advocating food and nutrition policy planning.

Contents

- History and philosophy of national food and nutrition policies in EU and internationally, in the context of GATT, CAP, other food-, economic- and health frameworks including information systems, goals and targets.
- National and European Law (international), especially food and trade regulations from the perspective of food as a human right.
- Inter-relations of nutrition, health (including physical activity) and social policies with agricultural and economic policies.
- Assessment of nutritional, environmental and health-related (including physical activity) impacts of national, European and international food and trade regulations.
- Theory and practice of planning (managing, monitoring, evaluating) food and nutrition security interventions and other policy actions at European, national and local levels. Uses and limitations of surveillance data, quantitative and qualitative.
- Lobbying for health, including physical activity, healthy food and nutrition at different levels and the roles of community and other non-governmental groups.
- Interrelationships among community, private and public sector stakeholders in policy formulation, implementation, monitoring and evaluation.

European Dimension

The benefits of collaboration and common approaches in European communities to improve health, diet and lifestyle will be a strong theme in the examples considered, the sources of information and other resources.

Physical Activity Dimension

Policy objectives for improving health through promoting healthier lifestyles will integrate physical activity with diet and other health behaviours and risk factors.

Teaching and learning approaches

Seminars led by staff, including European experts will facilitate private studies preparatory to group work. Distance tuition guides.

Assessment

Written report of individual assignments e.g. critical analyses of a policy.

Written report and discussion of food and nutrition policy developed by a small team of students.

Research project and thesis

ECTS 30 credit points.

Prerequisites 90 credit points or equivalent in the European Masters in Public Health Nutrition or equivalent course.

Aim

1. To enable students to demonstrate their ability to apply knowledge of all aspects of Public Health Nutrition in order to plan and execute and report on a research project.
2. To critically evaluate their research as evidence upon which to make recommendations for actions relevant to policy in Public Health Nutrition in the EU.
3. To demonstrate competence required to begin professional practice in Public Health Nutrition in the EU.

Objectives

Students will show they are able to:

- Formulate a clear statement of a research question;
- Undertake a clear and well-constructed literature review well;
- Design and plan projects clearly;
- Identify and justify methods (e.g. validity, size, sampling);
- Complete a research project within clearly defined time and resource constraints;
- Organise and present results;
- Interpret and discuss critically (chance, bias, confounding);
- Demonstrate critical appraisal of and reflection on the implication of the research in evidence based practice;
- Demonstrate ability to interpret the relevance of the research to policy in Public Health Nutrition in the EU.

Students will also show competency in time, resource and project management, scientific and professional writing and scientific and professional oral communication.

Content

Students will be expected to choose a topic that will enable them to use and apply competencies in theory and measurement gained throughout the course.

For example, a topic such as ‘Comparison of folic acid nutrition in sedentary and moderately active young adults’, may be expected to apply knowledge of and competence in (i.a.):

- The dietary supply and utilisation of folic acid from Principles of Nutritional Science;
- Supplements and food labelling from Food Safety;
- Methods of measurement of folate intake, physical activity from Assessment and the Principles of Physical Activity;
- Design of the research from Epidemiology and Biostatistics;
- Policy and practical implications from Health Promotion and Food and Nutrition Policy and EU Basics modules.

Teaching and Learning approaches

A tutor/supervisor will provide personal advice and guidance for each student during each stage of the project and preparation of the thesis. Students will be encouraged to present their protocols and interim findings to small groups of peers for discussion and formative feedback. Students will be work with a high level of self-directed independence.

Assessment

Written thesis of a format and length to be specified in accordance with individual universities' regulations will be submitted for examination to a panel of examiners.

This panel will:

- Advise on the suitability of project proposal;
- Externally examine all the theses

An oral examination may be required at some universities.

European Dimension

An explicit objective of the project or the thesis will be to address the implications of the research for public health nutrition in the EU.

Indicative reading and learning resources.

Students will be expected to select and appraise appropriately texts and current literature relevant to the topic of the research in the thesis.

Appendix IV

Master's Programme in Public Health Nutrition;

Course Catalogue

Availability of modules

Country/Module	Nutritional Science	Public Health	Health Promotion	Physical Activity	Epidemiology & Biostatistics	Food Habits:AIP	Food and Nutrition Policy	Food Safety	Assessment	EU Basics in PHN
Austria	Information unavailable at present									
Belgium	Yes	Yes	Yes	Yes	Yes		Yes	Yes	Yes	
Denmark	Yes		Yes		Yes	Yes			Yes	
Finland	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
France	Information unavailable at present									
Germany	Information unavailable at present									
Greece	Yes	Yes			Yes					
Iceland	Yes									
Ireland	Information unavailable at present									
Italy	Yes	?		Yes	Yes					
Netherlands	Not in a position at present – not until 2002/03									
Norway	Not in a position at present – not until 2002/03									
Portugal						Yes	Yes			
Spain	Information unavailable at present									
Sweden	Yes		Yes	Yes					Yes	Yes
Switzerland	Information unavailable at present									
UK – England					Yes					
UK- Scotland	Yes	Yes	Yes		Yes		Yes	Yes		

Module level information

Module Code	Module Title Nutritional Epidemiology (Epidemiology and Biostatistics)	ECTS: 10
		Local Credits 12
Module Co-ordinator Name: Barrie Margetts Contact email: bmm@soton.ac.uk Website:	Host Institution Name: University of Southampton Code: UK SOUTHAM 01 Website: www.soton.ac.uk	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 16/09/2001 to 28/09/2001 (direct contact time plus distance learning)	If first degree has not been taken in English students must show proof of competence in written and spoken English.	
Module fee: £900 (1500 EURO) If fee is payable, are scholarships/bursaries available? This may be possible to arrange		
<p>Outline of module</p> <p>Aim(s):</p> <ul style="list-style-type: none"> • Understand the principles of approach to designing nutritional epidemiological studies • Develop research protocol to undertake nutritional epidemiological studies • Develop critical appraisal skills <p>Content: Research study design; types of epidemiological studies; chance, bias and confounding; sampling, study size and power; measurement error and validation; nutritional exposure; developing research protocols; quality control - methods and application; data analysis and presentation; interpretation.</p>		
Method of module delivery Two week intensive programme (plus distance tuition)	<p>Method of module assessment:</p> <ul style="list-style-type: none"> • Short multiple-choice questionnaire. • Preparation of a research grant application, to include justification of the study, detailed methodology (including sampling strategy and study size calculation etc), and outline of analysis and interpretation (including effects of bias etc) 	
<p>Is the module combined with other module/course/unit? If yes, please give details</p> <p>No, but module is part of 15 month MSc in Public Health Nutrition (September 2001-November 2002)</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):</p> <p>Not applicable</p>		

Module level information

Module Code	Module Title Food: Culture, Skills and Safety	ECTS: Local Credits 15
Module Co-ordinator Name: Michael Clapham Contact email: mclapham@qmuc.ac.uk Website:	Host Institution Name: Queen Margaret University College Code: UK QMUC 06 Website: www.qmuc.ac.uk	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 10/09/2001 to 21/12/2001 (modular)		
Module fee: Not known at present If fee is payable, are scholarships/bursaries available?		
<p>Outline of module</p> <p>Aim(s):</p> <ul style="list-style-type: none"> To develop basic food handling and planning skills and to introduce the basic concepts of sensory appraisal and food acceptability; To develop an understanding of the nutritional and chemical composition of foods; To introduce the topic of food choice, how food intake can be examined and the factors that influence selection of food and ultimately nutrient consumption of their diet; To introduce and understand the implications of microbiology and food safety in working practices. <p>Contents:</p> <p>Analysis of own dietary intake including exploration of reproducibility, validity and reliability of the data. Cultural patterns, values, attitudes and their effect on food choice and implications for nutrient intake and health status. Composition, properties and the nutritional aspects of the major food groups. Sensory tasting: subjective and objective techniques; palatability and food acceptability. Dietary Guidelines: Dietary Reference Values. Food Selection Guides including The Balance of Good Health. Microbiological aspects of food safety: terminology and current problem; outline characteristics of main organisms especially bacteria; bacterial growth and factors affecting multiplication; spores and toxins; food related illnesses - chief agents of current food poisoning and food-borne infections; symptoms; sources; transmission; control of food micro-organisms: in context of food handling, preparation and storage; food preservation and processing - effects on micro-organisms and safety. The food industry including major providers of food, the Hospital and welfare sector, basic dietetic interventions. Topical food-related issues and their potential impact on health status.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Other (please give details):	Method of module assessment: Practical cooking skills are assessed within the working laboratory (summative- 40%). An essay (2000 words) on factors that affect food choice together with a critical review of the Scottish diet/ or other country and its potential affect on health (summative- 30%). A food safety written test (summative- 30%). Completion of an independent learning dietary assessment pack will be formative.	
Is the module combined with other module/course/unit? If yes, please give details No but other modules are available in the first semester - Nutritional Epidemiology, Perspectives in Public Health, Principles of Nutrition Science		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Principles of Nutrition Science	ECTS: Local Credits 15
Module Co-ordinator Name: Terry Kirk Contact email: tkirk@qmuc.ac.uk Website:	Host Institution Name: Queen Margaret University College Code: UK QMUC 06 Website: www.qmuc.ac.uk	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 10/09/2001 to 21/12/2001		
Module fee: Not known at present If fee is payable, are scholarships/bursaries available?		
<p>Outline of module</p> <p>Aim(s):</p> <ul style="list-style-type: none"> • To develop knowledge and understanding of the fundamental principles of food and nutrition science; • To equip the participant with the capability to apply knowledge of nutrition science to clinical or public health concerns in the UK and Europe; • To develop and appreciation of the epidemiology of nutrition; • To enable development of strategies for lifelong learning in nutrition science. <p>Contents:</p> <p><u>Fundamental concepts of nutrition</u>: the way the body nourishes itself from endogenous and exogenous sources of energy and nutrients. Key concepts are explored, including metabolic demand, essentiality, bio-availability, balance, turnover, requirements and dietary reference values <i>as they apply to</i>: energy and macronutrients, alcohol, water, electrolytes, non-starch polysaccharides, micronutrients and major minerals. <u>Energy intake and expenditure</u>: including physical activity and body composition. <u>Interactions of other components of food</u>: non-nutritive components, anti-nutrients, toxins with nutrition. <u>Functional foods</u>. <u>Nutrition supplements</u>. <u>Nutrition and function in health and disorder</u>: relevant factors of public health importance.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Two written reports: one formative and one summative (30%) together with an unseen written examination (70%).	
Is the module combined with other module/course/unit? If yes, please give details No but other modules are available in the first semester - Nutritional Epidemiology, Perspectives in Public Health, Food: Culture, Skills and Safety.		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Nutritional Epidemiology	ECTS: Local Credits 15
Module Co-ordinator Name: Don Sutherland Contact email: dsutherland@qmuc.ac.uk Website:	Host Institution Name: Queen Margaret University College Code: UK QMUC 06 Website: www.qmuc.ac.uk	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 10/09/2001 to 21/12/2001		
Module fee: Not known at present If fee is payable, are scholarships/bursaries available?		
<p>Outline of module</p> <p>Aim(s):</p> <ul style="list-style-type: none"> • To understand the principles of approaches to designing nutritional epidemiological studies; • To develop the research basis on which to undertake nutritional epidemiological studies; • To develop critical appraisal of methodological considerations in study design (including statistical analysis). <p>Contents:</p> <p>Research study design, development of research protocols and the calibration of methods of investigation. Types of epidemiological studies: theory and practice, case studies, critical appraisal. Nutritional surveillance and the identification of markers of nutritional status. Chance, bias and confounding. Sampling, study size and power. Measurement error and validation. Assessing nutritional exposure in populations: Biomarkers. Developing research protocols. Quality control: methods and application. Data analysis and presentation. Interpretation.</p>		
<p>Method of module delivery</p> <p>Intensive workshop(s):</p> <p>Part time:</p> <p>Distance learning:</p> <p>Full time: Yes</p> <p>Other (please give details):</p>	<p>Method of module assessment:</p> <p>A multiple-choice questionnaire (20%) is the formative assessment. The major piece of coursework (80%) uses a research grant application form from a funding body as the basis for the assignment. This is used to prepare a grant application suitable for funding. This involves preparing a well argued and scientifically sound background and justification for the study, study aims and objectives, detailed methodology (including validation of measures, consideration of measurement error, sampling strategy, study size calculations, quality control), outline of the analysis and interpretation (consideration of the effects of chance, bias and confounding), and public health relevance.</p>	
<p>Is the module combined with other module/course/unit? If yes, please give details</p> <p>No but other modules are available in the first semester -Principles of Nutrition Science, Perspectives in Public Health, and Food: Culture, Skills and Safety.</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):</p>		

Module level information

Module Code	Module Title Nutrition: Policy and Planning	ECTS: Local Credits 15
Module Co-ordinator Name: Sandra Drummond Contact email: sdrummond@qmuc.ac.uk Website:	Host Institution Name: Queen Margaret University College Code: UK QMUC 06 Website: www.qmuc.ac.uk	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 14/01/2002 to 03/05/2002		
Module fee: Not known at present		
If fee is payable, are scholarships/bursaries available?		
<p>Outline of module</p> <p>Aim(s):</p> <ul style="list-style-type: none"> To enable participants to integrate and apply knowledge and skills in public health nutrition to the development and analysis of national and European food and nutrition policies in an international context; To enable participants to further develop professional and personal competencies in advocacy for improved public health and nutrition. <p>Contents:</p> <p>Overview of national and European food policies in the context of GATT and the WTO. Theory and practice of policy planning, within an international context, including the nature and significance of goals and targets. Institutions and stakeholders in policy formation, planning, implementing and monitoring action plans and programmes. Roles of Overview of national and European nutrition policies and action plans. Methodology, uses and comparative analyses of surveillance of nutrition, diet and lifestyle including physical activity. Ethics of food and nutrition – human rights and promoting inclusion and food & nutrition security. Lobbying and networking at community, national and European levels.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Other (please give details):	Method of module assessment: Written report (50%) of an individual assignment to critically appraise (an aspect) of a food or nutrition policy; written group assignment (35%) to prepare a food and nutrition policy document; oral defence (15%) of individual contribution (simulating a Select Committee).	
<p>Is the module combined with other module/course/unit? If yes, please give details</p> <p>No but other modules are available in the second semester – Evaluation of Practice, Clinical Sciences, Promoting Health: Philosophy and Principles.</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):</p>		

Module level information

Module Code	Module Title Perspectives in Public Health	ECTS: Local Credits 15
Module Co-ordinator Name: Dolly McCann Contact email: Website:	Host Institution Name: Queen Margaret University College Code: UK QMUC 06 Website: www.qmuc.ac.uk	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 10/09/2001 to 21/12/2001		
Module fee: Not known at present If fee is payable, are scholarships/bursaries available?		
<p>Outline of module</p> <p>Aim(s):</p> <ul style="list-style-type: none"> To facilitate the exploration of Public Health concepts and frameworks <p>Contents:</p> <ul style="list-style-type: none"> Perspectives in Public Health Patterns of health and disease e.g. Epidemiology Environmental and ecological aspects of health Assessing the health of populations Evaluating care Public Health issues - politics, policy and pollution Economics and ethics of Public Policy Public Health commissioning and business contracting Transcultural health and ethnicity Human health and the environment Public Health and changing social trends: violence, technology, consumerism, self-determination. Legislation related to public health issues - promotion of health and safety at work 		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: 3,000 word A critical analysis of a current area of Public Health policy. The student will be expected to use a variety of analytical techniques to explore its application to an area of practice.	
<p>Is the module combined with other module/course/unit? If yes, please give details</p> <p>No but other modules are available in the first semester -Principles of Nutrition Science, Nutritional Epidemiology, and Food: Culture, Skills and Safety.</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):</p>		

Module level information

Module Code MM014	Module Title Promoting Health	ECTS: Local Credits 15
Module Co-ordinator Name: Ron Leddy Contact email: rleddy@qmuc.ac.uk Website:	Host Institution Name: Queen Margaret University College Code: UK QMUC 06 Website: www.qmuc.ac.uk	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 14/01/2002 to 03/05/2002		
Module fee: Not known at present		
If fee is payable, are scholarships/bursaries available?		
Outline of module Aim(s): To critically appraise debates contributing to an understanding of factors that influence the theoretical basis of practices in health promotion. Contents: The following content recognises that health promotion has an international context - this is encouraged in the teaching and learning approach <ul style="list-style-type: none"> • Critical exploration of knowledge and understanding in relation to health, health promotion and evidences of health. The role of research in developing health promotion theory and practice. Historical development of health promotion, theory and current theoretical developments. • A critical appraisal of prejudice in the theory and practice of health promotion. The moral and ethical context of health promotion theory and practice. 		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Seminar presentation: 50% of total (20% peer assessed, 30% tutor assessed) Seminar paper: 50% of total - 3,000 word paper	
Is the module combined with other module/course/unit? If yes, please give details No but other modules are available in the second semester - Evaluation of Practice, Clinical Sciences, and Nutrition: Policy and Planning		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): 		

Module level information

<p>Module Code 09.81.33-996 09.81.53-996</p>	<p>Module Title Principles of Nutritional Science</p>	<p>ECTS: 16 Local Credits: 8</p>
<p>Module Co-ordinator Name: Inga Thorsdóttir Contact email: ingathor@rsp.is Website: http://www.hi.is/stofn/rin.htm</p>	<p>Host Institution Name: University of Iceland Code: IS 101 REYKJAV IK Website: http://www.hi.is</p>	
<p>Module language: English/Icelandic</p>	<p>Pre-requisites/entry requirements for module (including word-processing skills etc.)</p>	
<p>Module dates: 28/08/2001 to 21/12/2001</p>	<p>None.</p>	
<p>Module fee: 25.000.- íKr (350 EURO) If fee is payable, are scholarships/bursaries available? NORDPLUS and ERASMUS students have financial support to cover scholarships and bursaries.</p>	<p>NOTES: General background in natural sciences is of value and readings in food- or health sciences. Students from a non-nutritional background must be willing to devote to extensive prior reading as well as develop their nutritional knowledge continually during the module.</p>	
<p>Outline of module Aim(s): To develop understanding in nutrition and its significance for public health. To practise the knowledge and methods of nutrition in relation to public health. Contents: Fundamental concepts of nutrition, such as essentiality, Bioavailability, requirements and recommended dietary allowances as they apply to:</p> <ul style="list-style-type: none"> • Energy and nutrients (carbohydrates, lipids, proteins, water, minerals and vitamins) and their role in metabolism and body function. • Digestion, absorption and transport of nutrients. • Alcohol, non-nutritive components, functional food and supplements. • Interactions of nutrition with physical activity and physiological status during the life cycle. • Nutritional assessment, epidemiology and statistics. • Methodological principles and evaluation of methods. • Critical evaluation of variations in nutrition demands due to physical activity level, physiological- and health status. <p>Studies on nutritionally related health problems such as: 1)nutrition and cancer, 2)nutrition and coronary heart diseases, 3)nutrition and food allergy, 4)undernutrition and obesity.</p>		
<p>Method of module delivery Intensive workshop(s): 2 times in a week Part time: No Distance learning: No Full time: 8 lectures, 4 times a week Other (please give details):</p>	<p>Method of module assessment: 3-hour unseen written examination. Reports and seminars on nutrition, nutrition policy and recommendations.</p>	
<p>Is the module combined with other module/course/unit? If yes, please give details No</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): Reading: E.N. Whitney, Rolfes Sr.:Understanding Nutrition. West Publishing, M.E.Shills,J.A. Olson, M.Shike: Modern Nutrition in health and Disease, Lea & Febiger. R.S.Gibson. Principles of Nutritional Assessment, B.M.Margetts, M. Nelson: Design Concepts in Nutritional Epidemiology, D.G.Altman:Practical Statistics for Medical Research. Up to date organic scientific papers on nutrition.</p>		

Module level information

<p>Module Code FPSV1</p>	<p>Module Title Principles of Nutritional Science</p>	<p>ECTS: 15 Local Credits 10</p>
<p>Module Co-ordinator Name: Per Isaksson Contact email: per.isaksson@prevnut.ki.se Website: www.prevnut.ki.se</p>	<p>Host Institution Name: Karolinska Institutet Code: S STOCKHO 03 Website: www.ki.se</p>	
<p>Module language: English</p>	<p>Pre-requisites/entry requirements for module (including word-processing skills etc.)</p>	
<p>Module dates: 18/02/02 to 22/03/02</p>	<p>Selection of participants is based on a comprehensive assessment of relevant education, adequate professional experience and personal motivation.</p>	
<p>Module fee: None If fee is payable, are scholarships/bursaries available? Not applicable</p>		
<p>Outline of module Aim(s): Students should after completion of the course be able to understand the concepts of nutrition, with regards to the major macro- and micronutrient groups, and their importance to health. Contents: Fundamental concepts of nutrition, such as essentiality, bioavailability, balance, turnover, requirements and dietary reference values (etc), as they apply to energy and macronutrients, and micronutrients.</p>		
<p>Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):</p>	<p>Method of module assessment: Course work, unseen examination</p>	
<p>Is the module combined with other module/course/unit? If yes, please give details Not applicable</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): The course will be taken together with students from the degree programme in Public Health. Set reading will be specified.</p>		

Module level information

Module Code FAHPO	Module Title Assessment of Nutrition and Physical Activity	ECTS: 10 Local Credits 7
Module Co-ordinator Name: Per Isaksson Contact email: per.isaksson@prevnut.ki.se Website: www.prevnut.ki.se	Host Institution Name: Karolinska Institutet Code: S STOCKHO 03 Website: www.ki.se	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.) Selection of participants is based on a comprehensive assessment of relevant education, adequate professional experience and personal motivation.	
Module dates: 26/11/01 to 14/12/01 and 13/05/02 to 07/06/02		
Module fee: None If fee is payable, are scholarships/bursaries available? Not applicable		
Outline of module Aim(s): Understand and rationalise the methods used for the assessment of dietary intake, anthropometry, physical activity (and energy expenditure), along with their uses and limitations Contents: Choose and defend the appropriateness of their choices of methods for each of a varied range of purposes. Critically evaluate the uses and limitations of each of the assessment methodologies. Competently perform assessment methods.		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Written report	
Is the module combined with other module/course/unit? If yes, please give details No		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): Not applicable		

