Nutrition and Health Promotion

(589109) 30 points

Paper overview
What we eat is a subject that frequently sparks plenty of debate – the how, why and how much and the relationship of food with life-long health are the focus. What can be done is informed by the principles of the life course approach to health promotion, the Ottawa Charter, Treaty of Waitangi and equity.

In this paper you will explore the relationship between health promotion, education and behaviour change, in relation to nutrition, within a variety of population and community groups. You will also examine the link between theory and practical nutrition health promotion, and implementation and evaluation practices within the environment of current health promotion programmes, government policy, media and the food industry.

Programme study options
This paper is available from the Faculty of Health and Environmental Sciences in the rehabilitation specialisation area.

Who can study this paper?
This paper is available from the Faculty of Health and Environmental Sciences under the following programmes:
- AK 3483 - Postgraduate Certificate in Health Science (PAN)
- AK3487 - Postgraduate Diploma in Health Science (PAN)
- AK3485 - Master of Health Science
- AK3733 - Master of Health Practice
- AK3807 - Postgraduate Certificate in Public Health
- AK3806 - Postgraduate Diploma in Public Health
- AK3805 - Master of Public Health.

What can you expect to learn?
This paper covers the following topics:
- Nutrition and health promotion in the New Zealand setting
- Contemporary food and nutrition issues
- Lifestyle diseases and nutrition using the lifecycle model.
- Review of health promotion interventions conducted in New Zealand and internationally
- Current policy and action in New Zealand with reference to the food industry, media and marketing practices in New Zealand.

What you need to study this paper
To study this paper it is essential you have regular access to a computer, internet (broadband preferred), email access, and it is desired that you have a background in health promotion.

Paper Coordinator: Professor Elaine Rush: MNZM, PhD, MSc, Registered Nutritionist
Professor Elaine Rush has dedicated 30 years of scientific enquiry at the cutting edge of health and education. Currently, as Professor of Nutrition at AUT her work is centred on the prevention of chronic disease in our communities. An internationally recognised research leader with expertise in nutrition, energy expenditure, physical activity and the measurement of body composition, Elaine is a champion for the communities she works with. She provides a strong scientific voice on the role of nutrition and physical activity in promoting health
http://www.aut.ac.nz/profiles/elaine-rush2

Dates and location details
Location: On campus at AUT South, AUT University.
Teaching Period(s): Semester 2 (12 x 3hr sessions starting at 12 noon on Wednesday)
Online: Discussion groups online
Teaching Style: Lectures, workshops, discussion, student seminar presentations and demonstrations
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How much time will I need to commit to the paper?
This is dependent on your other commitments and the speed at which you learn and work, but on average a 30 point paper typically involves around 300 hours per semester, including the practice component.

How much does this paper cost?
30 point paper tuition fee for domestic students is approximately NZ$2000. Additional fees for study may include; a learner services levy, student association (AUSM) fee, charges and paper activity fees.

Please contact us for further information (International students email international.centre@aut.ac.nz)

How will the paper be assessed?
• Attendance and academic contribution to seminar series and discussions. This includes the writing of an abstract (500 words) and an oral presentation about a current issue in nutrition and health
• Oral presentation and written proposal (5000 words) to undertake and evaluate an integrated nutrition related health promotion project with a particular group or community.
• A portfolio of weekly written and oral summary of assigned articles

Enrolment process

New students
Contact the Student Information Centre
Phone: 0800 AUT UNI (0800 288 864) or Email: courseinfo@aut.ac.nz

Returning students
Go online to AUTonline, https:autonline.ac.nz
a. Check paper timetable by clicking on ‘Timetable’ option
b. Then complete the re-enrolment form by clicking on ‘Forms’ option
c. Then email us the completed form.

Enrolment and paper information
Student enrolment enquiries: Student enquiries about this paper:
0800 AUT UNI (0800 288 864) Elaine Rush (Paper Coordinator)
courseinfo@aut.ac.nz 09 921 9758
www.healthpostgraduate.aut.ac.nz elaine.rush@aut.ac.nz or stephanie.gregory@aut.ac.nz
or debra.spinetto@aut.ac.nz

Information in this document is provided as a general guide only for students and is subject to alteration.