



This course supports the assessment for Nutrition for Contemporary Society. The course covers 5 competencies and represents 3 competency units.

Introduction

Overview

Obesity was recently designated by the AMA as a disease category, and nutritional ignorance and/or misunderstandings are at the root of the health problems that most Americans face today. Nurses need to be armed with the most current information available about nutrition science including how to understand nutritional content of food, implications of exercise and activity on food consumption and weight management, and management of community or population-specific nutritional challenges. This course should prepare nurses to provide support, guidance and teaching about incorporation of sound nutritional principles into daily life for health promotion.

Getting Started

Welcome to Nutrition for Contemporary Society! As you begin this course, go through the preparing for success section and learning resources to understand primary elements of your learning. As you explore the learning resources section, take a moment to look under the supplemental resources and download the Report from the Institute of Medicine on the Current State of Obesity Solution in the United States. Next, begin to plan and prepare for you learning using the pacing guide to coordinate your workload. You are now ready to engage the course materials. Throughout the course your learning resources will be directly linked as required. You do not need to click on any supplemental links, or additional chapter pieces other than what is directly linked to and referenced in the course of study. Any links in the chapter readings or on the website are at your discretion and are not required. Once you have completed the course materials, complete the pre-assessment under the course assessment tab in preparation for your final objective assessment.

Competencies

This course provides guidance to help you demonstrate the following 12 competencies:

- **Competency 746.1.13: Nutrition to Support Wellness**
The graduate discusses components of a healthy diet plan guided by national guidelines and sound nutritional principles.
- **Competency 746.1.14: Healthy Nutrition Choices**
The graduate recognizes the role of healthy diet choices in relation to body weight, genetic control, healing, and body weight imbalances.
- **Competency 746.1.15: Nutrition and Physical Activity**
The graduate analyzes the balance of nutrition and physical activity in the human body and its relationship to overall physiological functioning and bodily systems.
- **Competency 746.1.16: Nutrition through the Lifecycle**
The graduate analyzes the role of nutrition in an average human life cycle from conception and pregnancy to older adulthood.
- **Competency 746.1.17: Safety and Security of Food**



The graduate analyzes the role of food safety in nutrition and the factors contributing to world hunger.

- Competency 746.1.18: Nutrition and Global Health Environments:

The graduate analyzes the role of food safety in nutrition and the factors contributing to world hunger.

For a complete list of the competencies and objectives identified for this course please click [here](#)

Preparing for Success

The information in this section is provided to detail the resources available for you to use as you complete this course.

Learning Resources

The learning resources listed in this section are required to complete the activities in this course. For many resources, WGU has provided automatic access through the course. However, you may need to manually enroll in or independently acquire other resources. Read the full instructions provided to ensure that you have access to all of your resources in a timely manner.

Automatically Enrolled Resources

You will be automatically enrolled at the activity level for the following learning resource. Simply click on the links provided in the activities to access the learning materials.

Primary Resource:

- Edelstein, S. (2011). [Nutrition in public health](#). New York, NY: Jones and Bartlett Learning. ISBN: 9780763777913

Supplemental Resources:

- [Report from the National Academies of Sciences Engineering Medicine on the Current State of Obesity Solution in the United States - Workshop Summary](#)
- [Nutrition Information for You](#)

Pacing Guide

This course overview suggests a balanced topic and pacing structure for completion of the required learning activities for Nutrition for Contemporary Society. A block of learning generally relates to the amount of work the average student should be able to complete in roughly a week, however, we recognize that adjustments in time are common. Please use this as a guide to plan your own timelines for completion.

Block of Learning 1: Nutrition to Support Wellness
Healthy Diets

Block of Learning 2: Healthy Nutritional Choices/Nutrition and Physical Activity



Nutrition and Weight Management
Nutrition, Fitness, and Physical Activity

Block of Learning 3: Nutrition through the Lifecycle

Pregnancy
Childhood
Older Adulthood

Block of Learning 4: Safety and Security of Food

Keeping food Safe

Block of Learning 5: Safety and Security of Food

Eliminating Global Hunger

Block of Learning 6: Nutrition and Global Health Environments

Nutrition and Global Health

Note: This pacing guide is not a comprehensive listing of all work that needs to be completed but merely the headings for where work is located in the course. Please refer to the course content for full listings of readings, activities, and material.

Nutrition to Support Wellness

The implications of food choices are significant. The nutrients in the food we eat form and maintain the structure of our bodies. Therefore, we really are what we eat. Virtually every nation has recognized the importance of nutrition in the overall health and wellbeing of individuals. Today modern public health agencies provide valuable information regarding healthy food choices. However, this information isn't always understood or used properly.