Module level information

Module Code FEUHO	Module Title EU Basics in Public Health Nutrition	ECTS: 5 Local Credits 3
Module Co-ordinator Name: Per Isaksson Contact email: per.isaksson@prevnut.ki.se Website: www.prevnut.ki.se	Host Institution Name: Karolinska Institutet Code: S STOCKHO 03 Website: www.ki.se	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.) Selection of participants is based on a comprehensive assessment of relevant education, adequate professional experience and personal motivation.	
Module dates: Not known at present		
Module fee: None If fee is payable, are scholarships/bursaries available? Not applicable		
Outline of module The aim of the course is that the student after the course: Knows about the present organisation of the European Union, and how to get updates on developments. Understands the underlying regulations for public health nutrition in EU and how this corresponds to EFTA countries, Eastern European countries and the rest of the world. Can critically appraise the role and functions of the European Commission, in public health nutrition. Is motivated to contribute actively to foster a European Communities perspective in public health nutrition policy and professional practice.		
Method of module delivery Intensive workshop(s): Yes (two week period) Part time: Distance learning: Yes Full time: Other (please give details):	Method of module assessment: Course work	
Is the module combined with other module/course/unit? If yes, please give details No		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): Prior reading will be set		

Module level information

<p>Module Code FPHV1</p>	<p>Module Title Principles of Health Promotion in Nutrition and Physical Activity</p>	<p>ECTS: 10 Local Credits 7</p>
<p>Module Co-ordinator Name: Per Isaksson Contact email: per.isaksson@prevnut.ki.se Website: www.prevnut.ki.se</p>	<p>Host Institution Name: Karolinska Institutet Code: S STOCKHO 03 Website: www.ki.se</p>	
<p>Module language: English</p>	<p>Pre-requisites/entry requirements for module (including word-processing skills etc.)</p>	
<p>Module dates: 25/03/02 to 10/05/02</p>	<p>Selection of participants is based on a comprehensive assessment of relevant education, adequate professional experience and personal motivation.</p>	
<p>Module fee: None If fee is payable, are scholarships/bursaries available? Not applicable</p>		
<p>Outline of module Aim(s): to equip students with the detailed theoretical knowledge and understanding of health promotion they need to be able to contribute effectively to planning, implementation and evaluation of health promotion in nutrition and physical activity Contents: Topics include theories of health education and health promotion, planning, implementation and evaluation of nutrition and physical activity programmes as well as a critical appraisal of European policies in the area.</p>		
<p>Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):</p>	<p>Method of module assessment: Course work</p>	
<p>Is the module combined with other module/course/unit? If yes, please give details No</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): Not applicable</p>		

Module level information

Module Code FPPHO	Module Title Principles of Physical Activity	ECTS: 5 Local Credits 3
Module Co-ordinator Name: Per Isaksson Contact email: per.isaksson@prevnut.ki.se Website: www.prevnut.ki.se	Host Institution Name: Karolinska Institutet Code: S STOCKHO 03 Website: www.ki.se	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.) Selection of participants is based on a comprehensive assessment of relevant education, adequate professional experience and personal motivation.	
Module dates: 05/11/01 to 23/11/01		
Module fee: None If fee is payable, are scholarships/bursaries available? Not applicable		
Outline of module Aim(s) and Contents: Students should after completed course be able to: Explain the fundamentals of exercise physiology. Understand the theory behind the measurement of physical activity and fitness. Understand the importance of physical activity in relation to nutrition. Understand the fundamental theory behind the health enhancing effects of physical activity. Understand support systems and fundamental obstacles for physical activity. Know about the present organisation of physical activity promoting structures in society.		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Course work	
Is the module combined with other module/course/unit? If yes, please give details No		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): Not applicable		

Module level information

Module Code	Module Title Principles of Nutritional Science	ECTS: 15
		Local Credits 10
Module Co-ordinator Name: Irja Haapala Contact email: irja.haapala@uku.fi Website:	Host Institution Name: University of Kuopio Code: SF KUOPIO 01 Website: www.uku.fi	
Module language: Finnish and English (E)	Pre-requisites/entry requirements for module (including word-processing skills etc.) None.	
Module dates: Fall and Spring		
Module fee: None with Socrates agreement. If fee is payable, are scholarships/bursaries available? No.		
<p>Outline of module</p> <p>Aim(s): The Principles of Nutritional Science Module aims to develop students' understanding of the essential nutrients, metabolism and function of nutrients, nutrient requirements and recommendations, digestive physiology, regulation of food intake, dietary intake at the population level, nutrient data bases and dietary intake analysis programs, anthropometrical measurements, biochemical measurements of nutritional status, clinical signs of nutritional deficiencies, and the basics of nutritional support of patients to enable critical evaluation and use of this information in further studies in public health nutrition.</p> <p>Contents: The module consists of 4 courses: Fundamentals of Nutrition (6 ECTS), Basics in Nutritional Therapy (5.25 ECTS), Nutrition Physiology (3 ECTS), and Introduction to Public Health Nutrition (.75 ECTS, E). Optional courses include: Basic Food Science (4.5 ECTS), Nutrition and Health (3 ECTS), and Nutrition Chemistry (3 ECTS). More information on the courses is available at http://www.uku.fi/opiskelu/ojk/.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: 100% Other (please give details):	Method of module assessment: Exams and Seminar Presentations.	
Is the module combined with other module/course/unit? If yes, please give details All courses can be part of undergraduate and/or graduate studies at U Kuopio.		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Principles of Public Health	ECTS: 10
		Local Credits 7
Module Co-ordinator Name: Irja Haapala Contact email: irja.haapala@uku.fi Website:	Host Institution Name: University of Kuopio Code: SF KUOPIO 01 Website: www.uku.fi	
Module language: Finnish and English (E)	Pre-requisites/entry requirements for module (including word-processing skills etc.) None.	
Module dates: Fall and Spring		
Module fee: None with Socrates agreement. If fee is payable, are scholarships/bursaries available? No.		
<p>Outline of module</p> <p>Aim(s): The Principles of Public Health Module focuses on the basic concepts in public health, national and international health problems, morbidity, mortality, risk factors, contents and cost of health care, and current issues in public health, including nutrition and physical activity.</p> <p>Contents: The module consists of 3 courses: Introductory Course in Public Health (4.5 ECTS), Nutrition in Public Health Seminar (4 ECTS), and International Health (1.5 ECTS, E). Optional courses include: Health Care Administration (7.5 ECTS), Social and Health Care Services (4.5 ECTS), Evaluation Research (3 ECTS), Economic Evaluation I & II (3 ECTS, each), Health Economics (3 ECTS), Health Care Evaluation (3 ECTS, E), Public Health (6 ECTS, E). More information on the courses is available at http://www.uku.fi/opiskelu/ojk/.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: 100% Other (please give details):	Method of module assessment: Exams.	
Is the module combined with other module/course/unit? If yes, please give details All courses can be part of undergraduate and/or graduate studies at U Kuopio.		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Food Safety	ECTS: 5-6
		Local Credits 3-4
Module Co-ordinator Name: Irja Haapala Contact email: irja.haapala@uku.fi Website:	Host Institution Name: University of Kuopio Code: SF KUOPIO 01 Website: www.uku.fi	
Module language: Finnish and English (E))	Pre-requisites/entry requirements for module (including word-processing skills etc.) None.	
Module dates: Fall and Spring		
Module fee: None with Socrates agreement. If fee is payable, are scholarships/bursaries available? No.		
<p>Outline of module Aim(s): The Food Safety Module trains students critically evaluate and utilize the analytical methods of food composition, national and international food safety legislation, risk communication, and the common food borne pathogens and prevention of food borne disease.</p> <p>Contents: The module consists of 3 courses: Food Analysis (2.25 ECTS), Food Hygiene (2.25 ECTS), and Food Control (1.5 ECTS). More information on the courses is available at http://www.uku.fi/opiskelu/ojk/.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: 100% Other (please give details):	Method of module assessment: Exams. Option for Independent Study Exams on Parts of the Course Literature in English. (E)	
<p>Is the module combined with other module/course/unit? If yes, please give details</p> <p>All courses can be part of undergraduate and/or graduate studies at U Kuopio.</p>		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Epidemiology and Biostatistics	ECTS: 10
		Local Credits 6-7
Module Co-ordinator Name: Irja Haapala Contact email: irja.haapala@uku.fi Website:	Host Institution Name: University of Kuopio Code: SF KUOPIO 01 Website: www.uku.fi	
Module language: Finnish and English (E)	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: Fall and Spring	None, except for the advance courses in Epidemiology..	
Module fee: None with Socrates agreement. If fee is payable, are scholarships/bursaries available? No.		
<p>Outline of module</p> <p>Aim(s): The Epidemiology and Biostatistics Module provide students with the skills needed in designing, interpreting and critically evaluating nutritional epidemiological research. The module covers the basics of epidemiology, measurement, study design, estimation of causality and scientific writing. Also, principles of case study and quantitative research are covered.</p> <p>Contents: The module consists of 4 courses: Biostatistics (3 ECTS), Epidemiology (1.5 ECTS), Quantitative Research Methods (4.5 ECTS) and Social Epidemiology (1.5 ECTS, E). Optional courses include: Case Study Research Methods (1.5 ECTS) and Statistics I & II (4.5 ECTS each). Additionally, 7 courses in Biostatistics and Epidemiology at the advanced level are offered in English varying from 1.5 to 6 ECTS. More information on the courses is available at http://www.uku.fi/opiskelu/ojk/.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: 100% Other (please give details):	Method of module assessment: Exams.	
Is the module combined with other module/course/unit? If yes, please give details		
All courses can be part of undergraduate and/or graduate studies at U Kuopio.		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Food and Nutrition Policy	ECTS: 5
		Local Credits 3
Module Co-ordinator Name: Irja Haapala Contact email: irja.haapala@uku.fi Website:	Host Institution Name: University of Kuopio Code: SF KUOPIO 01 Website: www.uku.fi	
Module language: Finnish and English (E)	Pre-requisites/entry requirements for module (including word-processing skills etc.) None.	
Module dates: Spring		
Module fee: None with Socrates agreement. If fee is payable, are scholarships/bursaries available? No.		
<p>Outline of module</p> <p>Aim(s): The Food and Nutrition Policy Module focuses on the food and nutrition policy regulating the national and international food production and mass catering to enable students to design and evaluate programmes/services which promote public health nutrition.</p> <p>Contents: The module consists of two courses: Nutrition Policy (1.5 ECTS) and parts of Nutrition Management and Catering (6 ECTS). More information on the courses is available at http://www.uku.fi/opiskelu/ojk/.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: 100% Other (please give details):	Method of module assessment: Exams. Option for Independent Study Exams on Course Literature in English.	
<p>Is the module combined with other module/course/unit? If yes, please give details</p> <p>All courses can be part of undergraduate and/or graduate studies at U Kuopio.</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):</p>		

Module level information

Module Code	Module Title European Union Basics	ECTS: 5-6
		Local Credits 3-4
Module Co-ordinator Name: Irja Haapala Contact email: irja.haapala@uku.fi Website:	Host Institution Name: University of Kuopio Code: SF KUOPIO 01 Website: www.uku.fi	
Module language: Finnish and English (E)	Pre-requisites/entry requirements for module (including word-processing skills etc.) None.	
Module dates: Fall and Spring		
Module fee: None with Socrates agreement. If fee is payable, are scholarships/bursaries available? No.		
<p>Outline of module</p> <p>Aim(s): The European Union Basics Module Provides the students with a broad spectrum of information on Europe, about its varying social structures and cultures, the integration, its history and effects. Students are guided to the international aspect of policymaking and the politics of health at the European and global level to enable critical evaluation of the existing connections and collaborations.</p> <p>Contents: The module consists of two courses: Introduction to Europe Studies (3 ECTS) and Policy Making and Politics of Health (3 ECTS, E). Optional courses include: The European Union Organization (4.5 ECTS), The European Integration (1.5 ECTS), and Comparison and International Health Care Administration (3 ECTS). More information on the courses is available at http://www.uku.fi/opiskelu/ejk/.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: 100% Other (please give details):	Method of module assessment: Exams and Essays.	
Is the module combined with other module/course/unit? If yes, please give details		
All courses can be part of undergraduate and/or graduate studies at U Kuopio.		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Food Habits	ECTS: 10		
		Local Credits 6-7		
Module Co-ordinator Name: Irja Haapala Contact email: irja.haapala@uku.fi Website:	Host Institution Name: University of Kuopio Code: SF KUOPIO 01 Website: www.uku.fi			
Module language: Fin Finnish and English (E)	Pre-requisites/entry requirements for module (including word-processing skills etc.)			
Module dates: Fall and Spring	Computer-mediated communication skills. (Contains some Web-based courses.)			
Module fee: None with Socrates agreement. If fee is payable, are scholarships/bursaries available? No.				
<p>Outline of module</p> <p>Aim(s): The Food Habits Module focuses on the social and cultural factors behind food habits, the nutritional anthropology related to children and gender and the issues related to hunger at home and abroad. The module guides students to look at health from the sociological viewpoint, to consider health trends, public perceptions of health and health behaviours and the sick role and to examine the dialogue between health professionals and the public.</p> <p>Contents: The module consists of four courses: Nutrition Anthropology I & II (2.25 ECTS each, Web-based), Health Sociology (3 ECTS), and Unorthodox Nutrition Therapy (2.25 ECTS). Optional courses include: Medical Anthropology (5.25 ECTS, E) and Medical Sociology (5.25 ECTS, E). More information on the courses is available at http://www.uku.fi/opiskelu/ojk/.</p>				
Method of module delivery Intensive workshop(s): Part time: Distance learning: Web-based 45% Full time: 55% Other (please give details):	Method of module assessment: Exams. Option for Independent Study Exams on Course Literature in English.			
Is the module combined with other module/course/unit? If yes, please give details				
All courses can be part of undergraduate and/or graduate studies at U Kuopio.				
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):				

Module level information

Module Code	Module Title Principles of Physical Activity	ECTS: 6
		Local Credits 4
Module Co-ordinator Name: Irja Haapala Contact email: irja.haapala@uku.fi Website:	Host Institution Name: University of Kuopio Code: SF KUOPIO 01 Website: www.uku.fi	
Module language: Finnish and English (E)	Pre-requisites/entry requirements for module (including word-processing skills etc.) Basics in Nutrition and Physiology.	
Module dates: Spring and Fall		
Module fee: None with Socrates agreement. If fee is payable, are scholarships/bursaries available? No		
<p>Outline of module Aim(s): The Principles of Physical Activity Module provides students with the basic concepts of the relationship between health, physical activity, nutritional status and mental well-being looking at the effect of growth, gender, aging and social environment on health and physical status.</p> <p>Contents: The module consists of three courses: Exercise Physiology II (3 ECTS), Exercise as a Treatment (1.5 ECTS), and Exercise and Nutrition I (1.5 ECTS). Optional courses include: Introduction to Exercise Medicine (0.75 ECTS, E.) More information on the courses is available at http://www.uku.fi/opiskelu/ojk/.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: 100% Other (please give details):	Method of module assessment: Exams and Projects.	
Is the module combined with other module/course/unit? If yes, please give details		
All courses can be part of undergraduate and/or graduate studies at U Kuopio.		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Assessment (of Nutrition Status and Physical Activity)	ECTS: 10
		Local Credits 6-7
Module Co-ordinator Name: Irja Haapala Contact email: irja.haapala@uku.fi Website:	Host Institution Name: University of Kuopio Code: SF KUOPIO 01 Website: www.uku.fi	
Module language: Finnish and English (E)	Pre-requisites/entry requirements for module (including word-processing skills etc.) None.	
Module dates: Fall and Spring		
Module fee: None with Socrates agreement. If fee is payable, are scholarships/bursaries available? No.		
<p>Outline of module</p> <p>Aim(s): The Assessment module focuses on the methods of collecting data on food and energy consumption, physical activity and physical fitness, study designs in nutritional studies, data processing and reporting, discussing the health effects of physical activity in relation to nutrition, and ways to balance the energy intake and consumption. Carrying out the patient or customer interview is practiced.</p> <p>Contents: The module consists of four courses: Measurement of Physical Fitness I & II (1.5 ECTS, each), Research Methods in Nutrition (3 ECTS), Exercise and Nutrition II (3 ECTS), and Patient Interview (1.5 ECTS). Optional courses include: Research Methods in Social Sciences (3 ECTS). More information on the courses is available at http://www.uku.fi/opiskelu/ojk/.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: 100% Other (please give details):	Method of module assessment: Exams and Projects.	
Is the module combined with other module/course/unit? If yes, please give details		
All courses can be part of undergraduate and/or graduate studies at U Kuopio.		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Principles of Health Promotion	ECTS: 10
		Local Credits 6-7
Module Co-ordinator Name: Irja Haapala Contact email: irja.haapala@uku.fi Website:	Host Institution Name: University of Kuopio Code: SF KUOPIO 01: Website: www.uku.fi	
Module language: Finnish and English (E)	Pre-requisites/entry requirements for module (including word-processing skills etc.) None.	
Module dates: Fall and Spring		
Module fee: None with Socrates agreement, except for the North Karelia International Visitor's Programme. If fee is payable, are scholarships/bursaries available? No.		
<p>Outline of module</p> <p>Aim(s): The Principles of Health Promotion module focuses on the philosophy of health education, learning and teaching, adoption of innovations, and to population and risk-group strategies in health education. Psychology of patient/customer-centred communication, and the principles of program planning, implementation and evaluation will be practiced in real-life settings.</p> <p>Contents: The module consists of two courses: Health Education (4.5 ECTS) and Psychology and Communication of Nutrition Counselling (6 ECTS). Optional courses include: Nutrition Education (3 ECTS), Health Promotion Strategies (4.5 ECTS), Theories of Health Promotion (6 ECTS), Basics of Health Promotion (1.5 ECTS), Health Promotion Projects (4.5 ECTS), Community, Interventions and Quality Evaluation in Health Promotion (6 ECTS), Health Promotion (1.5 ECTS, E), and North Karelia International Visitor's Programme (1.5 ECTS, E, additional fee). More information on the courses is available at http://www.uku.fi/opiskelu/ojk/</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: 100% Other (please give details):	Method of module assessment: Group Projects.	
Is the module combined with other module/course/unit? If yes, please give details All courses can be part of undergraduate and/or graduate studies at U Kuopio.		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information)		

**European Master of Public Health Nutrition
Modules and Courses offered at the University of Kuopio
2000 - 2001**

Dates will be approximately the same in the academic year 2001-2002.
Detailed course descriptions can be found at <http://www.uku.fi/opiskelu/ojk/>

Abbreviations:

Nutr. = Programme in Clinical Nutrition

MPH = Master of Public Health Programme (in English)

EMed. = Programme in Exercise Medicine

HPM = Programme in Health Policy and Management

SoSci = Programme in Social Science

NuSci = Programme in Nursing Science

E = Course is offered in English

OU = Open University

Lit = independent study of literature

Appt = class meets by appointment after first session

EOY = every other year

TBA = to be announced

// /ex = number of lectures or seminars (S)/small group hours/projects or presentations/exam

	Dates	Hours/exam	Programme
Principles of Nutritional Science Module (15 ECTS)			
The module consists of 4 courses:			
Fundamentals of Nutrition (6 ECTS)	07.09. - 05.12.	28/32/-/ex	Nutr
Basics in Nutritional Therapy (5.25 ECTS)	12.03. - 25.05.	26/64/-/ex	Nutr
Nutrition Physiology (3 ECTS)	09.01. - 07.02.	33/10/-/ex	Nutr
Introduction to Public Health Nutrition (.75 ECTS, E)	Oct. - Nov.	3/-/Lit/ex	MPH
Optional courses include:			
Basic Food Science (4.5 ECTS)	19.09. - 12.12.	36/42/-/ex	Nutr
	Or 10.01. - 05.02	20/12/-/ex	OU
Nutrition and Health (3 ECTS)	16.03. - appt	20S/-/+/-	OU
Nutrition Chemistry (3 ECTS)	29.09. - 30.09. 06.10. - 07.10 13.10. - 14.10.	18/5/5/ex	OU
Principles of Public Health Module (10 ECTS)			
The module consists of 3 courses:			
Introductory Course in Public Health (4.5 ECTS)	04.10. - 15.12.	34/15/-/ex	Nutr
Nutrition in Public Health Seminar (4 ECTS)	20.09. - 05.04.	40S/-/+/-	Nutr
International Health (1.5 ECTS, E)	28.03. - 31.03.	20/-/+/-	MPH
Optional courses include:			
Evolution of Administrative Sciences (3 ECTS)	11.10. - 26.10.	20/+/-/ex	HPM
Social and Health Care Services (6 ECTS)	06.11. - 31.01	16/-/+/ex	HPM
Social and Health Care Services (3 ECTS)	Web	-/+/-/ex	HPM
Economic Evaluation I (3 ECTS)	10.01. - 22.01.	30/+/+/ex	HPM
Economic Evaluation II (3 ECTS)	20.03. - 02.04.	40/+/+/ex	HPM
Evaluation Research (3 ECTS)	Spring, EOY	20/-/+essay	SoSci
Health Economics (3 ECTS)	22.02. - 27.03.	20/-/+/ex	MPH
Health Care Evaluation (3 ECTS, E)	13.11. - 14-11.	14/-/+essay	MPH
Public Health (6 ECTS, E)	21.09. - 28.02.	10/-/-/ex	MPH

