
 Universitas Airlangga	<b>SEMESTER LEARNING PLAN</b>		<b>Prepared by</b>	<b>Examined by</b>	<b>Approved by</b>	<b>Document Registration Number</b>
	<b>SLP</b>		<b>(Person in Charge)</b>	<b>(Head of Bachelor Program / Head of Department)</b>	<b>Vice Dean I</b>	01/S1Kesmas/RPS/2019
	<b>Revision - Date</b>	<b>January 1<sup>st</sup>, 2019</b>	Prof. Bambang W., dr., Ph.D., Sp. GK	Dr. Diah Indriani, S.Si., M.Si	Dr. Santi Martini, dr., M.Kes	
<b>Faculty of Public Health</b>	<b>Valid on Semester (odd/even) / Academic Year</b>	<b>Odd Semester 2019/2020</b>	(sign)	(sign)	(sign)	

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## A. DETAILS OF COURSE

<b>1. Nama Mata Kuliah</b>	Introduction to Community Nutrition
<b>2. Kode Mata Kuliah</b>	NUM 301
<b>3. Beban Studi (sks)</b>	2 (two) SKS
<b>4. Semester</b>	3 (third)
<b>5. Jurusan/Prodi</b>	Bachelor of Public Health
<b>6. Student Learning Achievement</b>	After attending this course, students are able to comprehend and scrutinize nutritional problems, especially the link between nutritional substances in food and human's health. In addition, they can understand and formulate a concept of nutrient need calculation, analyse major nutritional problems in community and assess nutritional status.
<b>7. Course Learning Achievement</b>	<ol style="list-style-type: none"> <li>1. Collect and interpret data and information related to risks and benefits</li> <li>2. Collect, summarize and interpret information on various health issues</li> <li>3. State feasibility dan expected outcome of every policy option</li> <li>4. Take relevant action to address ongoing problem</li> <li>5. Develop a plan to implement policy</li> <li>6. Lead and participate in group to formulate specific public health issues</li> <li>7. Employ correct method to interact sensitively, effectively and professionally with people from diverse cultural backgrounds</li> <li>8. Describe government's role in providing healthcare to people</li> <li>9. Describe private's sector role in providing healthcare to people</li> <li>10. Identify potential and resources in society</li> <li>11. Collect people's aspirations as consideration in the development of health's policy and program</li> <li>12. Inform program's policy and resources to people</li> <li>13. Identify individual and organization's obligations in terms of essential public health concept and basic functions</li> <li>14. Identify and apply basic research method used in public health</li> <li>15. Apply public health science, including social and behavioural knowledge, chronic diseases, infection, and accident</li> </ol>
<b>8. Course Description</b>	This course discusses the definition, history of nutrition science, its scope area and role, role of food and nutrition in human's life and health, various nutritional compounds (carbohydrate, fat, protein, vitamin, mineral and water) and their derivatives, characteristics, functions, and food source for each nutritional compound, nutritional need and adequacy comprising nutritional need based on


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	physiological groups in line with life cycle. Furthermore, students will understand and study major nutritional problems in community (protein energy deficiency, anemia, problems because iodine deficiency, vitamin A deficiency). After that, various methods determining nutritional conditions in community are discussed.
<b>9. Course Prerequisites (if any)</b>	None
<b>10. Instructor</b>	Prof. Bambang W., dr., Ph.D., Sp.GK
<b>11. Teaching Assistants</b>	Dr. Merryana Adriani, S.KM., M.Kes Sri Sumarmi, S.KM., M.Si Triska Susila Nindya, S.KM., M.PH Siti Rahayu Nadhiroh, S.KM., M.Kes Dini Ririn Andrias, S.KM., M.Sc Lailatul Muniroh, S.KM., M.Kes


## B. TEACHING PROGRAM

Week	Skills expected at the end of each learning phase (Sub-Course Achievement) (C, A, P)	Study Materials	Teaching Methods	Additional Materials for Learning	Meeting Time	Course Objectives	Criteria and Indicator of Evaluation / Measurable Learning Outcome ( <i>hard dan soft skills</i> )	Mark / Grade / Percent age (%)	Reference Number Ref. (nomor)
1	2	3	4	5	6	7	8	9	10
1	Students are able to explain course outline	1. Future discussion points and sub-point 2. Aim and advantages of studying the course	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		

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1	2	3	4	5	6	7	8	9	10
2	Students are able to explain PEM problems	PEM problems: 1. Nutrition problems 2. PEM definition 3. Causes of PEM 4. Nutrition diseases that come with PEM 5. Infections with PEM 6. PEM assessment with anthropometry 7. Classification of Nutrition Status 8. Prevention 9. Procedure for severe PEM	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		

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1	2	3	4	5	6	7	8	9	10
		10. Diet procedure on PEM 11. Failure of protein function							
3	Students are able to explain anemia	1. Definition of anemia 2. Symptoms 3. Causes 4. Prevention 5. Treatment	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		
4	Students are able to explain IDD	IDD Problems: 1. Iodine and Iodine Pathway on Tiroid Gland 2. Epidemiology and Pathophysiology of IDD 3. Assessment and Diagnosis	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		

