Post Graduate Training on Food and Nutrition 2019

SEAMEO RECFON Building
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Introduction to Nutritional Anthropology

7 - 18 January 2019

Objectives
1. Understand and describe theory and concepts of anthropological aspects of community and human nutrition.
2. Recognize methods used in nutritional anthropology
3. Understand and describe the theoretical and methodological assumptions underlying research methodology
4. Formulate research questions that lend themselves to a qualitative approach
5. Develop and apply basic study instruments for collection of qualitative data, qualitative data management, preliminary analysis and presentation as applied to community nutrition.

Topics
PART 1: FOUNDATION OF NUTRITIONAL ANTHROPOLOGY
1. Nutritional Anthropology and Adaptation
2. Food and Culture
3. Households, Gender and Food Distribution

PART 2: SOCIO-CULTURAL ASPECTS OF NUTRITION
1. Nutrition in the First 1,000 Days of Life
2. Nutrition in Transition

PART 3: METHODS IN THE FIELD OF NUTRITIONAL ANTHROPOLOGICAL STUDIES
1. Qualitative Research; Methods in Nutritional Anthropology
2. Data Analysis and Presentation in Nutritional Anthropology

Course Team
Dr. Jodiastuty Februhartani
Dr. Luh Ade A. Wiradnyani
A. A. S. Indriani
Oka, M. Giri

What is Post Graduate Training?
Post Graduate Training (PGT) is designed to cater the needs of related professionals in Southeast Asian (SEA) region on updated topics of food, nutrition, and health which suits the post-graduate level. The main focus of the program is to conduct capacity building and information dissemination for sustainable human resource development.

Course List
- Introduction to Nutritional Anthropology
- Nutrition and Diseases
- Health Promotion in Nutrition Program
- Food and Nutrient Interventions
- Food Safety
- Nutrition in Food Industry
- Survey Planning
- Best Practices in Dietary Assessment
- How to Handle Your Survey Data
- Public Health and Community Nutrition System Analysis
- Health and Nutrition Project/Program Planning & Management (HNPPM)
- Food Economics and Food Security
**Nutrition and Diseases**

21 January - 1 February 2019

**Objectives**
1. Understand the epidemiology of infectious diseases
2. Understand the interaction between nutrition and infection
3. Understand the biological, physiological, socio-cultural and economic aspects of the interaction between nutrition and infection
4. Understand about epidemiological and nutrition transition and its effect on the burden of malnutrition
5. Understand the role of nutrition in the progression and control of certain non-communicable diseases
6. Identify the nutritional and non-nutritional determinants of non-communicable diseases
7. Understand the process of aging and its effect on emergence of non-communicable diseases

**Topics**
1. Nutrition transition and the emergence of Non-Communicable Diseases (NCD)
2. The role of nutrition in NCD emergence and prevention
3. Nutrigenomic, Nutrigenetic and Obesity/Non Communicable Diseases
4. Understanding the problem of Aging and NCD
5. Multidimensional Framework for NCD Prevention
6. Infection, inflammation and the intersection (synergism) of nutrition and infection: general concepts and physiology
7. The role of intestinal microbiota in nutrition and health: gut flora, intestinal inflammation and gut barrier function
8. Mother-child interaction and protection from infection: breastfeeding and infection
9. The role of nutrition in infectious diseases prevention
10. Interventions for reducing burden of malnutrition and infection
11. Infection and Obesity

**Course Team**

- Rina Agustina, MD, PhD
- Hilda Khusn, PhD
- Sari Kusuma, M. Gizi

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**Health Promotion in Nutrition Program**

4 - 15 February 2019

**Objectives**
1. Understand the principles of health promotion
2. Identify and define the public health nutrition issues requiring intervention using health promotion
3. Identify and define the appropriate health promotion responses to address specific public health issues
4. Develop and evaluate a health promotion intervention project for a local public health nutrition issue

**Topics**
1. Major public health nutrition issues today
2. Introduction to public health and health promotion
3. Understanding the determinants of health
4. The Global Conferences on Health Promotion
5. Strategies and methods in health promotion
6. Health promotion program planning, implementation and evaluation
7. Developing a nutrition promotion project/program plan

**Course Team**

- Dr. Judiastuty Februhartanty
- Dr. Dwi Nestiti Iswarawanti
- Roselyne Anggraini, M. Gizi
**Objectives**