	Dates	Hours/exam	Programme
Principles of Health Promotion Module (10 ECTS)			
The module consists of two courses:			
Health Education (4.5 ECTS)	23.10. - 05.12.	5/20/+/ex	Nutr
Psychology and Communication of Nutrition Counselling (6 ECTS)	14.09. - 29.03.	28/12/+/essay	Nutr
Optional courses include:			
Nutrition Education (3 ECTS)	04.09. - 13.12.	8/30/+/essay	Nutr
Health Promotion Strategies (4.5 ECTS)	Jan., EOY	15/25/+/ex	OU
Theories of Health Promotion (6 ECTS)	Lit		OU
Basics of Health Promotion (1.5 ECTS)	Sept., EOY	5/10/-/ex	OU
Health Promotion Projects (4.5 ECTS)	Jan., EOY	10/25/+/essay	OU
Community Based Practice in Health Promotion (7.5 ECTS)	29.01. - 23.04	20/20/-/-	NuSci
Community Based Practice in Health Promotion (3 ECTS)	Lit.		OU
Health Promotion (1.5 ECTS, E)	May-June	27/-/+/-	MPH
North Karelia International Visitor's Programme (1.5 ECTS, E, additional fee)	15.01. - 19.01.	+/visits/+/-	MPH

Principles of Physical Activity Module (5 ECTS)

The module consists of three courses:			
Exercise Physiology II (3 ECTS)	Spring, EOY	12/-/+/ex	Emed
Exercise as a Treatment (1.5 ECTS)	11.11. - 12.11.	12/-/-/ex	Emed
Exercise and Nutrition I (1.5 ECTS)	19.01. - 20.01.	12/-/+/ex	EMed
Optional courses include:			
Introduction to Exercise Medicine (0.75 ECTS, E)	Oct. - Nov.	3/-/-/essay	MPH

	Dates	Hours/exam	Programme
Epidemiology and Biostatistics Module (10 ECTS)			
The module consists of 4 courses:			
Biostatistics (3 ECTS)	19.10. - 15.12.	22/14/-/ex	Nutr
Epidemiology (1.5 ECTS)	06.02. - 29.03.	14/6/-/ex	Nutr
Introduction to Quantitative Social Research (4.5 ECTS)	05.02. - 25.04.	24/24/-/ex	SoSci
Social Epidemiology (1.5 ECTS, E)	17.04. - 19.04.	21/-/-/ex	MPH
Optional courses include:			
Advanced Course in Quantitative Research Methods (4.5 ECTS)	Fall	36/-/+ex	SoSci
Statistics I (4.5 ECTS)	09.01. - 23.03.	34/14/-/ex	SoSci
Statistics II (4.5 ECTS)	12.09. - 01.12.	30/18/-/ex	SoSci
Advanced Biostatistics (3.75, E)	13.02. - 21.03.	26/13/+/-	MPH
Cardiovascular Epidemiology (6 ECTS, E)	Oct. - Nov.	10/-/-/ex	MPH
Environmental Epidemiology (3 ECTS, E)	Fall, EOY	14/-/+/-	MPH
Epidemiological Research Methods (2.25 ECTS, E)	Sept. - Oct.	15/6/-/ex	MPH
Epidemiology and its Applications (3 ECTS, E)	02.05. - 14.05.	14/-/+/-	MPH
Assessment Module (10 ECTS)			
The module consists of four courses:			
Measurement of Physical Fitness I (1.5 ECTS)	04.05. or 05.05.	-/+/+/-	Emed
Measurement of Physical Fitness II (1.5 ECTS)	15.09. - 16.09.	12/+/+/-	Emed
Research Methods in Nutrition (3 ECTS)	25.10. - 15.12.	20/21/-/ex	Nutr
Exercise and Nutrition II (3 ECTS)	Jan. - Feb.	21/-/+ex	EMed
Patient Interview (1.5 ECTS)	04.09. - 11.04.	-/-/40/-	Nutr
Optional courses include:			
Research Methods in Social Sciences (3 ECTS)	29.01. - 30.03.	15/18/+ex	Nutr

	Dates	Hours/exam	Programme
Food Habits Module (10 ECTS)			
The module consists of four courses:			
Nutrition Anthropology I (2.25 ECTS)	Lit		OU
Nutrition Anthropology II (2.25 ECTS)	Web-based		OU
Health Sociology (3 ECTS)	25.09. - 30.09, 03.10. - 24.10	26/-/+/ <i>ex</i>	OU
Unorthodox Nutrition Therapy (2.25 ECTS)	Appt.		OU
Optional courses include:			
Medical Anthropology (5.25 ECTS, E)	May	16/4/-/-	MPH
Medical Sociology (5.25 ECTS, E)	Lit.		MPH
Food Safety Module (5 ECTS)			
The module consists of 3 courses:			
Food Analysis (2.25 ECTS)	29.01. - 17.04.	11/20/+/ <i>ex</i>	Nutr
Food Hygiene (2.25 ECTS)	21.09. - 13.10.	25/-/-/ <i>ex</i>	Nutr
Food Control (1.5 ECTS)	08.02. - 09.03.	18/-/-/ <i>ex</i>	Nutr
Food and Nutrition Policy Module (5 ECTS)			
The module consists of two courses:			
Nutrition Policy (1.5 ECTS)	Lit		OU
Nutrition Management and Catering (1.5 - 6 ECTS)	26.02. - 06.04.	42/53/+/ <i>ex</i>	Nutr

	Dates	Hours/exam	Programme
European Union Basics Module (5 ECTS)			
The module consists of two courses:			
Idea of Europe (3 ECTS)	13.09.	2/-/+/ <i>ex</i>	OU
Policy Making and Politics of Health (3 ECTS, E)	18.06. - 22.06.	30/+/+/-	MPH
Optional courses include:			
Intellectual and Culture History of Europe (3 ECTS)	Web	-/-/+/ <i>essay</i>	OU
Welfare State and Social Security in a Unifying Europe (3 ECTS)	TBA	20/-/-/ <i>essay</i>	OU
Public Administration in European Union and Its Member Countries (4.5 ECTS)	Spring	25/-/+/ <i>ex</i>	OU
European Community Law (3 ECTS)	Spring	20/-/-/ <i>ex</i>	OU
European Economical Integration and EMU (1.5 ECTS)	27.10. - 28.10, 10.11. - 11.11.	20/-/-/ <i>ex</i>	OU
Euroenglish (1.5 ECTS)	TBA	8/-/2/ <i>essay</i>	OU
Intercultural Communication (3 ECTS)	Oct. - Nov.	27/-/-/ <i>essay</i>	OU
Russia and Baltic Countries (1.5 ECTS)	Web	-/-/-/ <i>essay</i>	OU
Public Policy Making (3 ECTS)	12.03. - 28.03.	20/+/-/ <i>ex</i>	HPM

Modules and Courses Offered in English at the University of Kuopio - 2000 - 2001

	Dates	Hours/exam	Programme
Principles of Nutritional Science Module (15 ECTS)			
Introduction to Public Health Nutrition (.75 ECTS, E)	Oct. - Nov.	3/-/Lit/ex	MPH
Principles of Public Health Module (10 ECTS)			
International Health (1.5 ECTS, E)	28.03. - 31.03.	20/-/+/-	MPH
Health Care Evaluation (3 ECTS, E)	13.11. - 14.11.	14/-/+/-essay	MPH
Public Health (6 ECTS, E)	21.09. - 28.02.	10/-/-/ex	MPH
Principles of Health Promotion Module (10 ECTS)			
Health Promotion (1.5 ECTS, E)	May-June	27/-/+/-	MPH
North Karelia International Visitor's Programme (1.5 ECTS, E, additional fee)	15.01. - 19.01.	+/visits/+/-	MPH
Principles of Physical Activity Module (5 ECTS)			
Introduction to Exercise Medicine (0.75 ECTS, E)	Oct. - Nov.	3/-/-/essay	MPH
Epidemiology and Biostatistics Module (10 ECTS)			
Social Epidemiology (1.5 ECTS, E)	17.04. - 19.04.	21/-/-/ex	MPH
Advanced Biostatistics (3.75, E)	13.02. - 21.03.	26/13/+/-	MPH
Cardiovascular Epidemiology (6 ECTS, E)	Oct. - Nov.	10/-/-/ex	MPH
Environmental Epidemiology (3 ECTS, E)	Fall, EOY	14/-/+/-	MPH
Epidemiological Research Methods (2.25 ECTS, E)	Sept. - Oct.	15/6/-/ex	MPH
Epidemiology and its Applications (3 ECTS, E)	02.05. - 14.05.	14/-/+/-	MPH
Food Habits Module (10 ECTS)			
Medical Anthropology (5.25 ECTS, E)	May	16/4/-/-	MPH
Medical Sociology (5.25 ECTS, E)	Lit.		MPH
European Union Basics Module (5 ECTS)			
Policy Making and Politics of Health (3 ECTS, E)	18.06. - 22.06.	30/+/+/-	MPH

Module level information

<p>Module Code 07 63 41</p>	<p>Module Title Micronutrients</p>	<p>ECTS: 6 Local Credits 6</p>
<p>Module Co-ordinator Name: Assoc Professor M Hansen Contact email: mha@kvl.dk Website:</p>	<p>Host Institution Name: Royal Veterinary and Agricultural University Code: DK FREDERI 01 Website: www.kvl.dk</p>	
<p>Module language: Danish</p>	<p>Pre-requisites/entry requirements for module (including word-processing skills etc.)</p>	
<p>Module dates: 01/11/00 – 20/12/00 (plus exam period between 20-23/12/00 and 02-15/01/01)</p>	<p>Recommended: Biochemistry, human physiology, statistics</p>	
<p>Module fee: No fee, provided that there is an exchange agreement (e.g. Socrates) If fee is payable, are scholarships/bursaries available?</p>		
<p>Outline of module Aim(s): At the end of the course the student should be able to:</p> <ul style="list-style-type: none"> - Explain the basic principles of the nutritional importance of micronutrient - Explain the importance of the bioavailability of micronutrient, and identify factors that are important in that context - Describe methods for assessing micronutrient status - Know the micronutrient intake in the Danish population and be able to identify the vulnerable groups - Identify the consequences and the prevalence of micronutrient deficiencies and toxicity <p>Contents:</p> <ul style="list-style-type: none"> - Vitamins and minerals: food sources, bioavailability, metabolism, functions, interactions and relationships with health and disease. 		
<p>Method of module delivery Intensive workshop(s): Part time: 1 day/week (1½ hours lectures, 4 exercises/project work) Distance learning: Full time: Other (please give details):</p>	<p>Method of module assessment: Written exam (4 hours) Also written reports from selected exercises/project during the course.</p>	
<p>Is the module combined with other module/course/unit? If yes, please give details Runs in parallel with modules on Macronutrients, Nutritional assessment, Sociology of food, and Nutrition and the elderly. In the context of the EMPHN module on Principles of Nutritional Science (15 ECTS) the present module combined with two other modules at our university, Macronutrients (6 ECTS) and Dietary related diseases (6ECTS), includes most of the contents of the EMPHN module.</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):</p>		

Module level information

<p>Module Code 07 63 19</p>	<p>Module Title Macronutrients</p>	<p>ECTS: 6 Local Credits 6</p>
<p>Module Co-ordinator Name: Associate Prof A Raben Contact email: ar@kvl.dk Website:</p>	<p>Host Institution Name: Royal Veterinary and Agricultural University Code: DK FREDERI 01 Website: www.kvl.dk</p>	
<p>Module language: Danish</p>	<p>Pre-requisites/entry requirements for module (including word-processing skills etc.)</p>	
<p>Module dates: 01/11/00 – 20/12/00 (plus exam period between 20-23/12/00 and 02-15/01/01)</p>	<p>Recommended: Biochemistry, human physiology, statistics</p>	
<p>Module fee: No fee, provided that there is an exchange agreement (e.g. Socrates) If fee is payable, are scholarships/bursaries available?</p>		
<p>Outline of module Aim(s): At the end of the course the student should be able to:</p> <ul style="list-style-type: none"> - Describe the digestion and absorption of macronutrients, including the main factors influencing this - Explain the metabolism of macronutrients, in particular the regulation of this metabolism in normal physiological conditions - Explain the basis of setting requirements for energy and certain macronutrients - Understand the methods used for measuring macronutrient metabolism <p>Contents: Digestion, metabolism and regulation of macronutrients under normal physiological conditions.</p>		
<p>Method of module delivery Intensive workshop(s): Part time: 1 day/week (1½ hours lectures, 4 exercises/project work) Distance learning: Full time: Other (please give details):</p>	<p>Method of module assessment: Written exam (4 hours) Also written reports from selected exercises/project during the course.</p>	
<p>Is the module combined with other module/course/unit? If yes, please give details Runs in parallel with modules on Micronutrients, Nutritional assessment, Sociology of food, and Nutrition and the elderly. In the context of the EMPHN module on Principles of Nutritional Science (15 ECTS) the present module combined with two other modules at our university, Micronutrients (6ECTS) and Dietary related diseases (6 ECTS), includes most of the contents of the EMPHN module.</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):</p>		

Module level information

<p>Module Code 07 63 71</p>	<p>Module Title Diet related diseases</p>	<p>ECTS: 6</p>
		<p>Local Credits 6</p>
<p>Module Co-ordinator Name: Associate Prof P Marckmann Contact email: Website:</p>	<p>Host Institution Name: Royal Veterinary and Agricultural University Code: DK FREDERI 01 Website: www.kvl.dk</p>	
<p>Module language: Danish</p>	<p>Pre-requisites/entry requirements for module (including word-processing skills etc.)</p>	
<p>Module dates: 01/02/01 - 15/06/01</p>	<p>Recommended: Course modules Macronutrients and Micronutrients</p>	
<p>Module fee: No fee, provided that there is an exchange agreement (e.g. Socrates)</p> <p>If fee is payable, are scholarships/bursaries available?</p>		
<p>Outline of module Aim(s): At the end of the course the student should be able to:</p> <ul style="list-style-type: none"> - Explain the pathogenesis of the main diet related diseases - Describe the dietary effect on pathogenic factors, morbidity and mortality, for the main diet related diseases - Explain the epidemiology of the main diet related diseases at the national, regional and the global level. <p>Contents: See Aims above</p>		
<p>Method of module delivery Intensive workshop(s): Part time: 1 day/week (3 hours lectures, 2 hours exercises etc.) Distance learning: Full time: Other (please give details):</p>	<p>Method of module assessment: Written exam (4 hours)</p>	
<p>Is the module combined with other module/course/unit? If yes, please give details Runs in parallel with a course module on Public health nutrition. In the context of the EMPHN module on Principles of Nutritional Science (15 ECTS) the present module combined with two other modules at our university, Micronutrients (6 ECTS) and Macronutrients (6 ECTS), includes most of the contents of the EMPHN module.</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):</p>		

Module level information

<p>Module Code 07 60 65</p>	<p>Module Title Nutritional Epidemiology</p>	<p>ECTS: 6 Local Credits 6</p>
<p>Module Co-ordinator Name: Associate Prof J Haraldsdottir Contact email: jha@kvl.dk Website:</p>	<p>Host Institution Name: Royal Veterinary and Agricultural University Code: DK FREDERI 01 Website: www.kvl.dk</p>	
<p>Module language: Danish</p>	<p>Pre-requisites/entry requirements for module (including word-processing skills etc.)</p>	
<p>Module dates: 01/11/00 – 20/12/00 (plus exam period between 20-23/12/00 and 02-15/01/01)</p>	<p>Recommended: Biochemistry, human physiology, statistics</p>	
<p>Module fee: No fee, provided that there is an exchange agreement (e.g. Socrates) If fee is payable, are scholarships/bursaries available?</p>		
<p>Outline of module Aim(s): At the end of the course the student should be able to:</p> <ul style="list-style-type: none"> - Define the basic concepts of epidemiology - Explain the main error sources in epidemiological studies relating diet and health/disease, and describe how to take these into account when analysing the data - Describe the most simple statistical methods used to analyse epidemiological data - Critically analyse epidemiological papers with respect to design, data analyses, assumptions, interpretations and conclusions of the study. <p>Contents:</p> <ul style="list-style-type: none"> - Basic concepts: Measures of disease frequency and association, Bias, confounding and effect modifiers, Sampling, sample size, statistical power, Study design and design strategies, - In-depth examples of specific studies with respect to design, data collection and analyses, interpretation of results - Examples of data analyses 		
<p>Method of module delivery Intensive workshop(s): Part time: 1 day/week (1½ hours lectures, 4 exercises/project work) Distance learning: Full time: Other (please give details):</p>	<p>Method of module assessment: Written exam (4 hours) Also written reports from selected exercises/project during the course.</p>	
<p>Is the module combined with other module/course/unit? If yes, please give details Runs in parallel with modules on Micronutrients, Macronutrients, Nutritional assessment, Sociology of food, and Nutrition and the elderly. In the context of the EMPHN module "Epidemiology and Biostatistics" (10 ECTS) the present module includes a very limited amount of statistics, and it is a smaller course, 6 ECTS.</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):</p>		

Module level information

<p>Module Code 07 63 21</p>	<p>Module Title Nutritional assessment</p>	<p>ECTS: 6 Local Credits 6</p>
<p>Module Co-ordinator Name: Assoc Prof J Haraldsdottir Contact email: jha@kvl.dk Website:</p>	<p>Host Institution Name: Royal Veterinary and Agricultural University Code: DK FREDERI 01 Website: www.kvl.dk</p>	
<p>Module language: Danish</p>	<p>Pre-requisites/entry requirements for module (including word-processing skills etc.)</p>	
<p>Module dates: 01/11/00 – 20/12/00 (plus exam period between 20-23/12/00 and 02-15/01/01)</p>	<p>Recommended: Biochemistry, human physiology, statistics</p>	
<p>Module fee: No fee, provided that there is an exchange agreement (e.g. Socrates) If fee is payable, are scholarships/bursaries available?</p>		
<p>Outline of module Aim(s): At the end of the course the student should be able to:</p> <ul style="list-style-type: none"> - Plan the collection of relevant dietary intake data in relation to specific survey objectives, - Evaluate data validity - Use food composition tables and software for nutrient calculations - Evaluate intake of energy and nutrients compared to reference values - Use anthropometric measurements for evaluation of nutritional status - Understand the basic principles for biochemical evaluation of nutritional status <p>Contents: <i>Dietary assessment: methods, nutrient calculations, assessment of validity and reproducibility, evaluation of intake compared to reference values, biomarkers of intake.</i></p>		
<p>Method of module delivery Intensive workshop(s): Part time: 1 day per week (1½ hours lectures, 3 hours practical etc.) Distance learning: Full time: Other (please give details):</p>	<p>Method of module assessment: Written exam (4 hours) Also written reports from selected exercises during the course)</p>	
<p>Is the module combined with other module/course/unit? If yes, please give details Runs parallel with modules on Macronutrients, Micronutrients, sociology of food, and Nutrition and the elderly. This module differs from the EMPHN module "Assessment" (10 ECTS) in that it does NOT include assessment of physical activity. Also the number of ECTS are different, 6 instead of 10.</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):</p>		

Module level information

<p>Module Code 07 63 60</p>	<p>Module Title Sociology of food</p>	<p>ECTS: 6 Local Credits 6</p>
<p>Module Co-ordinator Name: Assoc Prof L Holm Contact email: loho@kvl.dk Website:</p>	<p>Host Institution Name: Royal Veterinary and Agricultural University Code: DK FREDERI 01 Website: www.kvl.dk</p>	
<p>Module language: Danish</p>	<p>Pre-requisites/entry requirements for module (including word-processing skills etc.)</p>	
<p>Module dates: 01/11/00 - 20/12/00 (plus exam period between 20-23/12/00 and 02-15/01/01)</p>		
<p>Module fee: No fee, provided that there is an exchange agreement (e.g. Socrates) If fee is payable, are scholarships/bursaries available?</p>		
<p>Outline of module At the end of the course the student should have obtained insight into a) the social and cultural aspects of food consumption, and b) the social science methods used in the sociology of food. Contents: Food culture and food habits, Meal structure and contents, Food production within the household, Meaning of food in everyday life, Social and cultural aspects of food preferences, Quantitative and qualitative methods in food sociology.</p>		
<p>Method of module delivery Intensive workshop(s): Part time: 1day/week (lectures, group work, project work) Distance learning: Full time: Other (please give details):</p>	<p>Method of module assessment: Evaluation of written reports and oral presentations during the course</p>	
<p>Is the module combined with other module/course/unit? If yes, please give details Runs in parallel with modules on Nutritional assessment, Macronutrients, Micronutrients, and Nutrition and the elderly. Compared to the EMPHN module Food habits (10 ECTS) the present module includes part of that. Other parts of that module are included in two other course modules at our university, "Nutritional assessment" and "Public health nutrition".</p>		
<p>Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):</p>		

