COURSE DATA

DATA SUBJECT

Code: 33968
Name: Public Health
Cycle: Undergraduate Studies
ECTS Credits: 9
Academic year: 2026-27

STUDY (S)

Degree	Center	Acad. year	Period
1205 - Degree in Human Nutrition and Dietetics	Facultat de Farmàcia i Ciències de l'alimentació	3	Annual

SUBJECT-MATTER

Degree	Subject-matter	Character
1205 - Degree in Human Nutrition and Dietetics	Public health	COMPULSORY

COORDINATION

ORTEGA AZORIN CAROLINA

ASENSIO MARQUEZ EVA MARIA

SUMMARY

To acquire the basic concepts on the health and determinants of the health, levels of prevention and actions of protection and promotion of the health its link to the Sustainable Development Goals (SDGs). To know the epidemiology and its application in them nutritional studies. To understand the influence of the supply and nutrition on the health. To identify the key aspects of the promotion of the health and of the education for the health, fundamentally related to the field of the feeding and nutrition, as well as to know the principal programs of health in the different stages of the life. To know the epidemiology of the principal contagious and non transmissible diseases, its prevention and control, principally, in relation to the food. To know the relation between the environment and the health. To know the sanitary system, planification and magement.

PREVIOUS KNOWLEDGE

RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

Knowledge of the subjects given during the first two years of degree, fundamentally Statistics, Microbiology and Nutrition, Chemical Analysis, Parasitology, as well as the basic matters of Physics, Chemistry and, Biochemistry

COMPETENCES / LEARNING OUTCOMES

1205 - Degree in Human Nutrition and Dietetics

Acquire basic training for the research activity, be able to formulate hypotheses, collect and interpret information for problem solving using the scientific method, and understand the importance and the limitations of scientific thought in the field of health and nutrition.

Acquire knowledge on epidemiology and prevention of communicable and non-communicable diseases.

Adquirir los conocimientos sobre el método epidemiológico y su aplicación al campo de la nutrición.

Be familiar with strategies for promoting health and preventing disease, primarily in the field of nutrition.

Collaborate in the planning and development of policies on food, nutrition and food safety based on the needs of the population and health protection.

Communicate effectively, both orally and in writing, with people, with health or industry professionals and with the media, knowing how to use information and communication technologies, especially those related to nutrition and lifestyles.

Conocimientos sobre planificación y programación sanitaria.

Know, judge and know how to use and apply the sources of information related to nutrition, food, lifestyles and health.

Know about national and international health organisations and the different healthcare systems and identify the role of the dietitian-nutritionist.

Know and assess the determinants of health.

Know and intervene in the design, implementation and validation of nutritional epidemiological studies, and participate in the planning, analysis and evaluation of food and nutrition intervention programmes in different areas.

Know the basic concepts of health and public health.

Know the methods and means of health education.

Know the organisation of healthcare: health systems and international public health.

Know the relationship between environment and health.

Participate in activities for the promotion of health and the prevention of disorders and diseases related to nutrition and lifestyles, and provide food and nutrition education to the population.

Participate in the management, organisation and provision of food services.

Practise the profession with respect for other health professionals and acquire skills to work in teams.

Recognise the essential elements of the profession of the dietitian-nutritionist including ethical principles, legal responsibilities and the practice of the profession, apply the principle of social justice to professional practice, and work with respect to people, their habits, beliefs and cultures, from a gender perspective.

Recognise the need to maintain and update professional competence, with particular emphasis on independent and lifelong learning of new facts, products and techniques in the field of nutrition and food, and on motivation for quality.

DESCRIPTION OF CONTENTS

1. General Concepts in Public Health

Concept of Health, Public Health, Determinants of the Health, Principal determinants of the way of life and of the physical and social environment. Food and Health. Mediterranean diet Sanitary Demography, Information systems, Public Health Surveillance. The World Health Organization. Levels of Prevention. Education for the health. Qualitative technologies. Prevention and Promotion of the Health, and the relationship with the Sustainable Development Goals of the 2030 Agenda.

2. General Concepts in Public Health

Concepts and uses of the Epidemiology. Applications to the Human Nutrition. Causality. Measures of frequency. Types of epidemiological studies, measures of association and impact, biases, meta-analysis. Nutritional epidemiology. Valuation of diagnostic tests. Population screening tests. Examples of the principal studies published in Human and Dietetic Nutrition.

3. Sanitary System and Services of Health

Sanitary Spanish system. Other sanitary systems. Primary care and Specialized Attention. Services of Health. Paper of the Graduate in Human and Dietetic Nutrition in the Sanitary system. Health economics. Management and Sanitary Planning. Community nutrition.