1. Apply nutrition tools commonly used for food and nutrient intervention program
2. Understand the rationale, key issues, strength and limitation of various kinds of nutrition-specific and nutrition-sensitive interventions
3. Understand challenges, opportunities and lesson learned of implementing nutrition-specific and nutrition-sensitive interventions in the field

**Topics**

1. Framework of nutritional problems and its possible solutions
3. Nutrition-specific interventions
4. Food exchange list
5. Micronutrient supplementation and food fortification
6. Food-based intervention
7. Food formulation
8. Nutrition-sensitive interventions
9. Development of brief proposal on food and nutrient intervention

**Course Team**

Dr. Luh Ade A. Wiradnyani  
Dr. Umri Fakhmida  
Dewi Shinoto, M. Gizi  
Prof. Corazon VC Barbo (Philippines)

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**Objectives**

1. Analyze foodborne disease caused by microbial, chemical and physical hazard occurred in the community
2. Analyze factors affecting living organism in food chain in order to control the safety of food
3. Use the principles of Hazard Analysis Critical Control Points (HACCP) in a simple food production
4. Understand the principles of microbiology risk assessment and assess the level of risk
5. Develop a food safety education program in the community

**Topics**

1. Basic food and water microbiology
2. Foodborne pathogens
3. Significance of foodborne disease
4. Chemical contaminants
5. Factors affecting survival, growth and control of microorganisms
6. Food hygiene
7. Microbiology Risk Assessment
8. Updated issues on food safety in the region
9. Train of the Trainer (ToT)

**Course Team**

Dr. Dwi Nastiti Iswarawanti  
Evi Ernayani, M. Gizi  
Sari Kusuma, M. Gizi  
Prof. Dr. Son Radu (Malaysia)
Nutrition in Food Industry

18 - 29 March 2019

- Objectives
  1. Understand the role of nutrition in food industry and the role of food industry in improving the nutritional status of the people in the region
  2. Distinguish the candidate of dietary supplement and functional food
  3. Be familiar with nutrition and food for medical purposes
  4. Understand the application of market and nutrition research results in food industry
  5. Understand food regulations especially on functional food, dietary supplement, and fortified food
  6. Understand the role of food industry in nutrition promotion and marketing for enhancing healthy lifestyle
  7. Understand nutrition and health claims in Asia
  8. Design a food label based on food laws and regulations in the country

- Topics
  1. Introduction to nutrition in food industry
  2. Supplementation and fortification
  3. Functional foods
  4. Food for medical purposes
  5. Market and nutrition research
  6. Nutrition promotion in food industry
  7. Food regulation and labelling
  8. Health claim

- Course Team
  - Dr. Dwi Nastiti Swarewanti
  - Dr. Umi Fahmida
  - Dewi Shinta, M. Gizi

Survey Planning

1 - 5 April 2019

- Objectives
  1. Develop a survey design and preparation plan in the form of proposal
  2. Develop tools (questionnaires and forms) appropriate to the objective of the study
  3. Arrange data collection preparation

- Topics
  1. Proposal development
  2. Tools development
  3. Operational planning
  4. Data management planning
  5. Management issues of the survey

- Course Team
  - Evi Ernayani, M. Gizi
  - Azz Jati Nur Ananda, M. Gizi
  - Roselyne Anggraini, M. Gizi
  - Dr. Luh Ade A. Wiradnyani
  - Iwan Ariawan, MD, MS
**Best Practices in Dietary Assessment**

- **Objectives**
  Assess dietary assessment-based nutritional status using gold standard for academics, stakeholders, and other professionals that use dietary intake data for educational, research, and program planning-monitoring-evaluation purposes.

- **Topics**
  1. Principles of nutritional status assessment
  2. Dietary assessment: methods and use at individual and population levels
  3. Dietary assessment at household and country levels
  4. Validation of semi quantitative food frequency questionnaire (SQ-FQ)
  5. Nutrisurvey software: assessment of energy under-reporting (Goldberg method)

- **Course Team**
  - Dr. Umi Fadhila
  - Indriya Laras Putri, M. Gizi
  - Dewi Sinta, M. Gizi
  - Prof. Rosalind S. Gibson (New Zealand)

**How to Handle Your Survey Data**

- **Objectives**
  1. Create a database/template format
  2. Perform data input and data cleaning
  3. Perform data handling and transformation
  4. Perform simple statistical analysis for categorical and numerical variables
  5. Present good data for turning them into information