Module level information

Module Code 07 63 51	Module Title Public Health Nutrition	ECTS: 6 Local Credits 6
Module Co-ordinator Name: Prof KF Michaelsen Contact email: kfm@kvl.dk Website:	Host Institution Name: Royal Veterinary and Agricultural University Code: DK FREDERI 01 Website: www.kvl.dk	
Module language: Danish	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 01/02/01 - 15/06/01	Recommended: The course modules Sociology of Food and Nutrition Assessment	
Module fee: No fee, provided that there is an exchange agreement (e.g. Socrates) If fee is payable, are scholarships/bursaries available?		
Outline of module Aim(s): At the end of the course the student should be able to: - Identify and analyse potential solutions to a specific health problem - Define the aims and objectives of a health intervention programme, including definition of intervention level and target groups ' - Make decisions on the choice of an intervention instrument, taking into account other stake holders and actors involved - Define and explain the planned intervention programme, including definition of effect evaluation measures Contents: See Aims above		
Method of module delivery Intensive workshop(s): Part time: 1 day per week (1½ hours lectures, 3 hours practical etc.) Distance learning: Full time: Other (please give details):	Method of module assessment: Written exam (4 hours) Also written reports from selected exercises during the course)	
Is the module combined with other module/course/unit? If yes, please give details Runs in parallel with a course module on Diet related diseases. Compared to the EMPHN module on Principles of health promotion (10 ECTS) the present module includes a large part of that, but the module is smaller (6 ECTS).		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Food Habits: an integrated approach	ECTS: 10 Local Credits
Module Co-ordinator Name: Maria Daniel Vaz de Almeida Contact email: mdvalmeida@mail.telepac.pt Website: ---	Host Institution Name: Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto Code: P PORTO 02 Website: ---	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.) - Principles of Nutritional Science	
Module dates: 22 nd January to 2 nd February 2001		
Module fee: 400 EURO If fee is payable, are scholarships/bursaries available? No		
<p>Outline of module</p> <p>Aim(s):</p> <ol style="list-style-type: none"> 1. To give students the theoretical basis for understanding the complex nature of food habits 2. To enable students to identify the determinants of food habits <p>Contents:</p> <ol style="list-style-type: none"> 1. Food in historical perspective: consideration of food production and consumption through time under the themes of diet, physical activity and human evolution, the prehistoric world, the agricultural revolution, the New World, the industrial revolution and the scientific revolution. 2. Models of food consumption in the world and public health: models of food consumption and physical activity in countries at different stages of economic development and the implications for public health; world food supply and the impact of the EU on food availability in European countries. 3. Food ideology: consideration of food choice in relation to culture, ethnocentrism and cultural relativity; food symbolism; myths and taboos; religion; culture, body image, and health beliefs; cuisine and gastronomy; meal patterns and structures in Europe. 4. Food and society: socialization and food habits, food in the life cycle; food and social status; food and social behavior; mass media. 5. Food and emotions: sensory perceptions of food; physiological aspects of food choice; food preference. 6. Food practices of special groups relevant to Public Health Nutrition e.g. migrants, ethnic minorities, elderly, people with special needs. 7. Promoting dietary change and physical activity: nutrition health education for the general public and in schools. 		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Written essay Full time: Yes, 35 h x 2 weeks Other (please give details):	Method of module assessment: - Oral and written reports of group research based either on literature review or fieldwork. - Final written essay.	
Is the module combined with other module/course/unit? If yes, please give details		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Food and Nutrition Policy	ECTS: 10 Local Credits
Module Co-ordinator Name: Pedro Graça Contact email: Pedro.graca@mail.telepac.pt Website: ---	Host Institution Name: Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto Code: P PORTO 02 Website: ---	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.) - At least 85 credit points i.e. after completing all modules except EU Basics and the Research project & Thesis.	
Module dates: 5 th to 9 th February 2001		
Module fee: 200 EURO If fee is payable, are scholarships/bursaries available? No		
<p>Outline of module</p> <p>Aim(s):</p> <ul style="list-style-type: none"> - To enable students to integrate and apply all their knowledge and skills in public health nutrition to the development and analysis of food and nutrition policies with special reference to Europe - To enable students to further develop professional and personal competencies in advocacy <p>Contents:</p> <ul style="list-style-type: none"> - History and philosophy of national food and nutrition policies in EU and internationally, in the context of GATT, CAP, other food, economic and health frameworks including information systems, goals and targets. - National and European Law (international), especially food and trade regulations from the perspective of food as a human right. - Inter-relations of nutrition, health (including physical activity) and social policies with agricultural and economic policies. - Assessment of nutritional, environment and health (including physical activity) impacts of national, European and international food and trade regulations. - Theory and practice of planning (managing, monitoring, evaluating) food and local levels. Uses and limitations of surveillance data, quantitative and qualitative. - Lobbying for health, including physical activity, health food and nutrition at different levels and the roles of community and other non-governmental groups. - Interrelationships among community, private and public sector stakeholders in policy formulation, implementation, monitoring and evaluation. 		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes, 35h in one week Other (please give details):	Method of module assessment: - Written report of individual assignments e.g. critical analyses of a policy - Written report and discussion of food and nutrition policy developed by a small team of students	
Is the module combined with other module/course/unit? If yes, please give details		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code IAVOED01A0001	Module Title Nutrition Science	ECTS: 6
		Local Credits: 6
Module Co-ordinator Name: Daniel Demeyer Contact email: Website:	Host Institution Name: University of Gent Code: B GENT 01 Website: fltbwww.rug.ac.be	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: First semester	Basic chemistry, biochemistry and biology	
Module fee:		
If fee is payable, are scholarships/bursaries available?		
Outline of module <ul style="list-style-type: none"> • Contents: Introduction to Nutrition Science • Nutrition, dietary reference values • Composition human body • Physiology of the digestion • Essentiality, bioavailability, balance, turnover, fundamental concepts as they apply to : macronutrients, micronutrients and other components of food. • Energy metabolism • Calculation of requirements (individual and at population level) • Methods for measuring human consumption • Protein, fat and vitamins exercises <ol style="list-style-type: none"> 1. fortification exercises with vitamin A and iodine 2. formulation exercises based on protein with cereals and legumes 3. formulation exercises based on fats with vegetable and marine oils 		
Method of module delivery Intensive workshop(s): Yes Part time: Distance learning: Full time: Yes, several days per week over the semester Other (please give details):	Method of module assessment: Written exam with possible oral Evaluation of written reports on the problem based learning activities and open book exam	
Is the module combined with other module/course/unit? If yes, please give details This module is part of the course Complementary studies in Food Science and Nutrition. The EMPHN course Principles of Nutritional Science, comprises this module, food science (2 nd semester - 3ECTS) and Nutrition Disorders (1 st semester - 8 ECTS)		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): Set texts include Human Nutrition and Dietetics		

Module level information

Module Code IAVOED01A0002	Module Title Food Science	ECTS: 3
		Local Credits: 3
Module Co-ordinator Name: Andre Huyghebaert Contact email: Website:	Host Institution Name: University of Gent Code: B GENT 01 Website: fltbwww.rug.ac.be	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: Second semester	Basic chemistry, biochemistry and biology	
Module fee: If fee is payable, are scholarships/bursaries available?		
Outline of module Contents: <ol style="list-style-type: none"> 1. Vegetable products: cereals, legumes, tubers and roots, vegetables and fruits 2. Dairy products: human milk, cows milk, fermented dairy products 3. Oils and fats: light products, fat replacers 4. Meat and meat products 5. Other topics given in the context of this course in The Food Science and Technology course can be followed by the ICFSN-students and is highly recommended 		
Method of module delivery Intensive workshop(s): Yes Part time: Distance learning: Full time: Yes, several days per week over the semester Other (please give details):	Method of module assessment: Written exam	
Is the module combined with other module/course/unit? If yes, please give details This module is part of the course Complementary studies in Food Science and Nutrition. The EMPHN course Principles of Nutritional Science, comprises this module, nutrition science (1 st semester - 6ECTS) and Nutrition Disorders (1 st semester - 8 ECTS)		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): Set texts include Human Nutrition and Dietetics		

Module level information

Module Code IAVOED01A0005	Module Title Nutrition disorders	ECTS: 8
		Local Credits 8
Module Co-ordinator Name: Patrick Kolsteren Contact email: Website:	Host Institution Name: University of Gent Code: B GENT 01 Website: fltbwww.rug.ac.be	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 1 st semester		
Module fee: If fee is payable, are scholarships/bursaries available?		
Outline of module Objectives The participants should be able to identify nutritional problems, appreciate the extent of it and be able to set up strategies to combat these nutritional problems in a multidisciplinary way. Contents <ul style="list-style-type: none"> - How to perform a nutritional assessment - Anthropometrics - Trends in nutrition problems - Major nutritional deficiencies: malnutrition, vitamin A, B, D deficiency, mineral deficiencies. The signs and symptoms, how to assess, how to treat, how to alleviate the public health burden. - How to address deficiencies in a rural health system respecting the district health provision. - Obesity, hyperlipidemia, diabetics, etc. leading to cardio-vascular diseases 		
Method of module delivery Intensive workshop(s): Yes Part time: Distance learning: Full time: Yes, several days per week over the semester Other (please give details):	Method of module assessment: Written exam	
Is the module combined with other module/course/unit? If yes, please give details This module is part of the course Complementary studies in Food Science and Nutrition. The EMPHN course Principles of Nutritional Science, comprises this module, nutrition science (1 st semester - 6ECTS) and food science (2 nd semester - 3 ECTS)		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): 		

Module level information

Module Code IAVOED01A0009	Module Title Nutrition planning	ECTS: 7
		Local Credits 7
Module Co-ordinator Name: Patrick Kolsteren Contact email: Website:	Host Institution Name: University of Gent Code: B GENT 01 Website: fltbwww.rug.ac.be	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates:		
Module fee: If fee is payable, are scholarships/bursaries available?		
Outline of module Objectives The participants should be able to plan nutrition interventions respecting the participation of all actors involved in the nutrition. They should also be able to assess analyse the causality of nutrition problems using both qualitative as quantitative data collection and analysis methods. The students should be able to make a detailed project description of an intervention. Contents <ul style="list-style-type: none"> - Nutrition assessment - Identification of interventions - Selection of interventions - Writing a project document - Evaluation of nutrition interventions - Qualitative research methodologies - Participation - Project management - Different planning methodologies 		
Method of module delivery Intensive workshop(s): Yes Part time: Distance learning: Full time: Yes, several days per week over the semester Other (please give details):	Method of module assessment: Open book exam	
Is the module combined with other module/course/unit? If yes, please give details This module is part of the course Complementary studies in Food Science and Nutrition. This module corresponds to the EMPHN module 'Assessment'		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): 		

Module level information

Module Code IAVOED01A0006	Module Title Epidemiology and biostatistics	ECTS: 6 Local Credits 6
Module Co-ordinator Name: Herman van Loon Contact email: Website:	Host Institution Name: University of Gent Code: B GENT 01 Website: fltbwww.rug.ac.be	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: Semesters 1 and 2		
Module fee: If fee is payable, are scholarships/bursaries available?		
Outline of module Objectives <ol style="list-style-type: none"> 1. To acquaint students with the scientific methodology of data collection and analysis 2. To quantify actual situation, based on that scientific methodology 3. Collecting, testing, evaluating and interpreting data 4. Understand the essential terms, concepts and methods of epidemiology 5. Applying this methodology in the field of health/nutrition phenomena 6. Critical evaluation of published (epidemiological/statistical) data 7. Understand the principles and relative merits of different study designs Contents A. Statistics <ol style="list-style-type: none"> 1. Characteristics of a dataset: variables, observations, values, Variables and their level of measurement 2. Techniques for graphical presentation 3. Transformations, precision, implicit limit, rounding off figures, etc... 4. Measurements and dispersion of a distribution 5. Characteristics of a normal distribution 6. Probability 7. Formulating hypothesis: alpha and beta errors 8. Testing a hypothesis: Chi-square, Z-tests, Test for proportions, F-test, t-Test 9. Sample size, Sampling (types) 10. Characteristics of a test 11. Introduction to linear regression and analysis of the variance B. Epidemiology <ol style="list-style-type: none"> 1. Basic concepts and applications of epidemiology. 2. Epidemiological measures of frequency of diseases and of association and impact 3. Common research designs used in epidemiology. 4. Interpretation of results of epidemiological studies Nutritional epidemiology: methods and limitations + Nutrition surveillance 5. Validity and reliability of screening and diagnostics tests. Critical appraisal of research reports. 6. Practical: Epi Info exercises + critical reading of a paper about nutrition + how to design a nutrition survey 		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Open book exam for both statistics and epidemiology sections	
Is the module combined with other module/course/unit? If yes, please give details This module is part of the course Complementary studies in Food Science and Nutrition. This module corresponds to the EMPHN module 'Epidemiology and Biostatistics'		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code DSVOMI01A00003	Module Title Environmental Health I	ECTS: 7
		Local Credits 7
Module Co-ordinator Name: Michel Vanhoorne Contact email: Website:	Host Institution Name: University of Gent Code: B GENT 01 Website: fltbwww.rug.ac.be	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: Semesters 1 and 2		
Module fee: If fee is payable, are scholarships/bursaries available?		
Outline of module Objectives To be able to assess the impact of the living environment (in the broad sense) and the interaction of living and working environment on human health and to advise the authorities and society on these matters Contents <ul style="list-style-type: none"> • General concepts about environmental health • Impact of environmental factors on health • Environmental aspects of infectious disease 		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Oral and written exam	
Is the module combined with other module/course/unit? If yes, please give details This module is part of the course Advanced studies in Public and Environmental Health. The EMPHN course Principles of Public Health, comprises this module, Environmental Health II (1 st and 2 nd semesters - 7ECTS) and Practice I and II (1 st and 2 nd semesters - 8 ECTS each)		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): 		

Module level information

Module Code DSVOMI01A00005	Module Title Practice I	ECTS: 8 Local Credits 8
Module Co-ordinator Name: Michel Vanhoorne Contact email: Website:	Host Institution Name: University of Gent Code: B GENT 01 Website: fltbwww.rug.ac.be	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 1 st and 2 nd semesters		
Module fee: 1000BEF (25 Euro) If fee is payable, are scholarships/bursaries available? No		
Outline of module Objectives To be able to apply knowledge and skills and show the adequate attitude in the practice of public and environmental health Contents In service training of 4 weeks in institutions dealing with public and environmental health		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Report by the trainee (10%) Interview of the trainee (10%) Evaluation by the tutor (80%)	
Is the module combined with other module/course/unit? If yes, please give details This module is part of the course Advanced studies in Public and Environmental Health. The EMPHN course Principles of Public Health, comprises this module, Environmental Health I and II (1 st and 2 nd semesters - 7ECTS both) and Practice II (1 st and 2 nd semesters - 8 ECTS)		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): 		

Module level information

Module Code DSVOMI01A00005	Module Title Practice II	ECTS: 8 Local Credits 8
Module Co-ordinator Name: Michel Vanhoorne Contact email: Website:	Host Institution Name: University of Gent Code: B GENT 01 Website: fltbwww.rug.ac.be	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 1 st and 2 nd semesters		
Module fee: 1000BEF (25 Euro) If fee is payable, are scholarships/bursaries available? No		
Outline of module Objectives To be able to apply knowledge and skills and show the adequate attitude in the practice of public and environmental health Contents In service training of 4 weeks in institutions dealing with public and environmental health		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Report by the trainee (10%) Interview of the trainee (10%) Evaluation by the tutor (80%)	
Is the module combined with other module/course/unit? If yes, please give details This module is part of the course Advanced studies in Public and Environmental Health. The EMPHN course Principles of Public Health, comprises this module, Environmental Health I and II (1 st and 2 nd semesters - 7ECTS both) and Practice I (1 st and 2 nd semesters - 8 ECTS)		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): 		

Module level information

Module Code DSVOMI02A0004	Module Title Environmental Health II	ECTS: 7
		Local Credits 7
Module Co-ordinator Name: Michel Vanhoorne Contact email: Website:	Host Institution Name: University of Gent Code: B GENT 01 Website: fltbwww.rug.ac.be	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 1 st and 2 nd semesters		
Module fee: If fee is payable, are scholarships/bursaries available?		
Outline of module Objectives To be able to assess the impact of the living environment (in the broad sense) and the interaction of living and working environment on human health and to advise the authorities and society on these matters Contents <ul style="list-style-type: none"> • Impact of the general environment on health • Impact of specific environmental factors on health • Contribution of the environment to the most important chronic degenerative diseases 		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Oral and written examination	
Is the module combined with other module/course/unit? If yes, please give details This module is part of the course Advanced studies in Public and Environmental Health. The EMPHN course Principles of Public Health, comprises this module, Environmental Health I (1 st and 2 nd semesters - 7ECTS) and Practice I and II (1 st and 2 nd semesters - 8 ECTS each)		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information): 		

Module level information

Module Code DSVOMI01A0004	Module Title Prevention	ECTS: 15
		Local Credits 15
Module Co-ordinator Name: Lea Maes Contact email: Website:	Host Institution Name: University of Gent Code: B GENT 01 Website: fltbwww.rug.ac.be	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 1 st and 2 nd semester		
Module fee: 500BEF (13EURO) If fee is payable, are scholarships/bursaries available? No		
Outline of module Objectives <ul style="list-style-type: none"> • Analyse public health problems for determinants and possibilities of prevention • Preventive measures concerning public health problems • Development of health education programs • Development of screening programs • Insight in fundamental principles of public health Contents <ol style="list-style-type: none"> 1. Concepts of modern public health 2. Theoretical basis of prevention concepts in public health 3. Health promotion 4. Role of media 5. Participation of the population 		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Oral and written exam	
Is the module combined with other module/course/unit? If yes, please give details This module is part of the course Advanced studies in Public and Environmental Health. The EMPHN course Principles of Health Promotion, comprises this module.		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code DSEMPE01A0004	Module Title Current problems and Present Initiatives in Health Promotion in European Physical Education	ECTS: 5
		Local Credits 5
Module Co-ordinator Name: Ilse De Bourdeaudhuij Contact email: Website:	Host Institution Name: University of Gent Code: B GENT 01 Website: fltbwww.rug.ac.be	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates:	University graduation in Physical Education with a strong health related programme	
Module fee: 25 EURO If fee is payable, are scholarships/bursaries available?		
Outline of module Objectives <ol style="list-style-type: none"> 1. To analyse current physical education policies and developments of health-related physical activity behaviour patterns within curricular and extra-curricular school contexts in selected European countries. 2. To compare and evaluate physical education programme health-related approaches in selected European countries. 3. To identify and evaluate appropriate methods and strategies to improve the status of health-related physical fitness in accordance with age and sex of children and young people. Contents <ul style="list-style-type: none"> • Analysis of the nature and scope of health education within recently reformed curriculum programmes and activities in selected countries in Europe • Comparison of design and results of national health and physical fitness surveys in Europe (e.g. "Eurofit"). • Analysis of motor performance, physical fitness and health-related physical fitness study issues in new health education programmes in selected European countries. 		
Method of module delivery Intensive workshop(s): Yes Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Written report and oral presentation/examination	
Is the module combined with other module/course/unit? If yes, please give details This module is part of the course Advanced Studies in Physical Education		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Principles of Nutritional Science	ECTS: 1.5
		Local Credits 1
Module Co-ordinator Name: Professor Antonia Trichopoulou Contact email: antonia@nut.uoa.gr Website: www.nut.uoa.gr	Host Institution Name: University of Athens Medical School Code: G ATHINE 01 Website: www.uoa.gr	
Module language: Greek	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: Not known at present		
Module fee: None If fee is payable, are scholarships/bursaries available?		
<p>Outline of module Aim(s): To enable students to develop knowledge and understanding of the fundamental principles of food and nutrition science.</p> <p>Contents: Fundamental concepts of nutrition as they apply to: foods, macronutrients, micronutrients, non-nutritive components of foods, energy. Energy and nutrient requirements for adults and special population groups. Use and interpretation of anthropometry. The role of diet in the causation and/or prevention of diseases. Obesity, nutrition and physical activity. Dietary guidelines. Food Safety.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Literature search Group and individual assignments Oral presentations Final written exam	
<p>Is the module combined with other module/course/unit? If yes, please give details This module is one of the core modules required for the Master's degree on 'Social and Preventive Medicine', in the context of the Postgraduate Program offered by Athens Medical School.</p>		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Preventive Medicine and Public Health	ECTS: 7.5
		Local Credits 5
Module Co-ordinator Name: Dr Eleni Petridou Contact email: Website:	Host Institution Name: University of Athens Medical School Code: G ATHINE 01 Website: www.uoa.gr	
Module language: Greek	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: Not known at present		
Module fee: None If fee is payable, are scholarships/bursaries available?		
<p>Outline of module</p> <p>Aim(s): (1) To enable students to develop knowledge and understanding of the fundamental concepts concerning primary and secondary prevention, as well as, to acquaint them with the current issues related to the possibilities of implementing prevention programmes at individual and population level. (2) To provide students with the ability to search and identify information as well as the skills to apply the theories of preventive medicine into every day medical practice.</p> <p>Contents: The philosophy of primary and secondary prevention. Assessment of needs for preventive programmes. Supply and distribution of financial resources for preventive programs. Evaluation of preventive medicine programs. Comparative study on the approaches used for the management and implementation of preventive programmes. Methodology of primary prevention. Social interventions - creation of core networks. Biological interventions. Health education for behavioural modification (concepts, methodology, assessment). Environmental interventions. Methodology of secondary prevention. Diseases appropriate for screening. Choice of applied methodology for screening programmes. Dissemination of information to the population. Organisation of population screening databases. Design and implementation of screening. Criteria for the evaluation of screening programmes, maximisation of efficiency. Management of population screening databases.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Written exams	
<p>Is the module combined with other module/course/unit? If yes, please give details</p> <p>Within the EMPHN this module constitutes the 'Principles of Public Health' module. This module is one of the core modules required for the Master's degree on 'Social and Preventive Medicine', in the context of the Postgraduate Program offered by Athens Medical School.</p>		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Nutritional Epidemiology	ECTS: 10
		Local Credits 7
Module Co-ordinator Name: Professor D. Trichopoulos Contact email: Website: www.uoa.gr	Host Institution Name: University of Athens Medical School Code: G ATHINE 01 Website: www.uoa.gr	
Module language: English	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: 19/11/2001 to 30/11/2001	Basic knowledge in biostatistics is required	
Module fee: Yes - amount not known at present		
If fee is payable, are scholarships/bursaries available? No		
<p>Outline of module</p> <p>Aim(s): (1) To introduce students to basic concepts of nutritional epidemiology. (2) To enable students to design, interpret and critically evaluate nutritional epidemiological studies.</p> <p>Contents: Types of epidemiological studies. Measures of exposure, development, validation and calibration. Measures of occurrence and association. Evaluating of the role of chance, study size and power. Evaluating the role of bias, confounding, and assessment interaction. Design, analysis and interpretation of epidemiological studies. Additional issues in nutritional epidemiology. Nutrition monitoring and surveillance.</p>		
Method of module delivery Intensive workshop(s): Yes Part time: Distance learning: Full time: Yes` Other (please give details):	Method of module assessment: Individual study critiques Homework assignments Contribution to written and oral presentations of group work Class discussion	
<p>Is the module combined with other module/course/unit? If yes, please give details</p> <p>Within the EMPHN this module constitutes the 'Epidemiology and Biostatistics' module. This module is one of the core modules required for the Master's degree on 'Social and Preventive Medicine', in the context of the Postgraduate Program offered by Athens Medical School.</p>		
<p>Other information: (e.g. set reading,):</p> <p>MacMahon B and Trichopoulos D. Epidemiology, Principles and Methods. 1996 Margetts B and Nelson M. Design Concepts in Nutritional Epidemiology. 1997 Willett W. Nutritional Epidemiology 1998</p>		

