

## **MATERNAL & CHILD NUTRITION (2440)**

**ORGANISER:** Professor Suzanne Filteau

**TIMETABLE SLOT:** Term 2 - D1

### **AIM**

To outline key issues concerning the feeding of mothers and young children, and to evaluate the effectiveness of nutrition interventions to improve maternal and child nutrition.

### **OBJECTIVES**

By the end of this module students should be able to:

- (i) demonstrate an understanding of the physiological basis for nutrient requirements during pregnancy, lactation, infancy and early childhood;
- (ii) assess the dietary needs appropriate to each stage;
- (iii) summarise the key causes of low birthweight, low breast milk output, and growth faltering and debate the controversy surrounding specific nutritional interventions to address these problems;
- (iv) compose appropriate nutritional advice regarding the feeding of mothers and children;
- (v) design and critically appraise a range of interventions to address current issues in maternal and child nutrition.

### **CONSTITUENCY**

This module is compulsory for MSc Public Health Nutrition students. It is also intended for those requiring training in basic concepts and provides an update in maternal and child nutrition issues. Emphasis will be placed primarily on current issues in developing countries.

### **CONCEPTUAL OUTLINE:**

1. Participants will consider nutritional requirements in pregnancy, the determinants of birthweight, the consequences of low birthweight and the impact of prenatal supplementation programmes to improve birthweight.
2. Participants will examine the nutritional requirements of lactation and the determinants of low breast milk output. Supplementation programmes to improve lactation will be critically reviewed.
3. Infant and child feeding practices in developed and developing countries will be outlined and interventions to improve these practices will be discussed. The role of breastfeeding features prominently in this module.

### **TEACHING STRATEGY**

The teaching methods used will be lectures, group participation, and discussions with invited experts.

### **LEARNING TIME**

Total learning time is 100 hours, composed of: contact time = 26 hours; video = 1

hour; group work = 3 hours; reading time = 50 hours; assignment/assessment time = 20 hours.

**ASSESSMENT**

Preparation of a technical report to advise the Ministry of Health of a given country, or to an international or other organisation, on an issue currently relevant to the feeding of mothers or children.