

Elective Course
Public Health Nutrition

Target audience:

- **Master students at LMU Munich:** MSc Public Health, MSc Epidemiology
- **PhD students at LMU Munich:** PhD in Public Health and Epidemiology, PhD in International Health
- **Students from other universities:** possibly through EUGLOH (European University Alliance for Global Health)

Formal parameters:

- **Teaching language:** English
- **Teaching mode:** In-person at LMU Munich
- **Proposed length:** 1 week full time
- **Number of ECTS points:** 3 ECTS points, equivalent to 30 hours of teaching and 60 hours of self-study
- **Teaching formats:** Lectures, group work, individual assignments, self-study
- **Examination format:** Individual written assignment (e.g. essay or policy brief)

Teaching staff:

- **Course coordinator:** Dr. med. Peter von Philipsborn (Chair of Public Health and Health Services research)
- **Contributor:** Carmen Klinger (Chair of Public Health and Health Services research)
- **Additional contributors:** Possibly additional speakers from LMU or other institutions (tbd)

Course outline:

- An overview on the global food system
- An introduction to human nutrition, health and disease
- Environmental impacts of food production and consumption
- Social, political and commercial determinants of nutrition
- Dietary assessment methods
- Qualitative and quantitative methods for evaluating food policies
- Methods for deriving multidimensional dietary recommendations and guidelines
- Complex systems approaches to food and nutrition
- The politics of food
- Current topics in food environment and foods systems research, policy and practice