



THE FEDERAL POLYTECHNIC, ILARO COURSE COMPACT

School:	Pure and Applied Sciences
Department:	Nutrition and Dietetics
Programme:	HND, Nutrition and Dietetics
Course Code:	NUD 442
Course Title:	Nutrition Planning, Policy And Advocacy
Units:	2
Course Lecturer:	Mr. Gabriel Emmanuel
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Session:	2023/2024
Semester:	Second
Location:	BB 1
Time:	8.00 am – 10.00 am

A. Brief Overview of Course:

This course is designed to equip the students with knowledge on how to plan and implement nutrition programme, policy and advocacy.

B. Course Objectives/Goals

On completion of this course, the students should be able to:-

On completion of this course, the student should be able to:

- Understand the concept of food and nutrition programme planning
- Know food and nutrition policies
- Understand the basic concept of advocacy
- Understand the concept of Monitoring and Evaluation
- Understand the nutritional components of primary health care.

C. Method of Lecture Delivery/Teaching Aids

➤ **Lecture Delivery Methods**

- Interactive classroom session
- Online lecture (e-classroom)
- Group presentation
- Field work
- Lecture note

➤ **Teaching Aids**

- Powerpoints
- Practical demonstration at the Nutrition and dietetics Clinic
- White board
- Marker
- Posters
- Video/audio clips
- Charts

D. Course Outlines

Module I: Nutrition programme planning

Week 1:

- Define nutrition programme
- Explain the concept of nutrition programme planning
- Explain the goals and objectives of nutrition programmes
- Explain the target groups for food and nutrition programme

Week 2:

- Explain the steps involved in food and nutrition programme planning
- Define programme implementation
- Explain steps involved in implementing nutrition programmes

Week 3:

- Explain the multi-sectoral linkages in agriculture, nutrition, health and education sectors
- Explain the role of Agriculture in nutrition programme implementation

Module 2: Food and nutrition policies

Week 4:

- Define food and nutrition policy
- Explain the objectives of food and nutrition policy
- Explain the principles of food and nutrition policy
- Give examples of food and nutrition policies

Week 5:

- Explain the components of food and Nutrition policy
- Describe food and nutrition situation in Nigeria
- Group 2B presentation

Module 3: Advocacy

Week 6:

- Define advocacy

- State the basic concept of advocacy
- Explain the principles of nutrition Advocacy
- List and explain the elements of advocacy

Week 7:

- Explain the phases of an advocacy process
- Describe the conditions that demand nutrition Advocacy
- First continuous assessment

Module 4: Monitoring and Evaluation (M & E)

Week 8:

- Define Monitoring and Evaluation (M&E)
- Explain the concept of monitoring and Evaluation
- Explain the steps in conducting M & E
- Explain the concept of M & E in the evaluation of impact of nutrition programmes at household, village and at national level

Week 9:

- Practical/field work

Week 10:

- Practical/field work

Week 11:

- Practical/field work

Week 12:

- Group 1 Field report presentation & Group 2 presentation (Group A & C)

Module 8: Nutritional components of primary health care

Week 13:

- Group 3 & 4 Field report presentation

E. Structure of the Programme/Method of Grading

Continuous Assessment

- | | |
|------------------------------------|-----|
| • Group Presentation/demonstration | 20% |
| • Test | 10% |

Examination

- | | |
|----------------------|-------------|
| • Theory Examination | 70% |
| Total | 100% |

F. Ground Rules and Regulations

- 75% attendance must be attained to sit for the examination
- Late coming to lecture will not be tolerated
- Noise making and side talk shall attract punishment
- Assignment must be submitted on time
- Contribution to group discussion and classwork is a prerequisite to passing the course.

G. Topics of Term Papers/Assignment/demonstrations

1. Group 1 assignment:

Overview:

As final year students in Nutrition and Dietetics, you have the opportunity to make a tangible difference in the lives of individuals and communities through the application of your knowledge and skills. In this assignment, you will embark on a comprehensive journey to develop, implement, and evaluate a nutrition programme aimed at improving the health and well-being of a nearby community.