4. Environment and health

Environment and health and aspects related to the Sustainable Development Goals. Environmental epidemiology. Effects on the health. Environmental health and food. Climatology and health. Climate change and repercussions on the environment and health. Pollution of soils. Waste management.

5. Infectious diseases

Epidemiology, prevention and control. Immunization and vaccines. Sterilization, disinfection and pesticides. Classification of infectious diseases. The most relevant contagious diseases.

6. Chronic Diseases

General epidemiology of the chronic diseases and strategies of prevention and control related to the food. Nutrition and cardiovascular disease. Nutrition and cancer. Nutrition and diabetes, obesity and metabolic syndrome. Genomic epidemiology studies in chronic diseases.

WORKLOAD

PRESENCIAL ACTIVITIES

Activity	Hours
Tutorials	2,00
Theory	75,00
Seminar	10,00
Total hours	**87,00**

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	40,00
Independent study and work	90,00
Preparation of lessons	5,00
Preparation for assessment activities	0,00
Resolution of case studies	0,00
Total hours	**135,00**

TEACHING METHODOLOGY

The theoretical contents will be given across lessons composed in a dialogue with the students promoting the participation of the student across questions and activities to do in the classroom.

These theoretical meetings will have the complement of the tutorships, virtual tutorships and seminars.

During the development of the classes, the contents of the subject will be linked with the Sustainable Development Goals of the 2030 Agenda, with its presentation, as well as with examples of its applications. With all this, its importance will be addressed, at the same time that students acquire knowledge and skills to understand the relevance of these SDGs and their relationship with the subject taught.

Throughout the seminars on this subject, the relationship between the subject matter of the work developed with the Agenda of the Sustainable Development Goals will be motivated, valuing the consideration of the inclusion of the approach of the gender and social perspective, as well as inequalities and other approaches considered in said agenda.

The seminars will be carried out using active methodologies based on problem-solving and on complementary activities related to the course content, such as critical analysis of readings, case studies, or the preparation of outreach materials. These activities will foster the acquisition of analytical, synthesis, oral and written communication, and ICT skills, as well as teamwork and critical reflection. The teaching staff will supervise the development of the seminar in the classroom, and attendance will be mandatory.

EVALUATION

1. Exam: Written test to asses knowledge and understanding of the theoretical minimum content established for the subject. This test will be the 75% of the final qualification of the subject.

2. Partial exam: During the course a partial exam will be taken at the end of the first semester. In the case of having passed with a 5/10, the subject of the partial will be eliminated and this mark will be saved during the first and second calls.

3. Both marks for the first partial and for the final exam (second partial) must be passed (5/10) in order to calculate an average. The final qualification of the students that are examined of all the contents, will be the achieved in the final exam.

4. Seminars: The work carried out in the seminar sessions, which includes the ability to resolve problems as well as the ability to make detailed and organized reports, will be up to 20% in the final qualification. Students are reminded of the obligation to attend the seminars.

5. The qualifications of both seminars and tutorials will be added when the complete subject has been passed

6. Tutorials: Assessment of the work done during tutorials. Taking into account the attitude of the student and the answer to the questions presented, the contribution of this activity will count up to 1% of the final evaluation of the subject.

The student enrol in the subject must attend the tutorials and seminars to pass the course, although in the case of repeat students, they will keep the marks of tutorials and seminars that they had obtained in the previous course.

7. Attendance and participation in theoretical classes: the participation of the students in the activities that are proposed during the development of the class will be valued. Participation in these activities will count up to 4% of the final grade.

The continuous evaluation activities, which in this subject are listed as tutorials and seminars, are MANDATORY ATTENDANCE and, therefore, NON-RECOVERABLE, in accordance with the provisions of article 6.5 of the UV Evaluation and Qualification Regulations for titles Degree and Master's. In the event that, for a justified reason, it is not possible to attend any of these activities, this must be communicated sufficiently in advance and accompanied by the corresponding documented justification. In this way, the person in charge of the subject can assign the student a session in another group. For repeating students, attendance at tutorials and at the previously uncoordinated seminars will not be required, and the grade obtained in these activities during the previous academic year will be maintained. However, attendance at the remaining seminars will be mandatory.

Evidence of copying or plagiarism in any of the assessable tasks will result in failure to pass the subject and in appropriate disciplinary action being taken. Please note that, in accordance with article 13. d) of the Statute of the University Student (RD 1791/2010, of 30 December), it is the duty of students to refrain from using or participating in dishonest means in assessment tests, assignments or university official documents.

In the event of fraudulent practices, the "**Action Protocol for fraudulent practices at the University of Valencia"** will be applied (ACGUV 123/2020): https://www.uv.es/sgeneral/Protocols/C83sp.pdf.

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