



Course Descriptor AHND 493 Maternal and Child Health

Proposed Academic Year	2020-2021	Last Reviewed Academic Year	
Course Code	AHND 493	Course Title	Maternal and Child Health
Credit hours	3	Level of study	Bachelor
College / Centre	CAHS	Department	FSHN
Co-requisites		Pre-requisites	AHND 480

1. COURSE OUTLINE

This course is an introduction to the historical perspective of maternal and child health, and to maternal and child health career opportunities. This course is designed to provide students with the necessary information and resources to develop a clear understanding of maternal and child health.

2. AIMS

[This course aims to

Provides a comprehensive introduction to the nutritional requirements of pregnancy, lactation, infancy, childhood, and adolescence.

Describe main topics including physiologic and metabolic adaptations of pregnancy and lactation, maternal nutrition during pregnancy and lactation, composition of human milk and formula, feeding practices of infants and toddlers, and the nutrient requirements of infants, children, and adolescents.

Provide sufficient foundation in maternal and child nutrition to better understand the relevant scientific literature.

3. LEARNING OUTCOMES, TEACHING, LEARNING and ASSESSMENT METHODS

Learning Outcomes (Definitive)	Teaching and Learning methods (Indicative)	Assessment (Indicative)
Upon successful completion of this course, students will be able to:		
1. Identify health outcomes related to MCH nutrition	Lecture, tutorials	Written examination, assignment.
2. Describe the socioecological model for MCH nutrition	Lecture, tutorials	Written examination, assignment.
3. Review components of a healthful diet	Lecture, tutorials	Written examination, assignment.
4. Distinguish between different methods to assess dietary intake	Lecture, tutorials	Written examination, assignment.
5. Apply tools that measure diet and overall health that can be used at the population level.	Lecture, tutorials	Written examination, assignment.

4. ASSESSMENT WEIGHTING



**Course Descriptor
AHND 493 Maternal and Child Health**

Assessment	Percentage of final mark (%)
Quizzes	10%
Term project / Presentation	10%
Mid-Term Exam 1	20%
Mid-Term Exam 2	20%
Final Exam	40%
TOTAL	100%

5. ACHIEVING A PASS

Students will achieve xx credit hours for this course by passing ALL of the course assessments [*alternatively, list the compulsory pass assessments**] and achieving a **minimum overall score of xx%**

*NB *Ensure that ALL learning outcomes are taken into account*

6. COURSE CONTENT (Indicative)

Introduction to Maternal and Child Health
Overview and Nutritional Guidelines
Life Course Perspective/Social Determinants of Health
Health Systems challenges in developing countries
Developmental Origins and Maternal Nutrition
Describe how events during pregnancy and early childhood affect obesity-related health outcomes over the life course
Introduction to Infant Nutrition
Understand the federal WIC program and WIC change related to infant nutrition
Toddler and Child Nutrition
Understand the development of eating behaviors
Adolescent Nutrition
Understand the unique obesity issues of adolescents
Child Obesity
Recent advances and intervention that addresses childhood obesity
Malnutrition: food insecurity and obesity



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AHND 493 Maternal and Child Health

TOTAL HOURS	45
Plus RECOMMENDED INDEPENDENT STUDY HOURS	16
TOTAL COURSE HOURS	60

7. RECOMMENDED REFERENCES

Core text/s:

1. Maternal and Child Health: Programs, Problems, and Policy in Public Health 3rd Edition by Jonathan B. Kotch. ISBN-13: 978-1449611590, ISBN-10: 1449611591.
2. Oxford Textbook of Global Health of Women, Newborns, Children, and Adolescents. Edited by Delan Devakumar, Jennifer Hall, Zeshan Qureshi, and Joy Lawn. Published: 20 February 2019, ISBN: 9780198794684

Library + online resources:

Open Educational Resources:



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