Assignment question:

Imagine you're a consultant hired by a local organisation to address a nutrition concern in a nearby community. This could be anything from childhood obesity to managing diabetes, depending on the community's demographics and health data.

- Develop a culturally-appropriate nutrition programme plan for the community need.
- Implement your designed nutrition programme within the chosen community.
- Evaluate the impact of your nutrition program on the target population.

Did your programme achieve its intended goals? Measure the programme's effectiveness and identify areas for improvement. This will showcase your ability to assess the programme's real-world impact on the community's health outcomes.

Instruction: You have 12 weeks for this project. You are to commence after the introductory class.

2. Group 2 assignment:

Question 1: (Group 2A 10 students)

Design a comprehensive food and nutrition policy for a developing country. Discuss the key components, including food security, nutrition education, and health promotion. How would you ensure the policy is implemented effectively and monitored for its impact?

Question 2: (Group 2 B – 5 students)

Analyze the role of nutrition science and research in shaping food and nutrition policy. Discuss the challenges faced in creating effective policies and the impact on consumers and industry. How can nutrition professionals contribute to the policy-making process?

Question 3: (Group 3 C – 5 students)

What role do stakeholders, including government agencies, non-governmental organizations, and industry players, play in shaping food and nutrition policies, and how can conflicts of interest be managed to ensure public health remains the priority?

3. Group 3 assignment:

Question 1 (Group 3A – the first five students)

The spread of nutrition misinformation online poses a significant challenge. Select a specific area of dietary misconception (e.g., fad diets, "superfoods"). Craft a compelling social media campaign aimed at debunking these myths and promoting evidence-based nutritional information. Explain your target audience, content strategy, and methods for building trust and credibility.

Note: Your advocacy message must be submitted 3 weeks before the date of presentation, approved and uploaded on blogs, and social media platforms. Please note that your presentation is not limited to the message you shall upload.

Question 2: (Group 3B - 15 students)

Conduct needs assessment to identify gaps in healthy eating practices and other nutrition-related issues among students in the polytechnic. Based on your findings, propose a nutrition intervention and develop a plan for engaging stakeholders, building partnerships, and mobilising resources to support its implementation.

Note: Your proposal must be convincing enough to make the rector approve a date for a symposium or lecture for students in the polytechnic. The NANDs executives will then key into it and organize a programme that will be impactful before SUG week. You are to commence your assignment from week 6 and complete it before week 10.

4. Group 4 assignment:

Plan and execute Nutrition Education programme in a nearby community on weekly basis for three weeks.

Monitor and Evaluate the impact of the Nutrition Education programme on the population.

Write and present a report on the outcome.

Note: You must submit your nutrition education assessment tools, curriculum and instructional materials for vetting 2 weeks before the actual field work. You must also have a space of 1 month before evaluation.

H. Contemporary Issues/Relevance

This course will produce students that will be able to plan and implement nutrition programme, policy and advocacy in communities and institutions.

I. Recommended Reading/Texts

- a. National Policy on Food and Nutrition in Nigeria" published by the Ministry of Budget and National Planning in 2016.
<https://nigeria.savethechildren.net/sites/nigeria.savethechildren.net/files/library/NPFN%20manual%20design%20%20v13.pdf>
- b. National Strategic Plan of Action for Nutrition (2014 – 2019)" which is the health sector component of the National Food and Nutrition Policy.
<https://faolex.fao.org/docs/pdf/nig158612.pdf>
- c. National Multi-Sectoral Plan of Action for Food and Nutrition (NMPFAN)" which provides a framework for coordinating nutrition actions across sectors.
<https://ngfrepository.org.ng:8443/handle/123456789/3255>
- d. The website of the Federal Ministry of Health's Nutrition Department, which is responsible for formulating nutrition policy, planning, advocacy, capacity building, supportive supervision, research, monitoring and evaluation.
<https://www.health.gov.ng/Source/58/Nutrition>
- e. Nutrition program design assistant: a tool for program planners.
https://www.advancingnutrition.org/sites/default/files/2020-02/npda_workbook_web.pdf