



Course in Public Health Nutrition

Porto, Portugal, 25-27 May, 2023

Nutrition on Health and Planetary Sustainability: from scientific evidence to recommendations

OBJECTIVES | To increase knowledge on nutrition-health relationships: understanding the nutritional transition from undernutrition to obesity, discussing the evidence on the associations of diet/nutrition/dietary patterns with health (particularly non-communicable diseases) and planetary sustainability, putting into context recommendations vs. evidence-based findings, and exploring methodological approaches, associated factors and environmental impacts of dietary transitions.

FACULTY

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PROGRAM

DATE		HOOR (h)	TOPIC	SPEAKER
25/05/2023	Thursday	14h-17h	Concepts and priorities in Public Health Nutrition.	Carla Lopes
		17h-19h	The Nutritional Transition. Undernutrition in Public Health The obesity epidemic: methods and challenges. Life course approach to obesity.	Joana Araújo
26/05/2023	Friday	14h-16h	SEMINAR 'Salt and Health'	Pedro Moreira
		16h-18h	Evidence on diet and non-communicable diseases.	Andreia Oliveira
		18h-19h	Life-course approach to eating behaviours.	Andreia Oliveira
27/05/2023	Saturday	9h-11h	Planetary food sustainability. Dietary transitions at the population level.	Catarina Carvalho
		11h-13h	From evidence to recommendations. Closing session.	Carla Lopes

Setting: Faculty of medicine, University of Porto, Porto (Portugal)

Mode of learning: Face-to-face sessions. Teaching methodologies will combine the theoretical and practical dimensions of the main concepts and challenges of research on nutrition and health.

Training language: English

Duration: 14 hours, distributed across 3 working days

Fee: 150€ general fee; 120€ for students and alumni from the University of Porto and for public health internship medical doctors

Online application: The registration process must be done at <http://www.ispup.up.pt>

Application Deadline: 22nd May, 2023



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