

Title: Clinical and Public Health Nutrition

Duration	Three-day training Workshop
Language	English (also available in other languages)
CPD	12 credited hours – IFPH
Location & Dates	Istanbul (First Monday every month) London (Second Monday every month) Dubai (Third Monday every month) Brunei (Fourth Monday every month)
<i>IFPH reserves the right to alter dates, content, venue and facilitator with a reasonable notice time</i>	
<i>Please note</i>	<i>ON-Demand: IFPH and potential participant/partner can agree other duration/date/locations than those stated above</i>
Delivery Type	Group - Live
Prerequisites	None
Who should take this training-workshop?	Nutritionists, dietitians, health educators, health professionals, nurses and public health practitioners, who are working in a community, but not limited to the following individuals: Community Health Workers, Diabetes Educators, Family Physicians, Health Promoters
Fees in GBP (£)	- - - (to be decided)
Email	apply@ifph.org
Including coffee breaks and a lunch daily	

Learning Objectives

By the end of the training-workshop, participants will be able to:

1. Explain Nutritional support for malnourished individual.
2. Develop an action plan to tackle Obesity
3. Appraise nutrition and dietary advice for diabetes.
4. Assess the role of diet in the management of heart diseases circulation.
5. Evaluate the Diet and Cancer prevention.
6. Rank eating disorders and managing protocols
7. Tackle nutrition-related bone disease; e.g. Osteomalacia, rickets and Osteoporosis.

Outline of the Training-Workshop

- Nutritional support for malnourished individual
 - Definition of malnutrition
 - Classification of malnutrition
 - Management of Malnutrition
- Obesity
 - Obesity as an increasingly important public health problem
 - Definition and health risks of obesity

- General principles of obesity treatment
- Treatment by diet alone
- Adjuncts to nutritional therapy for obesity
- Maintenance of weight loss
- Prevention of obesity

- Nutrition and dietary advice for diabetes
 - Diet for weight loss in insulin-treated overweight patients
 - Components of dietary energy for patients with diabetes
 - Health promotion and families of people with diabetes

- Role of diet in the management of heart diseases circulation
 - Correlations between CHD rates and food intake
 - Cardiovascular risk factors and their nutritional determinants
 - Nutritional strategies for high-risk individuals and populations

- Diet and Cancer prevention
 - Epidemiology of cancer
 - Relationship of diet to cancer at different sites
 - Dietary recommendations

- Eating disorders
 - Anorexia nervosa
 - Bulimia nervosa
 - Binge eating disorder

- Nutrition-related bone disease
 - Osteomalacia and rickets
 - Vitamin C and K deficiency
 - Copper, Phosphate and Zinc deficiency
 - Causes of Osteoporosis
 - Osteoporosis and calcium intake