



THE UNIVERSITY OF ARIZONA

Mel & Enid Zuckerman
College of Public Health

**Mel and Enid Zuckerman College of Public Health
University of Arizona**

EPID 645 Nutritional Epidemiology

Catalog Description: An overview of the current issues and methods in assessing nutritional status in epidemiological studies. Issues and methods used in international studies and of chronic disease nutrition will be covered. (3 units)

Course Topics:

- Nutrition and Disease
- Dietary Intake Assessment
- Dietary Recommendations / Nutritional Guidelines
- Nutritional Surveillance Systems
- Obesity
- Communicating Science
- Diet, Physical Activity, and Cancer
- Dietary Supplements

Course Objectives: During this course, students will:

- Become familiar with basic concepts in nutritional epidemiology, focusing on methods used in the study of nutrition-disease associations.
- Understand the strengths and limitations of different dietary and nutritional assessment methods.
- Become familiar with current trends in nutritional epidemiology.
- Learn how to read and interpret scientific literature in the field of nutritional epidemiology, and to prepare scientific reports on topics in nutritional epidemiology.

Learning Outcomes (Competencies Obtained): Upon completion of this course students will be able to:

1. Describe and summarize findings from the scientific literature
2. Compare the strengths and weaknesses of different epidemiological study designs and choose the most appropriate design for specific research questions
3. Select appropriate study design for assessing the association between a given exposure and an outcome, understanding advantages, limitations, and potential biases
4. Identifies potential sources of bias and their impact on study quality
5. Evaluates the integrity, comparability, and limitations of data to make inferences related to analyses and results