

Nutrition for Health and Sustainability



An online course



Co-funded by the
European Union

Context

- While health is one of several factors influencing diets, it is a powerful one, especially in certain life situations such as illness and the birth of a child.
- Doctors enjoy special authority when speaking on matters of health and could play a key role in informing and persuading people to change their eating habits. The global obesity epidemic, the rise of personalized medicine and increased understanding of the microbiome are also likely to converge into a situation where doctors can prescribe food as medicine, giving them influence over the decision, implementation, and confirmation stages as well.
- Currently, a key obstacle to medical professionals playing a stronger role in food systems transformation is their relative lack of training in nutrition, let alone sustainability.
- If medical doctors had better knowledge of the link between food, health, nutrition, and sustainability, they could play an active role in transforming our food system.



Solution

- To overcome this gap in knowledge and to reinforce behaviour change towards healthier and sustainable diets, EIT Food has developed a free short online course on nutrition targeting medical students and professionals.
- The course: “Nutrition for Health and Sustainability”. It is composed of 12 hours of learning broken down in 3 modules.
- On this course, learners will look at:
 - what makes up a healthy diet and see what types of foods play a crucial part in preventing diseases.
 - the relationship between food and disease and get accustomed to nutrition counselling techniques.
 - the possible biological, social, and psychological causes of unhealthy eating patterns.
 - the importance of evidence-based nutrition both for human and planet health.



Ambition

- Our mission is to empower the future and current generation of medical doctor. EIT Food will equip them with fundamentals nutrition knowledge and nutrition counselling skills so that they could become the agents of change our society need.
- The goal to establish nutrition as a key part of healthcare.



High level contributors

- This course has been designed with and for medical students (undergrad or higher) by the following institutions, in collaboration with experts from the Harvard Medical School and the International Federation of Medical Students Associations (IFMSA).

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A modern approach to learning

- Free learning opportunity
- Course available 24/7 to fit with busy lifestyle
- Content accessible on any connected device
- Short lesson in a variety of formats: video, text, quizzes, etc
- Conversational learning: Learners are encourage to reflect and join discussions
- Additional content added to each steps to further explore the topic



Trailer video



Course Syllabus

Week 1: Why do we need to rethink our diets?

Welcome to the course

Diet and health

Diet and society

Putting it into practice

Review & reflect

Week 2: The role of diet in health

Welcome to Week 2

Diets to prevent disease

Diets and NCDs

Putting it into practice

Review & reflect

Week 3: Sustainable diet for healthy humans and planet

Welcome to Week 3

Diets for healthy living

Diets and food systems

Diets to save the planet

Putting it into practice

Course summary

Week 1: Why do we need to rethink our diets?

Welcome to the course

This first activity introduces the course and the educators



1.1 Why it's important to rethink what we eat and how we produce it VIDEO (05:39)

1.2 Meet the Educators ARTICLE

1.3 Your professional background POLL

1.4 What brought you here? POLL

1.5 The links between nutrition, health and sustainability ARTICLE

Diets and society

This activity explores the importance of food in today's society



1.6 Historical eating patterns ARTICLE

1.7 Dietary trends VIDEO (05:05)

1.8 The cultural importance of food ARTICLE

1.9 Which food best reflects your culture? DISCUSSION

Diet and nutrition



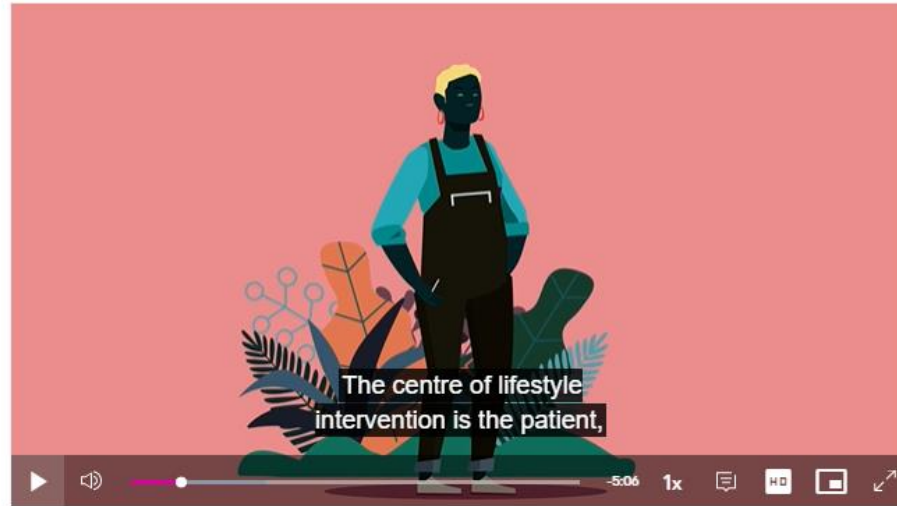
Cancer and diet: juggling between data and myths

0 comments

The World Health Organization estimated that up to 30% of cancer-related deaths could be prevented by modifying lifestyle, including diet and physical activity patterns.

While the link between cancer and diet is far to be fully understood, a growing body of evidence has reported that certain foods and nutrients may lower the risk of—or, conversely, contribute to—certain types of cancer.

Some risk factors related to cancer development, such as genetics and environment, are unmodifiable. However, it has been estimated that they represent less than 30% of a person's lifetime risk of getting cancer. Preventing obesity and following a healthy dietary pattern should be part of the recommendations to both the general population and cancer survivors as these strategies are convincingly linked to a reduced risk of primary or secondary cancers.



[View transcript](#)

Download video: [standard](#) or [HD](#)

The menu of lifestyle intervention

[0 comments](#)

The primary individuals involved in lifestyle intervention are the patient and the clinician.



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Motivational interviewing techniques

0 comments

As explored in the previous step, Motivational Interviewing (MI) aims to help patients identify and change behaviours that place them at risk of developing health problems.

Free online course



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- Course available all-year round
- Link:
<https://www.futurelearn.com/courses/nutrition-for-health>
- Press release



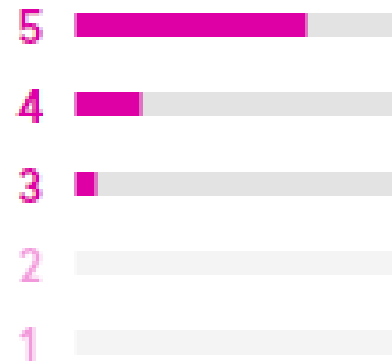
Learner reviews

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4.7



29 Reviews





Lynda P. Verified learner

08/10/21



Well presented Informative course.

I enjoyed this course as it was very inclusive giving a realistic overview of how food sustains us. I particularly appreciated the input which covered sustainability. Often health advise and education can be a bit unrealistic. Yes, we know what we should do and eat but incorporating this into daily life isn't always so straightforward. This course gave us the facts to work with. Very good. [Read Less](#)



Hannah S. Verified learner

04/01/22



Nutrition and sustainability course

Excellent course very helpful with lots of great info on nutrition the environment and will help me live a better healthier lifestyle for my individual needs



CURSO ONLINE GRATUITO

- Version in Spanish available all year round





Thank you!



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