Module level information

Module Code	Module Title Methods of Medical Research	ECTS: 6
		Local Credits 4
Module Co-ordinator Name: Professor Vicky Kalapothaki Contact email: Website:	Host Institution Name: University of Athens Medical School Code: G ATHINE 01 Website: www.uoa.gr	
Module language: Greek	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: Not known at present		
Module fee: No If fee is payable, are scholarships/bursaries available?		
<p>Outline of module</p> <p>Aim(s): To provide students the knowledge and ability to understand - (1) the role and importance of medical research design. (2) The basic concepts and problems encountered during design and implementation of research. (3) The existing opportunities for evaluating the advantages and disadvantages of medical research.</p> <p>Contents: Study base, sampling approaches, required sample size, specification of type I and II errors, and estimated magnitude of difference or effect. Advantages and disadvantages of experimental and non-experimental studies. The role of randomisation and blind design. Non-experimental studies: prospective and case-control studies. Types of bias: confounding, selection and recall bias. Interpretation of results at individual and population level. Judgment of cause-effect relationship. Ethical issues and basic concepts in medical research, experimental design (hypothesis, choice of methodology, ensuring validity, assessment of statistical power). Criteria for interpreting results. Basic types of descriptive studies, analytical studies, clinical studies, studies for health care services - collection and analysis of data, interpretation of results.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Written exam	
<p>Is the module combined with other module/course/unit? If yes, please give details</p> <p>Within the EMPHN this module constitutes 4 ECTS towards the 'Epidemiology and Biostatistics' module. This module is one of the core modules required for the Master's degree on 'Social and Preventive Medicine', in the context of the Postgraduate Program offered by Athens Medical School.</p>		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

Module level information

Module Code	Module Title Biostatistics	ECTS: 9
		Local Credits 6
Module Co-ordinator Name: Dr Klea Katsougianni Contact email: Website:	Host Institution Name: University of Athens Medical School Code: G ATHINE 01 Website: www.uoa.gr	
Module language: Greek	Pre-requisites/entry requirements for module (including word-processing skills etc.)	
Module dates: Not known at present		
Module fee: No If fee is payable, are scholarships/bursaries available?		
<p>Outline of module</p> <p>Aim(s): To provide students with a better knowledge and understanding of: (1) the basics concepts of biostatistics and their importance to medical research. (2) the statistical methods, their application, in medical research and the sources of information required for further in-depth analysis. (3) the use and limitations of specific statistical packages. (4) the advantages and disadvantages of statistical tests widely used in the literature.</p> <p>Contents: The role of chance and variability and their importance in medicine. The role of statistics in medical research. Descriptive statistics and simple statistical methods for quantitative and qualitative characteristics. Analytical techniques and appropriate statistical methods. Statistical inference: type I(a) and type II(b) errors. The concept, use and misuse of statistical significance. Parametric and non-parametric methods. Correlation and regression. Multiple linear regressions. Logistic regression. Survival analysis and Kaplan-Meyer curves. Analysis of variance and co-variance.</p>		
Method of module delivery Intensive workshop(s): Part time: Distance learning: Full time: Yes Other (please give details):	Method of module assessment: Laboratory exercises Written exams	
Is the module combined with other module/course/unit? If yes, please give details Within the EMPHN this module constitutes 3 ECTS towards the 'Epidemiology and Biostatistics' module. This module is one of the core modules required for the Master's degree on 'Social and Preventive Medicine', in the context of the Postgraduate Program offered by Athens Medical School.		
Other information: (e.g. set reading, apparatus/equipment required, any other relevant information):		

University level information:

<p>Host Institution Name: Faculdade de Ciências da Nutrição e Alimentação da Universidade do Porto Town/City: Porto Country: Portugal Institution Code: P PORTO 02 Email address: iscnaup@mail.telepac.pt Website: ---</p>	
<p>The academic calendar year starts: 2nd October 2000</p> <p>The academic calendar year finishes: 15th June 2001</p> <p>Number of terms/semesters in academic calendar year: 2 semesters</p>	
<p>Construction of courses</p> <ul style="list-style-type: none"> - Sequential units/modules - Combined units/modules - Other system (please give details): the first four years of the degree in Nutrition Science are organized in annual and semester disciplines, the last year comprises an internship and research project. 	
<p>What is the exit qualification for the courses: 5 years degree in Nutritional Sciences</p>	
<p>Does your University have an association with any of the other European Master Programmes (i.e. Health Promotion, Gerontology, Public Health, Public Health for Nurses)? If yes, please give details: No.</p>	
<p>Within the European Master's Programme in Public Health Nutrition do you have bilateral agreements with any other University? If yes, please give details: Yes, with Karolinska Institute (S STOCKHO 03) Kuopio University (SF KUOPIO 01)</p>	
<p>Other general information on institution: The only course in Nutrition at a Portuguese State University</p>	
<p>Student accommodation: Is accommodation available for foreign/exchange students? No If yes, what is the basic price? Can the host institution help arrange accommodation? If yes, please give details Yes, we can send a list with contacts and prices of some close accommodations.</p>	
<p>Relevant local travel information: City travel pass - 17 EURO</p>	<p>Relevant local subsistence information: Minimum wage - 319 EURO</p>
<p>Other general information on locality etc. Major city centre in the North of Portugal (Port wine country).</p>	

University level information:

<p>Host Institution Name: Institute of Human Nutrition, University of Southampton Town/City: Southampton Country: UK Institution Code: SOTON01 Email address: Website: www.soton.ac.uk</p>	
<p>The academic calendar year starts: September</p> <p>The academic calendar year finishes: June</p> <p>Number of terms/semesters in academic calendar year: 2 semesters</p>	
<p>Construction of courses</p> <ul style="list-style-type: none"> - Sequential units/modules - Combined units/modules X - Other system (please give details) 	
<p>What is the exit qualification for the courses: Depends on number of modules taken.</p>	
<p>Does your University have an association with any of the other European Master Programmes (i.e. Health Promotion, Gerontology, Public Health, Public Health for Nurses)? No - not applicable</p>	
<p>Within the European Master's Programme in Public Health Nutrition do you have bilateral agreements with any other University? Karolinska Institutet, Stockholm, Sweden (S STOCKHO 03) University of Kuopio, Kuopio, Finland (SF KUOPIO 01)</p>	
<p>Other general information on institution: Institute of Human Nutrition is the only academic nutrition group in Britain that received the highest possible scientific rating for its research. Additionally, group was also involved in gaining maximum marks in a national teaching quality assessment exercise.</p>	
<p>Student accommodation: Is accommodation available for foreign/exchange students? Not at University If yes, what is the basic price? Not applicable Can the host institution help arrange accommodation? Yes, Contact course secretary, Mrs Julie Hickman, email: jh@soton.ac.uk, telephone: 00 44 2380 796539</p>	
<p>Relevant local travel information: The campus is easily accessible by public transport. Approximately half hour walk from town centre.</p>	<p>Relevant local subsistence information:</p>
<p>Other general information on locality etc. The module is held at Southampton General Hospital. Library. Photocopying and computing facilities readily available. Food is easily purchasable on site.</p>	

University level information:

<p>Host Institution Name: University of Iceland Town/City: Reykjavík Country: Iceland Institution Code: IS REYKJAV 01 Email address: Website: http://www.hi.is</p>	
<p>The academic calendar year starts: 28.08 The academic calendar year finishes: 15.05 Number of terms/semesters in academic calendar year: 2 Autumn semester 28.08 - 09.12 Exams 10.12- 21.12 Spring semester 08.01 - 28.04 Exams 29.04 - 15.05</p>	
<p>Construction of courses - Sequential units/modules - Combined units/modules Yes Other system (please give details) No</p>	
<p>What is the exit qualification for the courses:</p>	
<p>Does your University have an association with any of the other European Master Programmes (i.e. Health Promotion, Gerontology, Public Health, Public Health for Nurses)? If yes, please give details: No</p>	
<p>Within the European Master's Programme in Public Health Nutrition do you have bilateral agreements with any other University? If yes, please give details: Yes</p> <ul style="list-style-type: none"> • Kuopio yliopisto SF KUOPIO 01 • Karolinska Institutet S STOCKHO 03 • The Royal Veterinary and Agricultural University DK FREDERI 01 	
<p>Other general information on institution: The Faculty Office is in VR-II, Hjarðarhagi 2-6 IS 107 Reykjavík Tel: 5254646 Fax: 5254632</p>	
<p>Student accommodation: Is accommodation available for foreign/exchange students? Yes If yes, what is the basic price? 40.000 iKr (530 EURO) Can the host institution help arrange accommodation? If yes, please give details Office of International Education http://www.ask.hi.is/eng/</p>	
<p>Relevant local travel information: The University is well connected with local bus network.</p>	<p>Relevant local subsistence information: The University is just 10 minutes walking distance from centre of Reykjavík.</p>
<p>Other general information on locality etc. Cost of living is about 1000 \$/month.</p>	

University level information

<p>Host Institution Name: Royal Veterinary and Agricultural University Town/City: Copenhagen Country: Demark Institution Code: DK FREDERI 01 Email address: kvl@kvl.dk Website: www.kvl.dk</p>	
<p>The academic calendar year starts: 1st September</p> <p>The academic calendar year finishes: 6th July</p> <p>Number of terms/semesters in academic calendar year: 2 semesters</p>	
<p>Construction of courses</p> <ul style="list-style-type: none"> - Sequential units/modules - Combined units/modules Yes - Other system (please give details) A few courses are 3 week full-time courses (only in January or in June/July) 	
<p>What is the exit qualification for the courses:</p>	
<p>Does your University have an association with any of the other European Master Programmes (i.e. Health Promotion, Gerontology, Public Health, Public Health for Nurses)? If yes, please give details: Not applicable</p>	
<p>Within the European Master's Programme in Public Health Nutrition do you have bilateral agreements with any other University? If yes, please give details: Karolinska Institutet S STOCKHO 03</p>	
<p>Other general information on institution:</p>	
<p>Student accommodation: Is accommodation available for foreign/exchange students? No If yes, what is the basic price? Can the host institution help arrange accommodation? If yes, please give details Yes, provided at least two months notice is given</p>	
<p>Relevant local travel information: The university is located in Frederiksberg, a part of the central part of Copenhagen</p>	<p>Relevant local subsistence information: Approx. DKK 5000 (EUR 670) per month (includes: rent, transport, food, clothing etc.)</p>
<p>Other general information on locality etc.</p>	

University level information:

<p>Host Institution Name: University of Kuopio Town/City: Kuopio Country: Finland Institution Code: SF KUOPIO 01 Email address: Website: www.uku.fi</p>	
<p>The academic calendar year starts: September 1</p> <p>The academic calendar year finishes: May 30</p> <p>Number of terms/semesters in academic calendar year: Two.</p>	
<p>Construction of courses</p> <ul style="list-style-type: none"> - Sequential units/modules. - Combined units/modules <p>Other system: Each module can be taken as a self-standing unit of study.</p>	
<p>What is the exit qualification for the courses: 50% mastery</p>	
<p>Does your University have an association with any of the other European Master Programmes? If yes, please give details: Health Promotion with U Jyväskylä, Finland; Gerontology, U Jyväskylä, Finland.</p>	
<p>Within the European Master's Programme in Public Health Nutrition do you have bilateral agreements with any other University? If yes, please give details:</p> <p>Two-way student and teacher mobility agreement with the following universities: Karolinska Institutet, Stockholm, Sweden (S STOCKHO 03) U Las Palmas, Gran Canaria, Las Palmas, Spain Riga Stradina University, Riga, Latvia U Malta, Malta Tartu Ülikool, Tartu, Estonia U Southampton, Southampton, UK (UK SOTON 01)</p> <p>Two-way student and one-way teacher mobility: U Athens, Athens, Greece (G ATHINE 01) Kaunas Medical Academy, Kaunas, Lithuania U Oslo, Oslo Norway (N OSLO 01)</p> <p>Two-way student mobility: U Vienna, Vienna, Austria (A WIEN 01) U Iceland, Reykjavik, Iceland (IS REYKJAV 01) U Porto, Porto, Portugal (P PORTO 02) U Henri Poincaré, Nancy, France Queen Margaret College, Edinburgh, UK (UK EDINBUR 06) Justus-Liebig U, Giessen, Germany (D GIESSEN 01)</p>	
<p>Other general information on institution: University of Kuopio, founded in 60s, is a vibrant university specializing in biosciences, medicine, nutrition, nursing, exercise medicine, medical sociology, and environmental health. It has a. 4500 students and is located in the heart of the most beautiful area in Finland, the Lake District. For more information, please visit our web site at www.uku.fi</p>	
<p>Student accommodation: Yes. Is accommodation available for foreign/exchange students? Yes. If yes, what is the basic price? 1000 Fmk (170 EURO) Can the host institution help arrange accommodation? If yes, please give details Please contact www.uku.fi/intl/engletus.htm</p>	
<p>Relevant local travel information:</p> <p>Kuopio can be reached by plane (1 hr), train (5 hrs), or bus (5 hrs), or by car (4 hrs) from Helsinki. Locally, excellent public transportation, and practically everything is within walking distance.</p>	<p>Relevant local subsistence information:</p> <p>Monthly subsistence requires a. 3000 Fmk per month (510 EURO). University has inexpensive restaurants and student cafés.</p>
<p>Other general information on locality etc.</p> <p>Kuopio offers a great opportunity for sports and culture. It has excellent indoor sporting facilities and great areas for outdoor sports. Kuopio Concert Hall, Theatres, Movies, and active Student Body offer plenty to choose from to relax between studies.</p>	

University level information:

<p>Host Institution Name: Universiteit Gent Town/City: Gent Country: Belgium Institution Code: B GENT 01 Email address: depends of the service you look for Website: http://www.rug.ac.be</p>	
<p>The academic calendar year starts: First of October The academic calendar year finishes: End of September Number of terms/semesters in academic calendar year: Two semesters for the Science Faculties</p>	
<p>Construction of courses</p> <ul style="list-style-type: none"> - Sequential units/modules - Combined units/modules - Other system (please give details) <p>For most of the courses : spread over 1 semester: a fixed amount of hours on one or two specific days or halfdays spread over 12+1 weeks</p>	
<p>What is the exit qualification for the courses: Course modules, of the PHNC are given in 3rd Cycle programmes (post-university degree). If a full programme has been followed, one can obtain a diploma. If a person only follows specific modules: one receives a certificate of attendance, mentioning the points obtained for the exam(s) if taken</p>	
<p>Does your University have an association with any of the other European Master Programmes (i.e. Health Promotion, Gerontology, Public Health, Public Health for Nurses)? If yes, please give details: Not in the field of Public Health or Gerontology or Health Promotion But yes: field of Food Technology and Agricultural Economics</p>	
<p>Within the European Master's Programme in Public Health Nutrition do you have bilateral agreements with any other University? If yes, please give details: Yes. Karolinska Institute</p>	
<p>Other general information on institution: See website</p>	
<p>Student accommodation: Is accommodation available for foreign/exchange students? Yes If yes, what is the basic price? 6540,-Bef/month Can the host institution help arrange accommodation? If yes, please give details Contact: myriam.vandenbrande@rug.ac.be</p>	
<p>Relevant local travel information:</p> <p>St. Pieterstation in Gent can be reached by train from every other main city in Belgium. Once at the station one can take a tram or bus to go to the different faculties/institutions of the University of Gent, spread all over the town of Gent.</p>	<p>Relevant local subsistence information:</p>
<p>Other general information on locality etc. The language spoken in Gent is Dutch.</p> <p>Gent is a 'small' city. Only 225.000 inhabitants including the suburbs. During the schooldays 70.000 students are present in Gent;</p>	

University level information:

<p>Host Institution Name: National and Kapodistrian University of Athens Town/City: Athens Country: Greece Institution Code: A ATHINE 01 Email address: Website: www.uoa.gr</p>	
<p>The academic calendar year starts: Beginning of October</p> <p>The academic calendar year finishes: End of June</p> <p>Number of terms/semesters in academic calendar year: 2 semesters</p>	
<p>Construction of courses</p> <ul style="list-style-type: none"> - Sequential units/modules yes - Combined units/modules yes - Other system (please give details) 	
<p>What is the exit qualification for the courses: For the Postgraduate Programme of the Medical School, the relevant EMPHN exit qualification is 'Masters Degree in Social and Preventive Medicine' with a concentration in nutrition.</p>	
<p>Does your University have an association with any of the other European Master Programmes (i.e. Health Promotion, Gerontology, Public Health, Public Health for Nurses)? If yes, please give details: Yes, European Master Programmes in Health Promotion. Contact person Dr Yannis Tountas (ispm@compulink.gr)</p>	
<p>Within the European Master's Programme in Public Health Nutrition do you have bilateral agreements with any other University? If yes, please give details: Karolinska Institutet, Sweden (S STOCKHO 03) University of Kuopio, Finland (SF KUOPIO 01)</p>	
<p>Other general information on institution: For potential SOCRATES/ERASMUS students interested in studying at National and Kapodistrian University of Athens may obtain upon request 'Information Guide for Exchange Students'. This gives information on the University, registration, and practical matters as well as general information on Athens. Students who have been selected by their home Institution to study as SOCRATES/ERASMUS students at the University of Athens should fill in the Student Application Form and send it by mail or fax to the SOCRATES/ERASMUS office.</p> <p>The Faculty's Secretariat will provide students with the following: (1) a student id card (2) a student transport car which allows for discounted travel tickets (3) a student medical care booklet and a certificate which enables students to have two free meals a day.</p> <p>Contact persons: Ms Fotini Fryda or Ms Elena Anesti Address: National and Kapodistrian University of Athens, European and International Relations Department, SOCRATES/ERASMUS Office, 30 Panepistimou Street, GR 106 79, Athens, Greece. Telephone: +301 3689713 (Ms Fryda) and +301 3689714 (Ms Anesti) Fax: +301 3689720 Email: Socrates@interel.uoa.gr Website: www.uoa.gr</p>	
<p>Student accommodation: See above</p>	
<p>Relevant local travel information: See above</p>	<p>Relevant local subsistence information: See above</p>
<p>Other general information on locality etc. See above</p>	

Appendix V

Master's Programme in Public Health Nutrition;

Calendar of module availability

September 2001 to December 2001

Module/week beginning	27/8	3/9	10/9	17/9	24/9	1/10	8/10	15/10	22/10	29/10	5/11	12/11	19/11	26/11	3/12	10/12	17/12
Nutritional Epidemiology (Southampton)																	
Principles of Nutritional Science (Iceland)																	
*Assessment (Karolinska Institutet)																	
Principles of Physical Activity (Karolinska Institutet)																	
**Macronutrients (Copenhagen)																	
**Micronutrients (Copenhagen)																	
Nutritional Epidemiology (Copenhagen)																	
Nutritional Assessment (Copenhagen)																	
Sociology of food (Copenhagen)																	
Epidemiology and Biostatistics (Athens)																	

*Assessment module in two parts – see May to August ** Macronutrients, micronutrients and diet related diseases (February to June) constitute Principles of Nutritional Science. Exams also 20-23/12/01 and 2-15/01/02

September 2001 to December 2001

Module/week beginning	27/8	3/9	10/9	17/9	24/9	1/10	8/10	15/10	22/10	29/10	5/11	12/11	19/11	26/11	3/12	10/12	17/12
Fundamentals of Nutrition (Kuopio)#		■	■	■	■	■	■	■	■	■	■	■	■	■	■		
Introduction to public health nutrition (Kuopio)#										■	■						
Introductory course in public health (Kuopio)§						■	■	■	■	■	■	■	■	■	■	■	
Nutrition in Public Health Seminar (Kuopio)§				■	■	■	■	■	■	■	■	■	■	■	■	■	■
Health Education (Kuopio)t									■	■	■	■	■	■	■		
Psychology and communication of Nutrition Counselling (Kuopio)t			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Exercise as a treatment (Kuopio)¥											■						
Biostatistics (Kuopio)H								■	■	■	■	■	■	■	■	■	
Patient Interview (Kuopio)Φ		■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Measurement of Physical Fitness 2 (Kuopio)Φ			■														
Research methods in Nutrition (Kuopio)Φ									■	■	■	■	■	■	■	■	

Module/week beginning	27/8	3/9	10/9	17/9	24/9	1/10	8/10	15/10	22/10	29/10	5/11	12/11	19/11	26/11	3/12	10/12	17/12
Nutrition anthropology 2 (Kuopio)Ψ																	
Health Sociology (Kuopio)Ψ																	
Food hygiene KuopioΩ																	
Idea of Europe (Kuopio) σ																	
Food: Culture, skills and safety (Edinburgh)																	
Nutritional Epidemiology (Edinburgh)																	
Perspectives in Public Health (Edinburgh)																	
Principles of Nutrition Science (Edinburgh)																	

#Fundamentals of nutrition, introduction to public health nutrition, nutrition physiology (January to February) and basics in nutritional therapy (March to May) constitute Principles of Nutritional Science.