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1	2	3	4	5	6	7	8	9	10
		4. Prevention and Treatment							
5	Students are able to explain VAD	VAD Problems: 1. Definition 2. Prevalence 3. Method of Assessment 4. Current Studies' Results	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		
6	Students are able to explain Obesity	Obesity Problems: 1. Definition 2. Risk Factors 3. Current Studies' Results	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		
7	Students are able to explain socio-cultural aspects of nutrition	Sosio-cultural aspects of nutrition: 1. Definition and concept of socio-cultural problem.	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		

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1	2	3	4	5	6	7	8	9	10
		2. Factors affecting socio-cultural aspects 3. Health and nutrition problems as well as their factors							
<b>MID-TERM TEST</b>									
8	Decipher linkage of nutrition, agriculture and population	Nutrition, agriculture and population: 1. Current population problems 2. Attempts to fulfil nutritional needs and its relation with population	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		

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1	2	3	4	5	6	7	8	9	10
		3. Current condition and nutrition problems analysis due to population 4. Factors affecting food production and policy 5. Issues behind global food crisis 6. Causes of food crisis in Indonesia 7. Analysis on current condition of food problems because of food and agriculture							

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1	2	3	4	5	6	7	8	9	10
		8. Food system and production							
9	Students are able to explain micro nutrition and macro economy	Micro nutrition and macro economy: 1. Economic concept and nutrition 2. Macro and micro economic policy affecting nutrition status 3. Economic needs and nutrition 4. Factors affecting food consumption of household	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		
10	Students are able to explain nutrition and infectious disease	Infectious disease: 1. Identification on general	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		



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<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
		infectious diseases 2. Identification on infectious diseases in Indonesia 3. Relation between nutrition and infectious diseases 4. Preventive measures to infectious diseases							
11	Students are able to explain nutrition and infectious disease	Infectious disease: 1. Identification on general infectious diseases	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		

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<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
		2. Identification on infectious diseases in Indonesia 3. Relation between nutrition and infectious disease 4. Preventive measures to infectious diseases							
12	Students are able to explain nutrition and degenerative disease	Degenerative disease: 1. General degenerative diseases identification 2. Degenerative diseases	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		

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1	2	3	4	5	6	7	8	9	10
		identification in Indonesia 3. Relation between nutrition and degenerative disease 4. Preventive measures to degenerative diseases							
13.	Students are able to explain nutrition and degenerative disease	Degenerative disease: 1. General degenerative diseases identification 2. Degenerative diseases identification	1. Lectures 2. Discussions	LCD, Computer/laptop and Whiteboard	2x50 minutes		Complex thinking		

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1	2	3	4	5	6	7	8	9	10
		on in Indonesia 3. Relation between nutrition and degenerative disease 4. Preventive measures to degenerative diseases							
FINAL TERM TEST									

### C. REQUIRED TEXTS / REFERENCES / ESSENTIAL READINGS

#### Required Readings :

1. Derrick B Jelliffe and E. F Patrice Jelliffe. 1989. Community Nutritional Assessment. New York. Oxford University Press
2. Gibney, MJ., Margetts, BM., Kearney JM., Arab, L. 2004. Public Health Nutrition. Blackwell Publishing

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- Gibson, R.S. 2005. Principles of Nutritional Assessment.
- SEAMEO-TROPMED RCCN. 2007. Handbook of Nutritional Assessment.
- Edelstein, S. 2006. Nutrition in Public Health. A Handbook for Developing Programs and Services.
- World Bank. 2006. Repositioning Nutrition as Central to Development, A Strategy for Large-Scale Action. The World Bank. Washington.
- Direktorat Jenderal Binkesmas. 2010. Rencana Aksi Pembinaan Gizi Masyarakat 2010-2014. Kemenkes RI
- Friedman Gary D. 1986. Prinsip-prinsip Epidemiologi. New York: American Public Health Association.
- Depkes RI. 2008. Riskesdas 2007
- Nutrition Throughout The Life Cycle; Bonnie S Worthington – Roberts And Sue Rodwell Williams; Fourth Edition; Mc Gra.w Hill, 2000
- Prinsip Dasar Ilmu Gizi; Sunita Almatier; Penerbit PT Gramedia Pustaka Utama, Jakarta 2009
- Bappenas, Rencana Aksi Nasional Pangan dan Gizi (RANPG) 2006-2010
- Brody, T. Nutritional Biochemistry. 1994
- Fuchhs, et al. Proteomics in nutritional research: principles, technologies and application (Br J Nutr 94:302-314 (2005).
- Canas-Garcia, V. Et al. Review Advance in nutrigenomics research: novel and future analytical approaches to investigate the biological activity of natural compounds and food function. J Phar Biomedic Anal. 51:290-304 (2010)
- Derrick B Jelliffe. 1966. The Assessment of the Nutritional Status of the Community. Geneva. World Health Organization
- WHO, 1997 Trace Element in Human Nutrition and Health