

The Hashemite University
Dept. of Clinical Nutrition & Dietetics
Community Nutrition Lab 140502456
Course Outline
Fall 2019

Instructor: Dr. Huda Mustafa Al Hourani

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Laboratory times: Sunday: 2:00 – 5:00,

Office hours: Sunday, Monday, Tuesday & Thursday: 12.00-1.00 pm

Course description:

This course will provide the student with a framework to approach, analyze, and work with community nutrition problems. Needs of different populations and various resources within the community will be scanned.

Teaching tools:

Lecture presentations, Groups discussion, Classroom and online activities, Handouts, and Worksheets.

Tentative schedule of laboratory activities:

Week Topic

1 Orientation & introduction

2-3 Presentation development

4-5 Designing questionnaires

6-8 Data collection

9-10 Data entry and analysis

11-12 Presentation

Students will be divided into groups; **4 each** will choose one of the following indices of diet quality

1. Healthy Diet Indicator (HDI-2013)
2. Healthy Eating Index-2015 (HEI-2015)
3. Mediterranean Diet Quality Index (Med-DQI-2006)
4. Dietary Behavior Score (DBS-2009)
5. Mediterranean Adherence Diet Screener (MEDAS-2011)
6. Modified Mediterranean Diet Score (mMDS-2014)
7. Mediterranean Food Pattern (MeDiet-2008)
8. Mediterranean Diet Score (MDS-2011)
9. Diet Quality Score (DQS-2007)
10. Mediterranean Adequacy Index (MAI-2006)
11. Healthy Eating Index-Frequency Questionnaire (HEI-f-2000)
12. Mediterranean Style Dietary Pattern Score (MSDPS-2009)
13. Mediterranean Dietary Pattern adherence index (MDP-2003)
14. Cardioprotective Mediterranean diet index (Cardio-2004)
15. Relative Mediterranean Diet Score (rMED-2009)
16. Mediterranean Lifestyle (MEDLIFE index-2014)

Laboratory assessment:

Grades will be based on the following percentages:

Writing proposal	20%	Deadline 3/11/2019
Activity & Attendance	10%	
Presentations	20%	To be announced
Term paper	50%	Deadline 19/12/2019