§Introductory course in public health, nutrition in public health seminar (September to April) and International health (March) constitute Principles of Public Health
 †Health Education and Psychology and communication of Nutrition Counselling (also January to March) constitute Principles of Health Promotion

¥ Exercise as a treatment, exercise and nutrition 1 (January) and Exercise Physiology 2 (Spring – no date, every other year) constitute Principles of Physical Activity

‡Biostatistics, epidemiology (February to March), introduction to quantitative social research (February to March), and social epidemiology (April) constitute epidemiology and biostatistics

Φ Patient Interview (also January to April), Measurement of Physical Fitness 2, Research methods in Nutrition, Exercise and Nutrition 2 (January to February) and Measurement of physical fitness 1 (May) constitute Assessment

ΨNutrition anthropology1 (literature based) & 2 (also web based), health sociology, and unorthodox nutrition therapy (by appointment) constitutes food habits.

ΩFood hygiene, food control (February to March), Food analysis (January to April) constitute food safety.

ΣIdea of Europe and Policy making and politics of health (June) constitute EU Basics

January 2002 to April 2002

Module/week beginning	7/01	14/01	21/01	28/01	4/02	11/02	18/02	25/02	4/03	11/03	18/03	25/03	1/04	8/04	15/04	22/04	29/04	6/05
Principles of Nutritional Science (Karolinska Institutet)							■	■	■	■	■							
Principles of Health Promotion (Karolinska Institutet)												■	■	■	■	■	■	■
**Diet related diseases (Copenhagen)				■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Public Health Nutrition (Copenhagen)				■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
Food Habits: AIP (Oporto)			■	■														
Food and Nutrition Policy (Oporto)					■													
Nutrition Physiology (Kuopio)#	■	■	■	■	■													
Basics in nutritional therapy (Kuopio)#										■	■	■	■	■	■	■	■	■
Nutrition in Public Health Seminar (Kuopio)§	■	■	■	■	■	■	■	■	■	■	■	■	■					

January 2002 to April 2002

Module/week beginning	7/01	14/01	21/01	28/01	4/02	11/02	18/02	25/02	4/03	11/03	18/03	25/03	1/04	8/04	15/04	22/04	29/04	6/05
International Health (Kuopio)§																		
Psychology and communication of Nutrition Counselling (Kuopio)t																		
Exercise and Nutrition1 (Kuopio)¥																		
Epidemiology (Kuopio) H																		
Quantitative Social Research (Kuopio) H																		
Social epidemiology (Kuopio) H																		
Patient interviews (Kuopio) Φ																		
Exercise and Nutrition2 (Kuopio) Φ																		
Food control (Kuopio)Ω																		
Food analysis (Kuopio)Ω																		

Module/week beginning	7/01	14/01	21/01	28/01	4/02	11/02	18/02	25/02	4/03	11/03	18/03	25/03	1/04	8/04	15/04	22/04	29/04	6/05
Nutrition management & catering (Kuopio) [∞]																		
Nutrition: Policy and Planning (Edinburgh)																		
Evaluation of Practice (Edinburgh)																		
Clinical Sciences (Edinburgh)																		
Promoting Health: Philosophy and Principles (Edinburgh)																		

**Macronutrients, micronutrients (both September to December) and diet related diseases (also May to June) constitute Principles of Nutritional Science

Nutrition physiology, basics in nutritional therapy, fundamentals of nutrition (September to December), introduction to public health nutrition (September to December), constitute Principles of Nutritional Science.

§Nutrition in public health seminar, International health, and Introductory course in public health (October to December), and constitute Principles of Public Health

tCommunication of Nutrition Counselling (also September to December) and Health Education and Psychology (October to December), constitute Principles of Health Promotion

¥ Exercise and nutrition 1, Exercise as a treatment (November), and Exercise Physiology 2 (Spring – no date, every other year) constitute Principles of Physical Activity

ƒEpidemiology (February to March), introduction to quantitative social research, social epidemiology and Biostatistics (October to December) constitute epidemiology and biostatistics

Φ Patient Interview (also September to December), Exercise and Nutrition 2, Measurement of Physical Fitness 2 (September), Research methods in Nutrition (October to December), and Measurement of physical fitness 1 (May) constitute Assessment

ΩFood control, Food analysis, Food hygiene (September to October) constitute food safety.

∞ Nutrition management & catering and nutrition policy (literature based) constitute Food and Nutrition Policy.

May 2002 to August 2002

Module/week beginning	6/05	13/05	20/05	27/05	3/06	10/06	17/06	24/06	1/07	8/07	15/07	22/07	29/07	5/08	12/08	19/08	26/08
*Assessment (Karolinska Institutet)		■	■	■	■												
EU Basics (Karolinska Institutet)																	
**Diet related diseases (Copenhagen)	■	■	■	■	■	■											
Public Health Nutrition (Copenhagen)	■	■	■	■	■	■											
Basics in nutritional therapy (Kuopio)#	■	■	■														
Measurement of Physical Fitness 1 (Kuopio) Φ	■																
Policy making & politics of health (Kuopio)σ							■										

*Assessment module in two parts – see September to December

**Macronutrients, micronutrients (both September to December) and diet related diseases (also February to April) constitute Principles of Nutritional Science

#Basics in nutritional therapy, fundamentals of nutrition (September to December), introduction to public health nutrition (September to December) and nutrition physiology (January to February) constitute Principles of Nutritional Science.

ΦMeasurement of Physical Fitness 1 , Patient Interview (also September to April), Exercise and Nutrition 2 (January to February), Measurement of Physical Fitness 2 (September), and Research methods in Nutrition (October to December), constitute Assessment.

σ Policy making & politics of health and Idea of Europe (September) constitute EU Basics

Appendix VI

Master's Programme in Public Health Nutrition;

Implementation of the Master Programme across Europe

Is your university really willing and/or able to contribute to the EMPHN programme?

Country	No	Limited	Substantially
Austria	Information unavailable at present		
Belgium	Information unavailable at present		
Denmark		2001 to 2002	2002 onwards
Finland			2001 onwards
France	Information unavailable at present		
Germany	Information unavailable at present		
Greece		2001 to 2003	2003 onwards
Iceland		2001 onwards	
Ireland	Information unavailable at present		
Italy		2002 to 2003	2004 onwards
Netherlands		2002 to 2003	2004 onwards
Norway		2002 onwards	
Portugal		2001 to 2002	2003 onwards
Spain	Information unavailable at present		
Sweden			2000 onwards
Switzerland	Information unavailable at present		
UK - England		2001 to 2003	2003 onwards
UK -Scotland		2001 onwards	

Is your university in principle willing and/or able to certify the European Master in Public Health Nutrition? EMPHN implemented as

1. Independent EMPHN

1.1. Not fulfilling: duration \leq 2yrs

1.2. Fulfilling: duration \geq 2 yrs

2. As option with existing 'nutritional' MSc

Duration \geq 2

	No (not before)	Yes		
		Independent Programme		Option within existing programme
		Not fulfilling	Fulfilling	
Country	No	Duration (Year)	Duration (Year)	Duration (Year)
Austria	Information unavailable at present			
Belgium	Information unavailable at present			
Denmark				>2 years (2002)
Finland			\geq 2 years (2001)	\geq 2 years (2001)
France	Information unavailable at present			
Germany	Information unavailable at present			
Greece				=2 years (2001)
Iceland				>2 years (2001)
Ireland	Information unavailable at present			
Italy		=2 years (2004)		
Netherlands				\geq 2 years (2003)
Norway				=2 years (2002)
Portugal		<1 year (2001)	=2 years (2001)	=2 years (2001)
Spain	Information unavailable at present			
Sweden			=2 years (2002)	=2 years (2001)
Switzerland	Information unavailable at present			
UK - England				\leq 2 years (2001)
UK -Scotland				<2 years (2001)

What inflow (number of students per year) does your university expect?

	Independent Programme		Option within existing programme
	Not fulfilling	Fulfilling	Option within existing programme
Country	Number	Number	Number
Austria	Information unavailable at present		
Belgium	Information unavailable at present		
Denmark			1 to 2
Finland			2 to 5
France	Information unavailable at present		
Germany	Information unavailable at present		
Greece			4 to 5
Iceland			1 to 2
Ireland	Information unavailable at present		
Italy	10		
Netherlands			5 to 8
Norway			3 to 4
Portugal		Upto 20	
Spain	Information unavailable at present		
Sweden		5 to 10	5 to 10
Switzerland	Information unavailable at present		
UK - England			1 to 2
UK -Scotland			1 to 2

Appendix VII

Master's Programme in Public Health Nutrition;
EU Basics in Public Health Nutrition Course Programme

EU BASICS IN PUBLIC HEALTH NUTRITION: 17th to 27th August 2000, Université Victor Segalen, Bordeaux.

Session	Thursday 17/8	Friday 18/8	Saturday 19/8	Sunday 20/8	Monday 21/8	Tuesday 22/8
Morning 0900 to 1230	<p>Arrival</p> <p>Registration (6pm to 7pm)</p> <p>(7pm to 8pm) *The EU Michael Palmer</p> <p>(8pm onwards) Welcome get together</p>	<p>*Introductions Michael Sjöström (EMPHN) John Davies (EUMAHP) Denis Malvy (Université Victor Segalen)</p> <p>*EU Treaties and Public Health William Hunter</p> <p>*Food Based Dietary Guidelines Michael Sjöström</p> <p>*Public Health Nutrition in Europe Jackie Landman</p>	<p><i>North Karelia Project</i> Aulikki Nissinen</p> <p>Healthy schools Carmen Perez Rodrigo</p> <p>Pan European surveys Ma Daniel Almeida</p> <p>EURALIM & SUVIMAX Denis Malvy</p> <p>DAFNE Ada Naska</p> <p>IPAQ <i>Michael Sjöström</i></p>	<p>Group work</p>	<p>*Monitoring and determinants of health Henriette Chamouillet</p> <p>*Health aspects of food industry Legislation Barbara Moretti</p>	<p>*Public Health European Networks</p> <p>ENHPA Tana Edwins</p> <p>ASPHER Franco Cavallo</p> <p>IUHPE A Bunde-Birouste</p> <p>HEPA Michael Sjöström</p> <p>EUMAHP John Davies</p> <p>ENPHN Agneta Yngve Daniel Warm</p>

<p>Afternoon 1330 to 17/1800</p>		<p>*Health Promotion in Europe Bengt Lindstrom</p> <p>*Introduction to group work <i>Agneta Yngve and Bengt Lindstrom</i></p> <p>*Formation and start of groups for group work</p>	<p>*Health Behaviour in School-aged children Lasse Kannas</p> <p>Group work</p>	<p>*Trip to Arcachon (1430)</p>	<p>*The French Presidency Alain Lefebvre</p> <p>*Panel discussion Member states, EU and Health Promotion - visions and missions</p> <p>*Groupwork: Analysis & Absorption of EC Input</p>	<p>*Group work feedback</p> <p>(Departure of EUMAHP)</p>
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Session	Wednesday 23/8	Thursday 24/8	Friday 25/8	Saturday 26/8	Sunday 27/8
Morning 0900 to 1230	Professionalisation of Public Health Nutrition (Workshop) Jackie Landman	Breastfeeding in Europe Agneta Yngve *Nutritional inequalities in Europe Jackie Landman Group work	FAO Teresa Calderon Agriculture and health Tim Lang WHO Europe Nutrition Unit Cecile Knai	Group work	Final comments and Closure
Afternoon 1330 to 1700	Continued workshop Group work	Informal group work	Group work	Presentation of Group work and feedback. Preparation for distance group work for groups who have not finished their course project Farewell event - trip to St Emillion	Departure of EMPHN students

*Joint sessions between EMPHN and EUMAHP.

Appendix VIII

Master's Programme in Public Health Nutrition;
**List of Staff, Lecturers and Assistants - EU Basic Course in Public
Health Nutrition August 2000**

List of staff, lecturers and assistants - EU Basics course in Public Health Nutrition August 2000

Name	Organisation	Address
Bunde Birouste, Anne	IUHPE	IUHPE 2, Rue Auguste Comte 92170 Vanves Paris France
Brooks, Bryony	EUMAHP, UK	School of Applied Social Science, University of Brighton, Falmer Brighton, BN1 9PH United Kingdom
Brosens, Nathalie	B&S	Avenue de le Couronne, 340 1050 Brussels Belgium
Burkard, Marion	EMPHN, Germany	Inst. Ernaehrungswissenschaft Ernaehrungsberatung und Verbraucherverhalten Goethestrasse 55 D-35390 Giessen Germany
Calderon, Teresa	FAO	FAO Viale delle Terme di Carcalla 00100 Rome Italy
Cavallo, Franco	ASPHER	Dept of Public Health and Microbiology University of Torino Via Santena, bisI -10126 Torino Italy
Chamouillet, Henriette	European Commission	European Commission Batiment Jean Monnet L 2920 Luxembourg Luxembourg

Colomer, Concha	EUMAHP, Spain	Head of Health Promotion Unit Institut Valencia d'Estudis en Salut Publica (IVESP) Juan de Garay 21, E-46017 Valencia Spain
Davies, John	EUMAHP, UK	School of Applied Social Science, University of Brighton, Falmer Brighton, BN1 9PH United Kingdom
Dupouy, Catherine	Université Victor Segalen	Université Victor Segalen Bordeaux 2, 146 rue Leo Saignat, 33 076 Bordeaux CEDEX France
Edwins, Tana	ENHPA	ENHPA Liaison Office 6, Rue Phillipe le Bon B-1000 Brussels Belgium
Haapala, Irja	EMPHN, Finland	Department of Public Health and General Practice University of Kuopio P O Box 1627 FIN 702 11 Kuopio Finland
Hunter, William	Luxembourg	Luxembourg
Isaksson, Per	EMPHN, Sweden	Unit for Preventive Nutrition Department of Biosciences at Novum S 141 57 Huddinge Sweden

Kannas, Lasse	EUMAHP, Finland	Department of Health Sciences University of Jyväskylä, P.O. Box 35 FIN-40351 Jyväskylä, Finland
Knai, Cecile	WHO Europe	Nutrition Programme WHO Regional Office for Europe Scherfigsvej 8 2100 Copenhagen Denmark
Landman, Jackie	EMPHN, UK	The Nutrition Society 10 Cambridge Court Shepherds Bush Road London W6 7NJ UK
Lang, Tim	Thames Valley University, UK	Centre for Food Policy Thames Valley University, St Mary's Road Ealing, London W5 5RF UK
Lefebvre, Alain	Représentation Permanente de la France auprès de l'UE	RP France Place de Louvain, 14 1000 Brussels Belgium
Lefebvre, Patrick	B&S	Avenue de le Couronne, 340 1050 Brussels Belgium
Liljegren, Magnus	EMPHN, Sweden	Unit for Preventive Nutrition Department of Biosciences at Novum S 141 57 Huddinge Sweden
Lindström, Bengt	EUMAHP, Sweden	Nordic School of Public Health Box 12133 S-402 42 Goteborg Sweden

Malvy, Denis	EMPHN, France	Centre René Labusquière - INSERM 330 Institut Santé Publique, d'Epidémiologie et de Développement Université Victor Segalen Bordeaux 2 146 rue Léo Saignat 33076 Bordeaux Cedex France
Moretti, Barbara	European Commission	European Commission DG SANCO, B232 8/42 Rue Bélliard 232 1040 Brussels Belgium
Naska, Ada	EMPHN, Greece	Department of Hygiene and Epidemiology University of Athens Medical School Mikras Asias 75 GR-115 27 Goudi-Athens Greece
Nissinen, Aulikki	EMPHN, Finland	Department of Public Health and General Practice University of Kuopio P O Box 1627 FIN 702 11 Kuopio Finland
Nylund, Kamilla	EMPHN, Sweden	Unit for Preventive Nutrition Department of Biosciences at Novum S 141 57 Huddinge Sweden
Palmer, Michael	Luxembourg	8, Rue de Fransiscaines 1539 Luxembourg Luxembourg

Perez Rodrigo, Carmen	EMPHN, Spain	Unidad de Nutricion Comunitaria Luis Briñas, 18; 4 planta 48013 Bilbao Spain
Sjöström, Michael	EMPHN, HEPA, Sweden	Unit for Preventive Nutrition Department of Biosciences at Novum S 141 57 Huddinge Sweden
Vaz de Almeida, Maria Daniel	EMPHN, Portugal	Curso de Ciências de Nutrição Oporto University Rua de Roberto Frias P 4200 Porto Portugal
Warm, Daniel	EMPHN, UK	Institute of Human Nutrition University of Southampton Level B, South Academic Block Southampton General Hospital Southampton SO16 6YD UK
Wonner, Josepha	European Commission	European Commission Batiment Jean Monnet L 2920 Luxembourg Luxembourg
Yngve, Agneta	EMPHN, Sweden	Unit for Preventive Nutrition Department of Biosciences at Novum S 141 57 Huddinge Sweden
Yngve, Anna-Lena	Karolinska Institutet, Sweden	Unit for Preventive Nutrition Department of Biosciences at Novum S 141 57 Huddinge Sweden
Yngve, Josefin	Karolinska Institutet, Sweden	Unit for Preventive Nutrition Department of Biosciences at Novum S 141 57 Huddinge Sweden

Appendix IX

Master's Programme in Public Health Nutrition; **Dates and Participants of Meetings**

Dates and Participants of Meetings

Dates of Meetings

Executive Committee Meetings

9th and 10th November 1999

8th and 9th April 2000

21st August 2000

6th October 2000

London, UK

Stockholm, Sweden

Bordeaux, France

Bilbao, Spain

Working Group Meetings

4th and 5th February 2000

7th and 8th October 2000

Porto, Portugal

Bilbao, Spain

List of participants and Country of work

Vicky Benetou	Greece	Denis Malvy	France
Elling Bere	Norway	Barrie Margetts	UK
Marion Burkard	Germany	Ada Naska	Greece
Henriette Chamouillet	DG SANCO	Aulikki Nissinen	Finland
Ibrahim Elmadfa	Austria	Carmen Perez Rodrigo	Spain
Anna Ferro-Luzzi	Italy	AM Remaut de Winter	Belgium
Olöf Geirsdóttir	Iceland	Michael Sjöström	Sweden
Pedro Graça	Portugal	Inga Thorsdóttir	Iceland
Irja Haapala	Finland	Antonia Trichopoulou	Greece
Jóhanna Haraldsdóttir	Denamrk	Joop van Raaij	Netherlands
Per Isaksson	Sweden	Daniel vaz de Almeida	Portugal
Nick Kennedy	Ireland	Daniel Warm	UK
Jacqueline Landman	UK	Agneta Yngve	Sweden

Appendix X

Master's Programme in Public Health Nutrition; **Minutes from meetings**

European Master's in Public Health Nutrition Executive Committee Meeting, 9th and 10th November 1999.

Grafton Hotel, London, UK

Present Barrie Margetts, Aulikki Nissinen, Carmen Perez Rodrigo, Michael Sjöström, Daniel Warm and Agneta Yngve.

Also attending Jackie Landman and Joop van Raaij – 9th and 10th November
Bryony Brookes and John Davies from EUMAHP, and Serge Gottot from EMEPH – 10th November.

Chair Michael Sjöström

Secretary Daniel Warm

Review Daniel gave a brief review of the report submitted to DG V in September 1999. This document was intended to give an overview of what has happened in the last year but also in the project since its funding began. It was felt that the second year of the project was a consolidation period particularly in light of the many landmarks achieved in the first year. It was necessary to ensure that the project had the 'correct foundations' on which to build. This is why much time was spent dealing with issues such as Socrates funding, quality assurance, developing the European Network for Public Health Nutrition (ENPHN) to aid with consortium and infrastructure building and further development of core modules. Many lessons have been learnt which is an integral part of the development process (for example on mobility issues).

Success may be seen in the fact that 30 students from 12 different countries attended the EU Basics in PHN module that ran in Luxembourg in conjunction with the Third European Summer School on Public Health and Health Promotion in Europe, between the 27th June and 3rd July 1999. It must not be forgotten that this was the first of any pan European modules to be run and whilst problems were encountered, feedback from students has been favourable and the group as a whole should be proud of its achievements with the module.

Whilst it is acknowledge that much work is yet to be done, it is also true that the project is in a strong position to move forwards in its development over the next year and beyond. With respect to this, a funding proposal was submitted to DG V/F/3 in September 1999. This year will aim to build on these foundations, with key points including the further development of the network, QA and integration of tasks with the European Masters in Health Promotion (EUMAHP) and the European Masters in European Public Health (EMEPH).

An initial meeting has taken place between Daniel and the co-ordinators of the EUMAHP project from the University of Brighton, UK and has shown the commitment on both sides to work together on comparable issues.

Other useful advancements, include the publication of two journal articles on the programme (Yngve et al 1999 Public Health Nutrition 2:449-452 and Warm et al 1999 Scandinavian Journal of Nutrition).

Action points An issue that arose from this review and/or the report included implicitly stating within the documentation who will be awarding the title of EMPHN. Additionally it was pointed out that the Nutrition Society now has a bulletin board and that it may be possible to use this as a method of dissemination and linking to other websites (for example the PREVNUT website: www.prevnut.ki.se).

New Issues Agneta with help from Daniel has submitted a proposal under the Socrates scheme for an 'Intensive Programme'. The aim of the programme is the development..... Programmes must be of at least 10 days duration (to a maximum of xx) and is allowed to incorporate distance learning. Money can be included for travel and subsistence, for both lecturers and students. This will be used to run the EU Basics in PHN module for 2000 and it is hoped to run the module for 10 days from 18th August 2000 in Bordeaux, France.

