

# Engaging with communities around nutrition



MODULE: CNT 480 | Department of Human Nutrition – Community Nutrition

### Course description:

This module is aimed at students learning and developing through active participation in thoughtfully organised community nutrition service delivery. This service delivery includes:

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

### Community challenges:

Food and nutrition insecurity, high unemployment rates, double burden of over- and undernutrition, non-communicable diseases  
Unhealthy and energy-dense food items and sugary beverages

### Opportunity description:

- Exposure to communities and their realities
- Tailor-made community nutrition interventions
- Multidisciplinary community development projects



### Impact:

- Community empowerment to address challenges
- Community engagement in addressing felt needs

### Community partners:

Daspoort Clinic and the University of Pretoria Department of Family Medicine

