



Human Nutrition

Te Tari Kai Tōtika Takata

Nutrition and Chronic Disease

NUTN 404

Second semester – 30 points
Distance taught

This paper is relevant for health or education professionals who want to develop or update their nutrition knowledge and skills to complement their work as:

- General practitioners
- Nurses
- Pharmacists
- Physiotherapists
- Dentists
- Public health professionals
- School teachers with a background in biological sciences (e.g. Physical Education, Food Technology or Home Economics teachers)

This paper provides a critical and in-depth analysis of current and topical issues in the role of nutrition in non-communicable diseases, specifically heart disease, diabetes, obesity and cancer. Note that it does not prepare participants to practice as dietitians.

On successful completion of the paper participants will be able to:

- Understand the key concepts and recent developments in the role of nutrition in non-communicable diseases.
- Understand the multi-factorial nature of the development of non-communicable diseases.
- Identify strategies to reduce rates of non-communicable diseases.
- Understand the risk impact of non-communicable diseases and the importance of providing clear, easy to understand nutrition advice.
- Assess key research in this area and its implications.

For more information contact

Email human-nutrition@otago.ac.nz | Tel 64 3 479 7959 | otago.ac.nz/humannutrition