It was decided to have the programme in Bordeaux for two main reasons. Firstly, a bilateral Socrates agreement exists between the Karolinska Institutet and Bordeaux and Secondly, at that stage France will hold the presidency of the EU and its central theme will be nutrition.

QA Joop explained the situation at Wageningen in respect to programmes run there. For each course a 'self study' has to be completed that shows how it fits/its relevance in the overall programme, what pre-requisites are required etc. This would enable us to judge the progress in development of each of the centres. In Wageningen the report is no longer than about 5 pages and would be roughly broken down into the following sections:

- 1 Introduction
- 2 Definition of EMPHN
- 3 Outline EMPHN
- 4 EMPHN within the University
 - General
 - Inflow of students
 - The programme
- 5 QA aspects of EMPHN
- 6 Time path for students

Possible annexes

Contents of suggested courses

Other issues this may help with include, helping to understand each of the Universities regulations regarding the acceptance of external modules from other Universities and the co-ordination of logistical problems such as exam boards following the completion of programmes by students (there may be multiple finish points).

Joop, Jackie, Daniel and Michael (under Joop's leadership) have agreed to come up with a template for the self-study.

In relation to this Joop expressed the opinion that at present Wageningen would be unable to offer the EMPHN specifically, although it could offer a number of the modules. This however, highlights the issue of recognition of external recognition of skills. Would it be possible for the consortium to bestow certificates to show that students had completed all the core modules without actually having done the programme.

Aulikki pointed out that there is a move towards harmonisation of physician training and that lessons may be learnt from them.

Action point Proceed with self-studies in Wageningen, Stockholm, Kuopio, Navarra, Southampton and Edinburgh, and invite other centres to contribute as well. Template should be completed by 15th January 2000. A telephone conference will take place at 9am GMT on 22nd December 1999.

Aulikki to contact the Physicians group in order to elicit details on how they have co-ordinated programmes between countries.

Other issues and information

Michael informed us that following the re-organisation of the directorates of the Commission, it is unclear what the new workplans will entail and in particular to us, how Public Health will feature. However, on a brighter note Michael also informed us that the ENPHN might be recognised as an official network of the EC, which may lead to some (limited) financial support.

On the issue of student mobility and funding, Agneta informed us that most European countries have money available for student exchange from Foreign Ministries. This should be further explored in each country.

ENPHN

Work is continuing on the development of the European Network for Public Health Nutrition (ENPHN). In order to see how other related networks had proceeded, Agneta scanned the web and found three sites – for the Drug Network, EUPHA and ASPHER. This can give some ideas on what we should be aiming to do. Many of the issues to be resolved will be sorted once the taskforce reports back, including a workplan.

The network is vitally important, as it will provide amongst other things a ‘home’ for the Masters programme in the future. Additionally, it needs to be focused that it attracts people to it as a source of information on PHN.

Barrie re-iterated the Nutrition Society’s desire to be of help if it could.

Action points Formulation of a workplan by mid January 2000 for the whole group for consensus. Possible contact with EPHA to establish if there is anyway we can work together.

Integration of the EMPHN with EUMAHP and EMEPH

Bryony Brookes and John Davies from EUMAHP and Serge Gottot from EMEPH joined the EMPHN group to discuss issues of general interest to the co-ordinators of these three parallel projects.

Serge is director of the Public Health Institute in Rennes, France and works for Marc Brodin at ????. He explained that Henriette Chamouillet had asked them very recently to take over the co-ordination of the EMEPH from ASPEHER. Much work is needed on the programme but no money is as yet available.

Bryony, who is the Research Officer for the EUMAHP project at the University of Brighton, explained that they had been working fully on the project since September 1998 (and has funding until October 2000). They have produced a leaflet entitled 'EUMAHP – A Feasibility Study', that covers the aims, achievements so far, plans and contact details. Additionally they have a project website www.health.bton.ac.uk/sass/eumahp

Achievements thus far include drawing up the basic structure of the core framework and identifying key modules and identification of the European added value. Also a smaller group has been working the QA of the programme. In future, it is hoped to run a 'train the trainers' course in Greece.

John who is the Project Manager further explained that in line with Health Promotion principles, there was joint ownership of the programme across Europe. He also mentioned that there were difficulties across Europe as some countries objected to the 'professionalisation' of the subject.

Issues of QA, titles of awards, language, fees, open & distance learning and infrastructure were discussed. Although there were differences in how these issues had been approached, it was felt they could be areas for future discussion. Another area that was discussed at great length was the issues of new member states (particularly Estonia, Hungary and Romania). Whilst it is important to acknowledge these countries, opinions were expressed that it may be important to 'put our own house in order first'. For the EMPHN we do not have contacts for all these countries, but Serge and John between them did and would be happy to give us the names as a starting point.

Agneta informed the guests of the Intensive Programme proposal that had been submitted. It was generally agreed that in future such a summer school could act as the 'glue' to bring the three programmes together. It was agreed that the EMPHN group would continue to develop the summer school and will contact EUMAPH and EMEPH in due course.

These groups have agreed to peer review our Principles of Public Health and Health Promotion core modules.

To continue this solidarity of ideas, it was agreed to help each other disseminate our programmes through linked webpages and to think about a course catalogue across the three programmes. This unity will help strengthen each of the programmes through mutual support and by showing a

united front. An idea would be to have a representative at each other meetings. EUMAHP will have their next meeting on the 11th and 12th December in Lisbon, Portugal.

Action point Develop and continue the dialogue between the different programmes and to aid each in its development.

Next meeting EMPHN hopes to have a Working group meeting at the end of January/beginning of February 2000, followed by an Executive Committee meeting.

European Master's in Public Health Nutrition Working Group Meeting, 4th and 5th February 2000

Le Meridien Park Atlantic Hotel, Porto, Portugal

Attending Agneta Yngve (AY), Michael Sjöström (MS), Ibrahim Elmadfa (IE), Ma Daniel vaz de Almeida (MDA), Joop van Raaij (JvR), Barrie Margetts (BM), Inga Thorsdottir (IT), Anna Ferro-Luzzi (AFL), Per Isaksson (PI), Daniel Warm (DW), Marion Burkard (MB), Antonia Trichopoulou (AT), Nick Kennedy (representing Mike Gibney) (NK), Anne-Marie Remaut de Winter (ARW), Johanna Haraldsdottir (JH).

Chair Joop van Raaij

Secretary Daniel Warm

Welcome

MS welcomed the group to Oporto. This meeting was to enable us to formalise the plans for both the forthcoming year and beyond, taking into account that this is likely to be our last year of funding from the European Commission.

The meeting was held in Oporto to coincide with the end of the module 'food habits: an integrated perspective' which was organised and run by MDA. MDA gave an overview of the module and logistics. Fifteen students enrolled on the course, including three from outside of Portugal (all of whom had done other modules from the Masters programme). The students from Portugal were both nutritionists and medics. The module itself explored the European dimension by exploring such things as pan-European studies and attempting to analyse the effect of the CAP on food habits in Europe.

Issues that arose out of the module, included language, English, and the number of students enrolled. This latter point will not be such an issue if and when SOCRATES funding has been granted.

The lessons learnt from these modules are vital as they give us an opportunity to keep the modules evolving and to evaluate what we have. MS asked if a short report could be written by MDA so the EC could see what we were achieving.

Self-studies

The following notes are taken from the email sent from Joop van Raaij (9th February 2000) to all members of the Working Group with respect to the need for a 'self-study'.

Last year at our Working Group Meetings we have stated that we are arrived in the stage of development of the EMPHN in which each of us should clearly indicate how the EMPHN could be implemented within the own university structures. This should be done in the format of a 'self-study' or 'self evaluation'.

Last weekend (February 5/6) at the Working Group Meeting at Oporto we have discussed an example of such a 'self-study'. As an example we had worked out the Wageningen situation. The 'self-study' was distributed at the meeting (in case you were not in Oporto, see attachment). We have decided in Oporto that each of us would work out a similar 'self-study' for our own



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country. We have also decided to send our 'self-study' before April 1, 2000 to Daniel Warm (as attached file to email).

In the month of April the Quality Assurance Committee (QAC) of the EMPHN will prepare one summary document out of the 'self-studies' from which it should become clear: which universities will give their students the possibility to obtain an EMPHN, which universities are offering what modules (that might be included in the EMPHN), what number of students are probably willing to do an EMPHN, what number of students will probably follow which modules abroad, etc etc.

The draft of the summary document will be sent to each of us around May 1, 2000. So, each of us will be given the opportunity to give comments (before June 1).

Based on the information from the review document it will become clear which universities can be considered as full members of the EMPHN (those universities where it will be possible to obtain an EMPHN) and which as associate members of the EMPHN (those universities which provide at least several courses which might be included into the EMPHN). Some of us will also use the document to start Bilateral Agreements.

Based upon the information on full members and associate members, the QAC will make suggestions for responsible persons for each of our modules. These persons will be asked to update the EMPHN Document on Modules (at our Oporto Meeting Daniel provided us with the current version). It is hoped that in September 2000 we will have an updated EMPHN Document on Modules (including the references to be used).

IN SUMMARY,

1. Please send to Daniel before April 1, a 'self-study' concerning your own country situation (maybe it is helpful to use the following situation: suppose a student from your country comes to you and says 'I would like to do an EMPHN; what are the possibilities to do this in my own country?' The answer you give should be in your 'self-study')

2. The document which will be derived from the 'self-studies' becomes very important, as indicated above. This means we really have to pay much attention to the 'self-study' (we all have a large country responsibility)

Following the presentation by JvR, discussion centred on the issue of fees. In the UK and Ireland, students have to pay fees for courses and this raises the issue of equity across Europe. Under SOCRATES this issue isn't as potentially damaging but otherwise this issue will cause problems.

Action point: A letter is to be formulated from the Executive Committee to the European Commission, stating the risk of inequalities regarding students' possibilities of taking courses, due to the necessity of fees in some countries, posing a question on possible solutions.

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Feedback from Working Group Members

Sweden

Over recent years there has been a move to reorganise both Public Health and Nutrition training in Stockholm. They have created a new PHN track for students through the programme that allows students to study this particular area of interest rather than molecular nutrition.

Because of the Karolinska Institutet's involvement in running the EU Basics Course, lessons have been learnt regarding enrolment on courses. The admissions office is now clearer about this particular programme and the challenges it faces.

Bilateral agreements have been signed with 11 countries.

UK

The MSc in PHN at the University of Southampton is unique in that it requires an initial degree in nutrition/dietetics for enrolment. The present intake is of 14 students, many of whom are part-time, which raises issues regarding both experience and for undertaking other modules away from Southampton.

Because of the fee-paying situation in the UK, students will have to pay to undertake modules. However, if students do not wish to be formally enrolled and therefore not gain credit from it, they may just attend the module and will be presented with a certificate of attendance.

A bilateral agreement has been signed with the Karolinska Institutet.

Germany

Talks have begun with officials in Germany. At this stage they indicate that a pilot would be too soon as this type of programme does not yet exist, although the process is beginning. However, they are making their students aware of the programme and another University (University of Freiburg) is showing interest.

A problem they do face is that there are no courses in English – they are all in German. However, MS did suggest that it might be possible to organise something between the German speaking countries only.

The University of Giessen has signed bilateral agreements with both the Karolinska Institutet and the University of Kuopio.

Netherlands

All courses within their programme are at least 6ECTS, which allows for good possibilities. SEE SELF-STUDY notes.

Denmark

A 2-year MSc was established in 1996, however, at present there is an interest in establishing an MSc in Clinical Nutrition. Therefore, it is essential that the original masters in seen to be encompassing the preventive angle which is highlighted in our work. In the light of this, a 6ECTS course on Nutrition and public health will start in Spring 2001 and will act as a good starting point. However, in general the reorganisation to a modular system would be impossible.



They are cautious with regards to SOCRATES and have signed a short-term bilateral agreement with the Karolinska Institutet.

Additionally, they have made moves towards teaching in English but are concerned of the implications if all students are Danish.

Overall, they profess to being cautious but are optimistic about the future.

Greece

In Athens there are presently MSc programmes in both preventive medicine and biostatistics. With regard to PHN specifically, there is an issue of language, although there is a possibility of collaborating with BM on a nutritional epidemiology course that could be run in English but held in Greece. The course would be open to all and would be held in September 2000.

It would be possible to send students to Greece to undertake their thesis, especially as there are large databases of information from both the EPIC and DAFNE projects. There is a bilateral agreement in place with the Karolinska Institutet.

Italy

The situation in Italy is under transition. Training is generally post degree specialisation.

At present there is no possibility of running the EMPHN in Italy, although AFL has promised to act as an 'antennae' for possible developments.

AY suggested that a student might be able to map out and define the situation in Italy.

Austria

An MSc is available that takes 5 years. There are two semesters per year and the programme is broken into two parts. The first part comprises 6 semesters and is considered the core and is compulsory (training in nutrition and dietetics). The second part comprises 4 semesters and the units taken are voluntary. The optional units can include food quality & safety, nutrition economics, nutrition & the environment, and health promotion & public health.

The EMPHN would consist of the core as well as some of the voluntary modules. However, at present courses are given throughout the year although 'blocking' them in future is a possibility. Courses at present are exclusively in German.

The EMPHN won't be given as a specific course but it will be possible for potential students to follow the programme through the existing course if the correct options are taken. It is envisaged that of the (approximately) 50 students graduating each year, around 10 may take the EMPHN route.

It was also noted that there is pressure in Austria (and Germany) to adapt to a BSc/MSc type system.

The University of Vienna has six bilateral agreements set up.

Ireland

PHN is a contentious issue in Ireland, particularly with dieticians. At present a 4 year course is available in nutrition and dietetics, and potential for expansion is limited. Approximately, 20 students graduate each year and approximately 75% emigrate for their first job.

The organisation of the existing course also raises problems as it is organised into trimesters and courses are taught throughout a year rather than in blocks. Bearing this all in mind, it would be very difficult to offer the EMPHN but it may be possible to offer some students certain modules.

However, they are starting an MSc in Food Regulatory Affairs, which will have a distance-learning component.

Iceland

At present a 2-year MSc in Human Nutrition is available, of which one-year must be at the 'home' University and 1 year should be research (which the implication of possibly making the programme in Iceland 2 and a half years in duration). Students from Iceland are very used to studying away and are enthusiastic about such a programme.

Students from abroad may register as a 'foreign guest student' and as of next year, English will be available if necessary. At present they would be able to offer the Principles of Nutritional Science module but are also hoping to develop the modules in food safety, food and nutrition policy, public health, and assessment.

Bilateral agreements exist with the Karolinska Institutet, University of Kuopio and Copenhagen.

Belgium

The situation in Belgium may be best described as 'in-between'. Recently there has been a move to put postgraduate preventive nutrition (and health) onto the agenda as it has been identified as an existing gap. There have been both inter faculty and inter University discussions. Gent will act as the co-ordinator and there appears to be a real willingness to take the programme forward.

Because of the issue of language in Belgium, it is likely English will be the working language.

Portugal

Several MPH programmes exist, and there is a possibility an MSc in Clinical Nutrition will be set up. This programme may have some overlap with the EMPHN and may therefore be able to work with them. Apart from the module in food habits, it is the wish to run several of the other modules.

The University of Oporto has bilateral agreements with the Karolinska Institutet and University of Kuopio.

Review of 1999 and the draft report

DW gave a brief review of the past year and of the report submitted to DG V in September 1999. This document was intended to give an overview of what has happened in the last year but also in the project since its funding began. It was felt that the second year of the project was a consolidation period particularly in light of the many landmarks achieved in the first year. It was necessary to ensure that the project had the 'correct foundations' on which to build. This is why



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Success may be seen in the fact that 30 students from 12 different countries attended the EU Basics in PHN module that ran in Luxembourg in conjunction with the Third European Summer School on Public Health and Health Promotion in Europe, between the 27th June and 3rd July 1999. It must not be forgotten that this was the first of any pan European modules to be run and whilst problems were encountered, feedback from students has been favourable and the group as a whole should be proud of its achievements with the module.

The year 2000 and beyond

Whilst it is acknowledged that much work is yet to be done, it is also true that the project is in a strong position to move forwards in its development over the next year and beyond. With respect to this, a funding proposal was submitted to DG V/F/3 in September 1999. This year will aim to build on these foundations, with key points including the further development of the network, QA and integration of tasks with the European Masters in Health Promotion (EUMAHP) and the European Masters in European Public Health (EMEPH).

EMPHN and EUMAHP

An initial meeting has taken place between DW and the co-ordinators of the EUMAHP project from the University of Brighton, UK and has shown the commitment on both sides to work together on comparable issues. Additionally, PI attended their last working group meeting and DW is due to meet them again in the near future.

As part of this new working relationship, the EUMAHP group has been looking at our Health Promotion module and has passed on a number comments/suggestions, which will be incorporated.

This working relationship has been noted by the EC and they have indicated their approval at such a move.

Core Course Content Committees

The core modules were distributed to members for comments. It has been suggested that the names of the responsible members of the group be included for easier feedback.

It was decided that these modules be updated every six months and that the version be easily identifiable.

Much discussion revolved around the issue of literature. It was decided to identify key texts only (i.e. books and reviews only), which should be in local languages. This information could be provided to all teachers as a background tool, as support when choosing the local literature.

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SOCRATES and Intensive Programme

AY and PI gave a review of our work on this. Last year we submitted a CDA application as a 'quick and dirty' method of gaining funding, but this was subsequently rejected – apparently they are very difficult to get. Therefore, this year we went for ERASMUS funding. Whilst it was acknowledge that we might not be entirely ready for such an application, it was felt it was worth trying.

We were encouraged to sign bilateral agreements between the Karolinska Institutet and each of the partners, but also between all of the different partners. Money has been sought for student and/or staff exchange.

PI indicated that 11 bilateral agreements were signed between the Karolinska Institutet and partners.

As for the Intensive Programme, this is aimed at developing a future course/module – in our case the Summer School.

Programmes must be of at least 10 days duration and is allowed to incorporate distance learning. Money can be included for travel and subsistence, for both lecturers and students. This will be used to run the EU Basics in PHN module for 2000 and it is hoped to run the module for 10 days from 14th August 2000 in Bordeaux, France.

It was decided to have the programme in Bordeaux for two main reasons. Firstly, a bilateral Socrates agreement exists between the Karolinska Institutet and Bordeaux and secondly, at that stage France will hold the presidency of the EU and its central theme will be nutrition.

DW and Denis Malvy (our French partner) have already had preliminary discussions and more will be known shortly.

!!! (Important additional information, received after the meeting in Porto: it seems as if the European Commission wants us to run the EU Basics course in Luxembourg again, instead of in Bordeaux. Further information will follow shortly.)

European Network for Public Health Nutrition (ENPHN)

AY presented a DRAFT mission statement to the group. This is a continuation of the work started last year at the Working Group meeting in Las Palmas. Feedback from the group was positive, as it was generally felt that there was a very important niche to be filled and that it supported the development of the EMPHN, which was of paramount interest to the group.

At this stage in the proceedings it is vital to establish what the aims of the network will be and how we can proceed in doing this. Without the aims being 'right', the way forward becomes increasingly difficult. We also need to take lessons from previous attempts to establish networks. The other issue that needs clarifying is that on membership – is it individuals or organisations?

MS indicated that there was a possibility that the European Commission would financially support such a network.



The work will continue within the network task force, which will come up with some suggestions before summer.

EU Basics in Public Health Nutrition

Success may be seen in the fact that 30 students from 12 different countries attended the EU Basics in PHN module that ran in Luxembourg in conjunction with the Third European Summer School on Public Health and Health Promotion in Europe, between the 27th June and 3rd July 1999. It must not be forgotten that this was the first of any pan European modules to be run and whilst problems were encountered, feedback from students has been favourable and the group as a whole should be proud of its achievements with the module.

Other issues raised/Any other business

AFL raised the issue of the EPIET (European Programme for Intervention Epidemiology Training). It was suggested that formulate a formal letter to them in order to make contact and to see if they was a way of learning from their experiences in setting up a pan-European programme.

It was suggested that MS on behalf of the group presents the European MPHN at a meeting concerning the French Initiative, in Paris 24th of February.

Because of the issue of equity across Europe with regard to education/fees, it was proposed to further investigate this in order to find out how this issue may be tackled.

AT suggested that monies may be available from the COST group (DGXII) for future work and that we should consider approaching them in order to establish the feasibility of this.

Members of the group made a number of announcements – for further information on all please see previously circulated newsletter,

- AY informed us of 'Healthy people 2010', a US national health promotion and disease prevention initiative (for further information see website: www.health.gov/healthypeople/)
- AY also spot lighted a FAO/WHO project on risk factors for listeria and salmonella (for further details please see newsletter)
- MS on behalf of Liz Dowler for the food based dietary guidelines– impacts on inequalities on health and nutrition (for further details please see newsletter)
- MS is on the steering group for the development of the International Physical Activity Questionnaire (IPAQ). This work is continuing and partners are being sought (for further details see previously circulated email from MS or contact him directly).
- MS and AY have submitted a proposal for a monitoring project – health indicator survey and determinants for healthy nutrition. They are looking for partners in each country – please see MS or AY for further details.

- IE highlighted the IUNS Conference to be held in Vienna in August 2001. IE has indicated there is a possibility of having a symposium on PHN (and physical performance). Final decision will be made in Summer 2000. (Website: <http://www.univie.ac.at/iuns2001/>). AY indicated that we should plan to have a meeting before or after the conference.
- IT is organising an International Symposium on Diabetes and Nutrition, 29/6-2/7 2000, in Reykjavik. (Website www.rsp.is/congress)
- MDA is helping organise a conference - Nutritionists meet Food Scientists and Technologists, 12/4-14/4 2000, Porto. (Website www.elsevier.nl/locate/nmfst2000)

Conclusions

Joop van Raaij as chair summed up the meeting as the main points/action points to arise from it.

