

Engaging with communities around Nutrition and Health

MODULE: CNT 480

Course description

This module is approached in a manner by which the students learn and develop through active participation in thoughtfully organised community nutrition service delivery. This service delivery:

- represents the compulsory, uninterrupted practice training in community nutrition as required by the Professional Board of Dietetics and Nutrition of the HPCSA;
- aims to foster purposeful civic learning (social responsibility); and
- includes structured time for you to reflect on service experience and the application of theoretical principles in the community setting.

Community challenge

- Food and nutrition insecurity, high unemployment rates, double burden of over and undernutrition, NCDs
- Unhealthy and energy-dense food items and high-sugar beverages

Opportunity description

Exposure to the realities within communities, engagement with community projects.

Impact

- Improvement of nutritional status of community members
- Empowerment of communities in problem-solving and development

Community partners

Daspoort Clinic and the University of Pretoria Department of Family Medicine.