Healthy Diets

A healthy diet is one that provides the right number of calories to keep weight in the desirable range and to supply adequate energy to meet daily needs; the proper balance of carbohydrates, proteins, and fat; plenty of water; and sufficient but not excessive amounts of vitamins and minerals. This module presents the proper usage of dietary recommendations and supplements for developing a successful diet plan.

Complete Readings: Guidelines for a Healthy Diet

As you complete the listed material below, pay attention to the following key points:

- nutrition recommendations
- MyPlate method
- dietary reference intakes (i.e. Recommended daily allowance, Tolerable upper intake levels, and estimated average requirement)
- tools for diet planning

Please click on and read the material in each link provided, including book chapters and internet links. However, realize that the only required reading is the chapter (or pages of the chapter) or



the exact website in the link, and you will not need to click away to other links or read other supplementary material in the book for this module. If you have already read a chapter for an earlier module, review it for information that relates to this objective. These instructions will hold true through the entire course:

- [chapter 2 \("Applying Nutrition Science to the Public's Health"\)](#)
- [Health.gov Dietary Guidelines 2015: Recommended shifts](#)

Read, view, or interact with the following resources:

MyPlate

- [My Plate Healthy Eating Tips](#)

DRIs

- [Nutrient Recommendations: Dietary Reference Intakes \(DRI\)](#)

Diet Planning

- [How to Understand and Use the Nutrition Facts Label](#)

Healthy Nutritional Choices

The choices that patients make in their food intake and their level of activity have a direct impact on their weight and health. Genetics and patient body image also influence their body composition and the choices that they make.

Nutrition and Weight Management

In this topic, you will learn how to develop a plan that will assist a patient in successfully managing their weight through proper caloric intake and energy expenditure.

Complete Readings: Nutrition and Weight Management

As you complete the listed material below, pay attention to the following key points:

- body weight and health
- energy balance
- determinants of body weight
- managing body weight
- societal pressures and eating disorders

Read the following in *Nutrition in Public Health*:

- pages 83-88 in [chapter 5 \("Addressing Overweight in Children: A Public Health Perspective"\)](#)
- [chapter 6 \("Intervening to Change the Public's Eating Behavior"\)](#)
- [chapter 11 \("Importance of Public Health Nutrition Programs in Preventing Disease and](#)



[Promoting Adult Health"\)](#)

Read the following activities related to healthy nutrition and weight management:

- [Report from the National Academies of Sciences Engineering Medicine on the Current State of Obesity Solution in the United States - Workshop Summary](#)
- Download PDF from the right navigation on the page.

Proactive Healing/Prevention :

- [Health-Promoting Components of Fruits and Vegetables in the Diet](#)

Nutrition and Physical Activity

Physical activity is an important part of a patient's wellbeing and health. Proper nutrition to fuel that physical activity is an important part of a patient's education plan.

Nutrition, Fitness, and Physical Activity

The interrelation of nutrition, fitness, and physical activity is paramount in developing an effective and sustainable program for any patient.

Complete Readings: Nutrition, Fitness and Physical Activity

As you complete the listed material below, pay attention to the following key points:

- components of fitness including nutrition and exercise benefits and recommendations
- fuels needed for anaerobic and aerobic metabolism
- carbohydrate, fat, and protein needs
- Promotion of physical activity for a healthier lifestyle

Read, view, or complete the following activities for nutrition and physical activity on the webpages, and engage any links as supplemental only:

- [Physical Activity and Health](#)
- [What I Need to Know About Physical Activity and Diabetes](#)

Review the following pages from the [CDC's Nutrition for Everyone](#):

- Carbohydrates
- Protein
- Dietary Fat

Nutrition through the Lifecycle

The nutritional needs of patients change through different stages of their lives.

Pregnancy

During pregnancy and the post-partum period, a woman has specific needs to provide proper nutrition for both the mother and the infant which must be identified.



Complete Readings: Pregnancy

As you complete the listed material below, pay attention to the following key points:

- nutritional needs during pregnancy
- critical periods of development
- energy and nutrient needs of infants

Access *Nutrition in Public Health*:

- pages 163-168 in [chapter 10 \("Growing a Healthier Nation: Maternal, Infant, Child, and Adolescent Nutrition"\)](#)

Read, view, or complete the following activities on pregnancy and breastfeeding:

- [Pregnancy and Breastfeeding: Making Healthy Choices in Each Food Group](#)

Childhood

Nutritional needs change during the different stages of childhood development from infancy to adolescence.

