

**Value added course on
“Assessment of Nutritional Status”**

(26 to 30 September 2021)

Organized by: Dept of Anthropology, West Bengal State University

Joint organizer: Dept of Food and Nutrition, West Bengal State University

Target group: Inhouse students (both outgoing and 3rd Semester students)

Course details

Unit-1: Nutrition Assessment: Introduction & definitions. Objectives of nutrition assessment; Nutrition assessment systems.

Unit- 2: Nutritional surveys: Definitions; Objectives of nutrition survey; Uses of nutrition survey; Classification of nutrition surveys; Types of nutrition surveys; Planning & organization of nutrition surveys. Nutrition surveillance

Unit- 3: Nutrition screening; Assessment of the nutritional status: Components of nutritional assessment.

Unit- 4: Assessment of the nutritional status: Clinical Methods

Unit-5: Assessment of the nutritional status: Anthropometry

Importance & Definitions; Advantages & disadvantages; uses.

Unit- 6: Anthropometric methods: Measuring length, stature, head circumference, arm circumference and weight. Growth Charts, Weight standards

Unit-7: Anthropometric indices

Unit-8: Anthropometric methods: Body composition measurements; skinfold measurements.

Unit 9: Biochemical methods: Advantages of laboratory tests; Difficulties and limitation of laboratory tests; Examples of some biochemical measurements of nutritional status

Unit-10: Factors affecting the validity of measurements of blood tests; Criteria for biochemical tests suitable for fieldwork.

Unit-11: Dietary Methods: reasons for measuring diets; Techniques in measuring diets, Information needed; Types of dietary studies; Methods of dietary studies; National Dietary Studies.

Unit-12: Dietary studies: Institutional studies; Families' dietary studies; Individual dietary studies; Dietary assessment in specific situations

For admission: contact Prof Subir Biswas (subir@wbsu.ac.in)