1. Self studies: We have agreed to do them and must be able to show the following:
 - How can we implement the EMPHN in our own situations
 - What modules we are likely to be able to present
 - The number of students we can expect to pass through each year
 - What is the proposed timetable for the setting up of the EMPHN
 - What is the likelihood of student exchanges and how many students are we talking about?

The timetable for the development of a summary document to identify the situation and possible 'bottlenecks' is as thus:

1 st April	Self-studies to submitted to DW
1 st May	Summary of self-studies to circulated to the Working Group for comments
1 st June	Comments to be received for revision.

- 2 Bilateral SOCRATES agreements: There should be clear agreement on what is involved form both staff and students. Additionally, these agreements need to be set out as early as possible.
- 3 Core modules: There needs to be an indicator of who is involved in putting together each module. Modules should be revised every six months and must allow for easy assessment of which version it is.

There should be two versions – one that just contains the core content and the other with key texts.

- 4 ENPHN: having been presented with the DRAFT mission statement, it is a good starting point to move forward. Comments on it should be sent out by 1st March.
- 5 Process of standardised evaluation. It is important to begin setting up formalised and standardised evaluation for core modules (both from a student and staff perspective).
- 6 EU Basics (IP Programme). The application for a 10-day intensive programme has been submitted. The Karolinska Institutet will circulate information on the proposed programme within a month. Additionally, they will try to find out how much it will cost self-financing students to attend.



KAROLINSKA INSTITUTET

Department of Biosciences at Novum

Unit for Preventive Nutrition

Daniel Warm, Nutrition Research Fellow

International Liaison Officer European Masters Program in Public Health Nutrition

MINUTES

7 A.O.B./Other issues raised. Various future conferences and symposia were highlighted. These will be brought to attention through a bimonthly network newsletter that will be produced by the Karolinska Institutet.

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European Master's in Public Health Nutrition Executive Committee Meeting, 8th April 2000

The Unit for Preventive Nutrition, CNT at NOVUM, Stockholm, Sweden

Attending Agneta Yngve (AY), Michael Sjöström (MS), Barrie Margetts (BM), Daniel Warm (DW) and Carmen Perez Rodrigo (CPR)

Telephone conference participant Aulikki Nissinen (AN)

Secretary Daniel Warm

Welcome

AY and MS welcomed us to Stockholm and informed us that we would be joining AN in a telephone conference later in the day, to discuss key points.

Feedback from group members and general discussion

Regarding the issue of equity that was discussed during the Oporto Working Group meeting, BM wrote to both his local MP and MEP in order to start discussing the issue. The MEP responded immediately and sympathised, but indicated that such a change would need to come from the UK government itself. The local MP was unaware of the issue. This issue is important as it may well affect a majority of the countries involved in the programme.

BM also indicated that he had spoken to the local SOCRATES officer in Southampton. One point raised was the possible use of the European Social Fund that is designed to be used by 'disadvantaged' students for their studies. Applications are generally made on a biannual basis and are available in all European countries. This fund may be used as an alternative 'vehicle' for student mobility.

One negative piece of news is that the University of Southampton will be cutting the number of SOCRATES agreements from (approximately) 150 to 50, as they are said not to be cost effective. This obviously raises issues for students wanting to attend the Epidemiology and Biostatistics module to be held in Southampton in September.

BM also raised the issue of the possible problems of Southampton students receiving external credits. At present, this is not allowed and changes to courses can take time to achieve. AY used the idea of collaborative modules, to circumvent this problem.

AY pointed out that SOCRATES agreements, once put in place could be prolonged for several years before needing to reapply. However, it is important to explore other funding options, as there is a 'sustainability' issue. With respect to this it was agreed that the time is right to begin putting together a longer term (5 to 10 year) 'business' plan for the EMPHN.

AY and MS explained that they are currently working to establish Public Health Nutrition as a 'main' subject title, rather than as a heading under the umbrella of public health. If this happens, then at least in the Swedish setting, the establishment of the EMPHN would become much clearer.



CPR gave an overview of nutrition training in Spain. As of Spring 1998 there has been official recognition of the subject area and there are now three Universities (Navarra, Barcelona and the Basque Country) that offer degrees in human nutrition. CPR explained that continuing education is vital and that an opportunity like the EU Basics in Public Health Nutrition is very important in this respect.

Via the telephone conference AN detailed the advancement of the EMPHN in Kuopio. They are expecting students to enrol to start in the autumn, although they are working at present to make the programme officially and legally recognised. Additionally, AN is in the process of recruiting a Nutrition Scientist to further advance the EMPHN in Finland.

AN also believed that many of the relevant issue regarding such things as student exchange will be resolved once we have some 'test cases' in place.

Action point: find out more about the European Social Fund and applications.

Where we stand now – 1999/2000 Proposal

MS informed us that the European Commission has accepted our proposal for 1999/2000 and we should therefore see the contract in the very near future.

Although the contract has only just been accepted, the work specified within it has none the less continued since September 1999. For example, a course document has been developed in two forms. Firstly, there is a longer version including teaching and learning approaches, and assessment, which is designed for lecturers and administrators. Secondly, there is an abridged version for students, which only includes the aims, objectives and contents of each module.

As a result of the self-studies so far, it appears that a number of Universities will offer the module 'Food Safety'. Because of the change in the Core Course Content Committee (CCCC), it was felt that these people be asked to come together to form this CCCC. The proposed members of this group would be, Marion Burkard/Ingrid-Ute Leonhauser (Germany), Daniel vaz de Almeida (Portugal) and Inga Thorsdottir (Iceland).

The workplan's specified aim of integrating the accession countries needs to be re-evaluated particularly as there are funding implications. AY responded that AH, Ibrahim Elmadfa (IE) and herself, all of whom have extensive contacts in Eastern Europe, had agreed to work on a list of possible partners, although this had not proceeded thus far. AY also suggested, that a student from each of the countries could be identified and as a project could help identify ways of incorporating the EMPHN into their studies.

Action point: AY, AN and IE to come together to discuss the Eastern European States. Contact proposed members of the new CCCC for 'Food Safety'.

Summer School/EU Basics in Public Health Nutrition

It has been confirmed that the Summer School this year will run in Bordeaux between 17th and 27th August. However, at this stage we are not sure of exactly how much money we will receive but have been given guarantees that we will receive some.

Discussions are under way with Université Victor Segalen (Bordeaux), the EC, the European Master's Programme in Health Promotion (EUMAHP) and ENPHN on the timetable and facilities etc. DW and Per Isaksson have produced a draft timetable, and marketing material has been widely distributed via all partner institutions.

On looking at the draft timetable, it was thought several topics/subject areas should be included. These in particular were the health economics of public health nutrition, the professionalisation of public health nutrition and the ethical conduct/evidence based approach of public health nutrition.

It was reiterated that in some ways the Summer School/EU Basics course is the most integral and fundamental part of the whole programme, as it will be the one opportunity for all participants to meet. To support this, a number of issues were raised. Most importantly was that of the name of the module, as some felt that the title of 'EU Basics in Public Health Nutrition' was ambiguous and did not sell the topic of PHN well enough (indeed it was thought that all module names might need to be reassessed).

On the subject of location of the Summer School, it was felt that it would aid the European dimension by moving it around in accordance with the Presidency of the Commission (for example, in up-coming years, the summer school would fall under the Presidency of Belgium in 2001 and Denmark in 2002).

DW will continue his dialogue with the EUMAHP group and it is hoped that they will be able to contribute fully to the design, implementation and running of the Summer School.

AY also indicated that we should not forget about the Gerontology programme and that they should be invited to be involved with the programme development.

Action point: MS to contact Swedish colleague with regards to health economics and AY to contact Jackie Landman with regards to professionalisation issue.

Executive Committee to evaluate possible rename of modules.

AY to contact Anders Viidik of the Gerontology Programme with regards to the Summer School.

Self-studies

At the time of the meeting, nine self-studies had been received (UK-Southampton, Sweden, Iceland, Denmark, Netherlands, Belgium, Germany, Portugal and Greece). Most others had given assurances of their delivery. As not all self-studies had been received, it was decided not to summarise them. However, in light of what had been received thus far, it was felt necessary to add a couple more questions, particularly as they were also to be used as the basis for the production of a course catalogue.

The additional questions were:

- 1) What are the application dates for courses and whom do you apply to? Are there web based application forms etc. The more details, the better - i.e. all contact details etc.
- 2) Do you have pre-requisites for letting people onto the courses?
- 3) Is a fee payable - if so how much?



4) Are there any other constraints for enrolment?

Socrates and bilateral agreements

This item has been covered elsewhere.

Network developments

The European Network for Public Health Nutrition (ENPHN) is now accepted by the EC as an 'officially' recognised network. Thus, AY was invited to a meeting of the co-ordinators of the European networks on health, in Luxembourg on the 22nd March. These networks are all linked to the Public Health Programme.

Questions arose regarding this position and it was agreed that we need to further discuss our role it and how it will aid us in the further establishment of the ENPHN.

As a part of this European Network on Health, we have invited to participate at the IUHPE Conference in Santander, Spain (10th to 13th May 2000). The Executive Committee proposes that CPR present on behalf of the ENPHN.

Action point: AY to discuss our involvement further with Henriette Chamouillet and Matti Rajala.

AY to make sure that the European Networks on Health have our correct title.

CPR to be proposed to ENPHN as the presenter at IUHPE conference.

Newsletter and webpages

The second edition of the newsletter is currently under development. MS will prepare information on the EURODIET project, AY will work on the course document and DW will deal with the course catalogue and Summer School marketing.

As for webpages – see information on course document.

Congress attendance

For IUHPE see agenda item on the Network.

CPR summarised the timetable for the conference to be held in Bilbao in October, at which the EMPHN/ENPHN has been invited to speak. We have a 90-minute slot on the afternoon of the 6th October. Discussions centred on the content and it was decided to look at both the EMPHN/ENPHN but also the ethical and evidence based considerations of public health nutrition. It is possible that we might be able to involve Jackie Landman and Joop van Raaij in our presentations and use their knowledge of these areas.

A deadline for abstracts is mid-May and we would be expected to submit something on each of these subject areas.

Action point: Further discuss the content of presentations.

Prepare abstracts for submission.

Talk to Jackie Landman and Joop van Raaij regarding involvement.

Next meeting

The date and venue of the next Executive Committee meeting is yet to be decided.



**European Master's in Public Health Nutrition Working Group Meeting, 7th and 8th
October 2000**

Hesperia Zubialde Hotel, Bilbao, Spain

Attending Agneta Yngve, Michael Sjöström, Ma Daniel vaz de Almeida, Joop van Raaij, Barrie Margetts, Ólöf Geirsdóttir (replacing Inga Thorsdóttir), Anna Ferro-Luzzi, Daniel Warm, Vicky Benetou (replacing Antonia Trichopoulou), Jóhanna Haraldsdóttir, Aulikki Nissinen, Jackie Landman, Elling Bere (replacing Knut-Inge Klepp).

Apologises Carmen Perez Rodrigo, Nick Kennedy, Anne Marie Remaut de Winter, Marion Burkard, Ibrahim Elmadfa, Denis Malvy, Felix Gutzwiller.

Chairs Barrie Margetts and Michael Sjöström
Secretary Daniel Warm

Welcome Agneta opened the meeting and proposed Barrie and Michael as chairs, which was unanimously approved.

Agenda Barrie iterated that there needed to be focused discussion over the duration of the meeting, as there were critical issues to be discussed that would influence how the programme advanced from this point forward. A key point is a course catalogue that must be produced by the time the proposal for the next year (2001) is submitted (end of November 2000).

Summer School Daniel gave an overview of the module 'EU Basics in Public Health Nutrition' which took place in Bordeaux between the 17th and 27th August 2000. Thirty students from 10 countries participated. Additionally, for the first 5 days of the programme 17 students from the European Master's Programme in Health Promotion joined us.

Apart from members of the Working Group, lecturers included representatives of the French Presidency (Alain le Febvre), the European Commission, NGOs, WHO and FAO, to name but a few.

On a political level it was very important to both the programme and the Universities/Institutions involved.

Subsequent discussion of the module centred on the need for widespread advertising of it across Europe. Additionally, as was the case last year problems were encountered in setting it up because of the delays in the Commission deciding if and how much money we were to receive. As organisers, there is very little we can do considering that the proposal for the Intensive Programme was submitted the previous November.

Self-studies

Joop van Raaij as the instigator of the self-studies led the group through his ideas on how this issue could be taken forward. This point is critical as it fulfils the needs of many the most prominent questions/tasks that we currently face.

(Notes taken from email generated by Joop)

Last weekend (October 7 and 8) in Bilbao we have discussed how to continue with the self-studies. Most countries have provided a self-study according to the guidelines we had provided. Nevertheless, it was not easy to summarize the results from the various self-studies. On the other hand the self-studies made clear what the main questions are we still have to solve.

1. In the presentation there are three crucial tables. During our Saturday morning session we have filled in the three tables, as far as possible. Not all the members of the Working Group were present. Therefore, especially for the members who were not present:
ACTION: Please provide your missing data as soon as possible (but before November 1) (to Daniel with cc to Joop, so that we can complete the tables)

Based upon the results from these tables we have to decide how to continue, since we really need to know now, where we all stand!!

2. One of the preliminary results from table 3 for example is the low expected yearly inflow into the EMPHN programme. Based on the data, a reasonable estimate of the expected inflow (also including estimates for the missing countries) would arrive at about 50 to 60 per year. Michael has clearly indicated that such a number would be unacceptably low! The EC would expect by 2005 a yearly inflow of 300-500!!
3. We have discussed this matter and most of us consider this as an impossible target. This can only be achieved if the diploma EMPHN can also easily be obtained by all students in Public Health Nutrition. This would require two important assumptions:
 - 4.1. For all existing local courses which might be used within the EMPHN programme it should be indicated how and to what level the European dimension has been included
 - 4.2. For each existing local course which might be used within the EMPHN programme it should be indicated how the total credit points (ECTS) of the course will be divided over the various 'EMPHN Modules' (For example, a specific course of 8 ECTS in one of our countries may account for 5 ECTS for the 'Principles of Public Health' module and for 3 ECTS for the 'Epidemiology and biostatistics' module). According to this procedure the students may 'shop' from the courses offered by the various universities, and they may continue shopping until they have fulfilled all requirements.

NOTE: This procedure assumes that the course-offering university guarantees the quality of the course. The task of the QA committee of the EMPHN may concentrate (1) upon the European dimension of the courses and upon (2) procedures to avoid overlap in individual student programmes (students should not choose courses which show a substantial overlap)

ACTION: The Executive Committee/QAC will develop guidelines to judge the European dimension of the various EMPHN modules

ACTION: Universities which are offering courses which can be used within the EMPHN programme should indicate (1) what the European dimension is within the offered course, and (2) how the total number of credit points [ECTS] will be divided over various 'EMPHN modules' (if applicable)

5. We have also discussed how we can approve the course catalogue. We agreed that it is certainly not enough to include information on the courses offered. Such a catalogue should also clearly indicate at what universities a Master Diploma in PHN can be obtained, and from what moment onwards one may enter such programmes. Also a clear timetable indicating the periods in which courses are offered should be included (for easy shopping). Therefore, the results from tables 1 and 2 are very important.

We should also realise that the content of a course catalogue should have a 'legal' status. If we promise in the catalogue to offer a programme or a course, then we have to keep our promises.

ACTION: The Executive Committee will take initiatives in order that by the end of this year the Course Catalogue 2001/2002 will be ready, so that we can distribute the information to students from early January onwards.

However, this is only possible if we all cooperate. In addition to the ACTION points raised in this mail, you will get more requests the coming days/weeks from the Executive Committee (mainly through Daniel). PLEASE RESPOND IMMEDIATELY TO REQUESTS.

As a follow on from this, a number of questions arose specifically concerning proposed modules, their organisation and delivery. In order to simplify the task Daniel and Jackie volunteered to produce 2 tables – one gathering information on the module level and one on a university level. This would enable further extraction of information for a course catalogue.

Action point: How the consortium agreement will allow the bestowing of a title if students have studied at several institutions.

To define what a 'diploma' or its equivalent is within each country.

Quality Assurance

(Minutes taken by Jackie Landman)

General discussion of invitees concerns centred on

- The source of advice about such quality control or validation matters as the equivalence of modules and units in the planning stage and whether levels of learning outcome were appropriate the no of credit points; and also for advising students on selection of similar

modules in different countries - whether there was redundant overlap with previous study or whether there would be gaps and how these could be filled.

- A related issue dealt with how to assist the group and its members show legitimacy and credibility in the face of challenges egg from senior administrators such as Deans and Principals and in their efforts to validate their courses and secure continuing support for the university's participation in the consortium. The Declaration of interest signed in 1999 and the flyer on the EUMPHN helped but did not quite fill this perceived need
- It was made clear that the Working group already comprised course committees that would have a continuing role and that the key issues of legitimacy were vested in the fact that members were representatives of their institutions. Criteria for the membership of these committees could be clarified egg senior staff with expertise in PHN and/ or higher degrees in the subject.
- It was noted that a benchmarking approach that focussed on process with guidelines rather than detailed prescription, would better suit the diversity within the EU than an accreditation scheme.
-

It was AGREED that

- **Quality control** over validation viz staffing, resources, content and weighting credit points is the preserve of each university.
- **Quality assurance** is a function fulfilled by the course committees who will especially advise on the European dimension and who will have the task of identifying and disseminating best practice in the PHN education.
- In order to assist with the political/ administrative aspects of supporting the credibility & legitimacy of the group & each partner, a form letter / statement would state that "X course(s) leading Y qualification(s) are recognised as equivalent to [W module within] the European Masters in Public Health Nutrition, signed by on behalf of the Quality Assurance Committee comprising

of the EUMPHN within the Euro PH Nut Net recognised as an official network of the EU by the European Commission.

The QAC comprises senior PHN from each of the four country groups with expertise in the relevant disciplines (Public Health Nutrition, Public Health, Physical Activity, Nutritional Science, Health Promotion) and in Professional Education/ Educational Administration.

The new public health strategy

The European Commission has proposed its new plan of work for Public Health for 2001-2006, although the existing programme has been extended to include upto and including 2002, as the new programme will take some time to ratify. The new programme will henceforth. Nutrition has a high priority within the addressing of health determinants and is also found within the development of health monitoring systems. However, and very importantly, training is not mentioned explicitly in the document (it had been removed). We need to lobby in our own countries to have it re-instated.

Once the programme has been ratified, the commission will have a plan of work for each year. It has been proposed that the ENPHN could have a vital and central role in the plan of action for nutrition.

European Network for Public Health Nutrition

The European Network for Public Health Nutrition (ENPHN) is now accepted by the EC as an 'officially' recognised network. Our responsibility to the Commission in this role would (include), to act as a source of relevant information and skills.

There has been a proposal and some initial steps by the Commission to have a 'network of networks'. The rationale for this would be to enable better communication between the networks, the commission and other interested parties.

There is a proposal that funding for the 'network of networks' could be administered by the newly formed Health Development Agency (formed from the Health Education Authority) in the UK, but this needs to be looked at and assessed very carefully.

As members of the network we need to be very clear about our remit with respect our interaction to the Commission and particularly how we field questions, and how we can pass questions onto other relevant bodies.

As part of our discussions on the network, Agneta produced a draft 'information booklet' for debate. It was acknowledged that Agneta had put much work into producing this excellent booklet. However, it was felt it needed further work, as it needed refinement that was based on the future role of the network rather than its historical formation etc.

We all have a very important role to play in the network in order to make it as viable as possible and to make sure that it is a credible organisation.

Action point: To establish our remit with the European Commission, and our procedural obligations.

General discussion points

European Dimension: There was a discussion on what further constituted the European dimension in each module and how this was assessed. It was proposed that this is looked at very carefully and indicated explicitly in course documentation. An idea was to have telephone conferences (as well as email contact) between each of the Core Course Content Committees.

Sustainability: Michael re-iterated the point that the European Commission is expecting to have at least 200 students a year enrolled on the course by 2003 and at least 500 by 2005! If this is to be a realistic figure, a number of clear and key questions need to be addressed. These would include the integration of more centres from both member states and candidate countries, are there jobs available for all of them, who do we count – those attending the whole programme or can we include students who only attend one module. This issue also brings rise to queries on quality of students and the 'finished article' of a public health nutritionist exiting the programme.

Further to this issue, Agneta suggested the idea of centres applying for Intensive Programme money for other key modules (other than the EU Basics module), which could also lead to the possibility of distance learning modules. Another possible source of funding could be sponsorship – one idea could be for example, FAO supporting a food safety module.

IUNS Conference Vienna 2001: A session at this conference will be convened on public health nutrition training across the world. Ibrahim Elmadfa has asked Barrie to chair the session that

will bring together educators from Europe (represented by Agenta), the Americas, Asia and Africa.

Abstracts for this conference need to be submitted for the 15th January 2001.

Date of next meeting This will be decided upon once the proposal for the year 2001 has been submitted to the European Commission at the end of November 2000.

Preventive Nutrition and Physical Activity Reports

The Unit for Preventive Nutrition consists of two subunits;

- *The Resource and Information Centre in Medical Nutrition*, which belongs to the community medicine organization within the local health authorities, Stockholm County Council,
- *The Unit for Preventive Nutrition at CNT*, which is a part of Dept Medical Nutrition and Dept Biosciences at Novum/Centre for Nutrition and Toxicology (CNT) at Karolinska Institutet, Stockholm.

The work at the Unit deals with Public Health Nutrition and Physical Activity issues as determinants for health.

Study design for baseline surveys and intervention studies are prominent parts of the Unit's daily work. Methodology development and validation are important tasks. Pre- and post-graduate training is provided for many disciplines.

International collaboration is the corner stone of the Unit's work. The Unit is, on behalf of the European Commission, co-ordinating the development of a European Master's Program in Public Health Nutrition.



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