Complete Readings: Childhood

As you complete the listed material below, pay attention to the following key points:

- energy and nutrient needs of children
- developing healthy eating habits
- energy and nutrient needs of infants
- health benefits of breast-feeding

Read the following in *Nutrition in Public Health*:

- pages 168-182 in [chapter 10 \("Growing a Healthier Nation: Maternal, Infant, Child, and Adolescent Nutrition"\)](#)

Read the following for childhood nutrition:

- chapters 1 and 3 in [WIC: Infant Feeding Guide](#)
- [Nutrition and the Health of Young People](#)

Older Adulthood

As the patient ages, their nutritional needs change along with their need for activity to maintain proper health and to reduce the risk of injury or illness.

Complete Readings: Older Adulthood

As you complete the listed material below, pay attention to the following key points:

- factors that affect how we age



- nutrition and health concerns throughout adulthood
- physical activities for older adults

Read the following in *Nutrition in Public Health*:

- pages 227-228 in [chapter 14 \("The Baby Boomers: Identification of Wellness Needs"\)](#)

Read, view, or complete the following for nutrition in older adults (65+):

- [MyPlate for Older Adults](#)

Safety and Security of Food

Safe handling and preparation of food is important to the preservation of its nutritional value and can protect patient health. Understanding the impact of chemical treatments and environmental factors on food is key to developing a successful plan.

Keeping Food Safe

Methods that can and should be used to protect patients from the effects of foodborne illnesses, pesticides, and other environmental factors are presented in this topic.

Complete Readings: Safety and Security of Food

As you complete the listed material below, pay attention to the following key points:

- causes of food-borne illness
- pathogens in foods
- contamination throughout the food chain
- chemical and environmental factors to safety and nutrition
- system of organic labeling

Read the following in *Nutrition in Public Health*:

- pages 36-42 in [chapter 2 \("Applying Nutrition Science to the Public's Health"\)](#)
- [chapter 16 \("Safeguarding the Food Supply"\)](#)

Read the following for safety and security of food on the webpages, and engage any links as supplemental only:

- [Basics for Handling Food Safely](#)
- ["Control of Microbial Growth"](#)
- [Obesogens: An Environmental Link to Obesity](#)
- [Labeling Organic Products](#)

Eliminating Global Hunger

There are multiple causes of hunger in the United States, as well as throughout the world, and developing methods that can be used to address them has been, and continues to be, a difficult challenge.

Review Readings: Eliminating Global Hunger



As you complete the listed material below, pay attention to the following key points:

- the impact of undernutrition
- how undernutrition and overnutrition can exist together
- causes of food shortages
- cultural practices
- poverty and food insecurity
- controlling population growth
- increasing food production and fortifying the food supply
- the nutrition safety net in the U.S.

Read the following in *Nutrition in Public Health*:

- pages 67-78 in [chapter 4 \("Reaching Out to Those at Highest Nutritional Risk"\)](#)
- [chapter 17 \("Food Security and Adequate Food Access for the Public"\)](#)
- Pages 282-292 in [chapter 18 \("Security of the Food Supply and Bioterrorism Preparedness"\)](#)

Read the following for eliminating global hunger on the webpage, and engage any links as supplemental only:

- [Food Assistance Programs](#)
- [Case to End Hunger](#)

Nutrition and Global Health Environments

Recognizing that there is a vast array of different opinions, understandings, and cultural variations related to the concept of a healthy diet, the ability to differentiate the messages regarding healthy diets is key.

Nutrition and Global Health

Methods for differentiating fact from fiction related to dietary supplements, nutritional fads, healthy food choices for children, barriers to global nutrition, and cultural differences related to nutrition are presented in this topic.

Review Readings: Nutrition and Global Health

As you complete the listed material below, pay attention to the following key points:

- Dietary supplements in a healthy diet
- Nutritional fads and the risks
- Children's food choices
- Barriers to nutrition
- Cultural variations in nutrition

Read the following in *Nutrition in Public Health*:



- page 70 in [chapter 4 \("Reaching Out to Those at Highest Nutritional Risk"\)](#)
- pages 88-90 [chapter 5 \("Addressing Overweight in Children: A Public Health Perspective"\)](#)
- [chapter 17 \("Food Security and Adequate Food Access for the Public"\)](#)

Read the following for nutrition and global health environments on the webpages, and engage any links as supplemental only:

- [Questions To Ask Before Taking Vitamin and Mineral Supplements](#)
- [A "Stick-to-It" Diet Is More Important Than a Popular One](#)

Final Steps

Congratulations on completing the activities in this course! This course has prepared you to complete the assessment associated with this course. If you have not already been directed to complete it, schedule and complete the assessment now.