# Nutrition for Health and Sustainability

An online course

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# Context

- While health is one of several factors influencing diets, it is a powerful one, especially in certain life situations such as illness and the birth of a child.

- The global obesity epidemic, the rise of personalized medicine and increased understanding of the microbiome are also likely to converge into a situation where doctors can prescribe food as medicine, giving them influence over the decision, implementation, and confirmation stages as well.

- Currently, a key obstacle to medical professionals playing a stronger role in food systems transformation is their relative lack of training in nutrition, let alone sustainability.

- If medical doctors had better knowledge of the link between food, health, nutrition, and sustainability, they could play an active role in transforming our food system.

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# Solution

- To overcome this gap in knowledge and to reinforce behaviour change towards healthier and sustainable diets, EIT Food has developed this short online course tailored for medical students, professionals, and anyone with an interest in food, nutrition and sustainability.

- The course: "Nutrition for Health and Sustainability". It is composed of 12 hours of learning broken down in 3 modules.

- On this course, learners will look at:
  - what makes up a healthy diet and see what types of foods play a crucial part in preventing diseases.
  - the relationship between food and disease and get accustomed to nutrition counselling techniques.
  - the possible biological, social, and psychological causes of unhealthy eating patterns.
  - the importance of evidence-based nutrition both for human and planet health.

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# Ambition

- Our mission is to empower participants to make informed decisions about their food choices. While we will inform participants on the transformative power of healthy eating habits.
- We will also equip medical doctors with fundamental nutrition knowledge and nutrition counselling skills so that they could become the agents of change our society need.

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# High level contributors

- This course has been designed with and for medical students (undergrad or higher) by the following institutions, in collaboration with experts from the Harvard Medical School and the International Federation of Medical Students Associations (IFMSA).

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# A modern approach to learning

- Course available 24/7 to fit with busy lifestyle
- Free Learning Certificate
- Content accessible on any connected device
- Short lesson in a variety of formats: video, text, quizzes, etc
- Conversational learning: Learners are encourage to reflect and join discussions
- Additional content added to each steps to further explore the topic

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# Trailer video

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# Course Syllabus

## Week 1: Why do we need to rethink our diets?

Welcome to the course

Diet and health

Diet and society

Putting it into practice

Review & reflect

## Week 2: The role of diet in health

Welcome to Week 2

Diets to prevent disease

Diets and NCDs

Putting it into practice

Review & reflect

## Week 3: Sustainable diet for healthy humans and planet

Welcome to Week 3

Diets for healthy living

Diets and food systems

Diets to save the planet

Putting it into practice

Course summary

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Week 1: Why do we need to rethink our diets?

## Welcome to the course

This first activity introduces the course and the educators

1.1 **Why it's important to rethink what we eat and how we produce it** VIDEO (05:39)

1.2 **Meet the Educators** ARTICLE

1.3 **Your professional background** POLL

1.4 **What brought you here?** POLL

1.5 **The links between nutrition, health and sustainability** ARTICLE

## Diets and society

This activity explores the importance of food in today's society

1.6 **Historical eating patterns** ARTICLE

1.7 **Dietary trends** VIDEO (05:05)

1.8 **The cultural importance of food** ARTICLE

1.9 **Which food best reflects your culture?** DISCUSSION

## Diet and nutrition

# Cancer and diet: juggling between data and myths

0 comments

**The World Health Organization estimated that up to 30% of cancer-related deaths could be prevented by modifying lifestyle, including diet and physical activity patterns.**

While the link between cancer and diet is far to be fully understood, a growing body of evidence has reported that certain foods and nutrients may lower the risk of—or, conversely, contribute to—certain types of cancer.

Some risk factors related to cancer development, such as genetics and environment, are unmodifiable. However, it has been estimated that they represent less than 30% of a person's lifetime risk of getting cancer. Preventing obesity and following a healthy dietary pattern should be part of the recommendations to both the general population and cancer survivors as these strategies are convincingly linked to a reduced risk of primary or secondary cancers.

View transcript

Download video: standard or HD

# The menu of lifestyle intervention

0 comments

The primary individuals involved in lifestyle intervention are the patient and the clinician.

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# Motivational interviewing techniques

0 comments

As explored in the previous step, Motivational Interviewing (MI) aims to help patients identify and change behaviours that place them at risk of developing health problems.

- Course available from 04/09/2023 to 04/09/2024
- Link: https://www.futurelearn.com/courses/nutrition-for-health/5
- Course presentation video
- Press release

# Learner reviews

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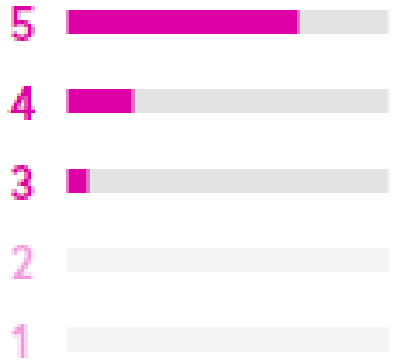
29 Reviews



L

**Lynda P.** Verified learner

08/10/21

★★★★★

### Well presented Informative course.

I enjoyed this course as it was very inclusive giving a realistic overview of how food sustains us. I particularly appreciated the input which covered sustainability. Often health advise and education can be a bit unrealistic. Yes, we know what we should do and eat but incorporating this into daily life isn't always so straightforward. This course gave us the facts to work with. Very good. Read Less

H

**Hannah S.** Verified learner

04/01/22

★★★★★

### Nutrition and sustainability course

Excellent course very helpful with lots of great iinfo on nutrition the environment and will help me live a better healthier lifestyle for my individual needs

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# Thank you!

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