- **Topics**
  1. Type of data, variable and preparation database/template
  2. Data management (entry, cleaning, merging and data transformation)
  3. Descriptive analysis for categorical and numerical data, including normality test
  4. Bivariate analysis for categorical (classification analysis of cross tabulation) and numerical data
  5. (parametric and non-parametric)
  6. Simple linear and logistic regression
  7. Data interpretation

- **Course Team**
  - Helida Khunsun, PhD
  - Effita Meiyetriyani, MKM
**Public Health and Community Nutrition System Analysis**

**Objectives**
1. Introduce the basic concepts and components of the health system, building health services, social determinants in health and health financing systems in various countries
2. Introduce the public health programs related to nutrition at the Primary Health Care Centres (Indonesia)
3. Introduce the program evaluation and community diagnosis at Primary Health Care Centers
4. Perform public health problem solving using the problem solving cycle approach

**Topics**
1. Basic concepts and components of the health system
2. Indonesian Health System
3. Health financing system
4. Building block of health services
5. Social determinants in health and global health concepts
6. Primary Health Care Centres and community nutrition program
7. Health program evaluation
8. The basic concept of community diagnosis

**Course Team**
- Grace Wangge, MD, PhD
- Evi Emayani, M. Gizi
- Sari Kusuma, M. Gizi

**Health and Nutrition Project/ Program Planning & Management (HNPPM)**

**Objectives**
1. Review the concepts, definitions, principles and functions of management of health and nutrition project/program
2. Assess and select proper management principles for the management of health and nutrition project/program in a given situation
3. Review the concepts and methods in planning health and nutrition project/program
4. Develop a health and nutrition project planning based on a given case study
5. Get a hands-on experience on managing real situation

**Topics**
1. Project planning using Objective Oriented Project Planning (OOPP) method: problem analysis, objective analysis, alternative analysis, stakeholder analysis, project planning matrix (logframe)
2. Fundamentals of management: management resources, implementation, monitoring and evaluation plan, total quality management
3. Strategic leadership: managing strategically in changing times, communication, dealing with conflict
4. Hands-on experience in managing a project based on a given case study

**Course Team**
- Dr. Judhiastuty Fadhurahartety
- Indriya Lestari Prameswati, M. Gizi
- A.A.S. Indriani Oka, M. Gizi
- Assoc. Prof. Richard Javier MBA (Philippines)
Food Economics and Food Security

9 - 10 December 2019

● Objectives

1. Identify the relationship between agriculture, economics and nutrition
2. Identify and analyze the basic principles, the problems of food and nutrition security
3. Identify the relationship between economic growth, income distribution, poverty and nutrition sector
4. Identify and analyze the basic principles of food policies which affect food security
5. Identify the economic implication of malnutrition
6. Identify economic and financial analysis of food and nutrition intervention
7. Measure food security status and its causes in the community

● Topics

1. Linkage between nutrition, agriculture, and economics
2. Food production system and food distribution
3. Food security (including nutrition and livelihood security)
4. Economics and food economics
5. Micro-economics: Supply, demand, price, elasticity and its implication
6. Macro-economics: Measuring a nation's income and the cost of living
7. Understanding poverty and its multidimensionality
8. Food policy: Definition, scope, instruments, and its trends
9. Economic implication of malnutrition
10. Food Security Vulnerability Atlas (FSVA)
11. World Health Chart (correlating economic indicators with health indicators)
12. Assessment of household food security in an urban community

● Course Team

Dr. Dewi Nastiti
Dr. Umi Fahmida
Evi Ermayani, M. Gizi

Training Fee

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<th>Period of Course</th>
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Payable to

Bank: BNI 46 UI Depok/ Salemba Branch
IDR account: UI RGANG & PH SEAMEO
Acc. No: 000 669 8214

Bank:

Bank:

Bank: BNI 46 UI Depok/Salemba Indonesia Branch

US$ Account: SEAMEO RECFON

No: 000 669 7979

Swift Code: BININIDJAUDD

Training fee includes handout, computer facilities, internet access and certificate, excluding meals. Meals may be provided with additional charges of IDR 400,000 per week.

● Certificate

At the end of the training, a Certificate of Participation with accreditation from Indonesian Nutritionist Association/PERSAGI will be awarded to the participants from Indonesia.

● General Requirements

1. At least Bachelor Degree holder
2. Good English proficiency
3. Commit to join the training full-time (Monday to Friday at 8 am – 4 pm)
4. Fill the online registration in provided link event.seameo-recfon.org