

# Public Health Nutrition

## Facilitators

**Prof. Pedro Marques-Vidal, MD, PhD**

Lausanne University Hospital and University of Lausanne

**Prof. Suzanne Suggs, PhD, MS, CHES**

Institute of Communication and Public Policy (ICPP), Università della Svizzera italiana

**Dr. Patricia Chocano-Bedoya, MD, PhD**

Bern Institute of Primary Care (BIHAM), University of Bern

+ guest speakers

## Description

Dietary behaviour and nutrition are key determinants of human and planetary health, healthy growth, and chronic conditions. Multiple factors shape nutrition patterns, including individual behaviours, food policy, marketing and communication, environment, and food production industry. Various policies aim to influence healthier diets (e.g., through the development and dissemination of food based dietary guidelines, which are increasingly incorporating aspects of planetary sustainability). Yet, nutritional assessment and population monitoring is challenging and promoting healthy diets is an age-old problem.

This course examines areas of vital interest in public health nutrition in diverse settings across the globe. This includes diet/disease relationships, methods used to assess diet in adults and children, determinants of dietary behaviour, sustainable diets, dietary guidelines, health promotion and prevention.

<b>Objectives</b>	<p>The course will familiarize participants with the principles and methods of nutrition public health, epidemiology, and promotion. Participants will learn to:</p> <ol style="list-style-type: none"><li>1. Identify the key determinants of nutrition at the population level.</li><li>2. Understand the connection and discrepancies between healthy and sustainable diets.</li><li>3. Compare the different methods of dietary assessment and tools of nutrition and eating behaviour.</li><li>4. Evaluate and interpret the literature on nutrition and the evidence used to develop guidelines.</li><li>5. Understand determinants of eating behaviour, attitudes, knowledge, and preferences.</li><li>6. Describe health promotion and prevention, including communication, marketing, and policy.</li></ol>
<b>Dates</b>	<b>1-3 June 2026</b>
<b>Eligibility</b>	Open to SSPH+ PhD students, and health professionals interested in nutrition and public health.
<b>Course Structure</b>	<p>The course will be held in hybrid format (<i>on site and online</i>) from the University of Lugano and on Zoom. We encourage onsite participation as it can facilitate networking, exchanges, and group work more easily, but we will also aim to make the online participation smooth and inclusive.</p> <p>It will consist of lectures, discussions, and group work. Students will work in groups to design a study on an aspect of public health nutrition and present their results at the end of the course.</p>
<b>Assessment</b>	Participation in class and presentations
<b>Credits</b>	<b>1 ECTS</b> (Preparation Work: 10h, Contact (Lectures/Workshops): 17h) (1 ECTS corresponds to appr. 25-30 hours workload)
<b>Location</b>	University of Lugano or online

### Course Fees

	<b>1 ECTS</b>
SSPH+IGC PhD and MD Students	30 CHF
Postdocs from SSPH+ partner institutes with a SSPH+ Faculty Member as line manager	30 CHF
External PhD students, external MD Students, postdocs from SSPH+ partner institutes without a SSPH+ Faculty Member as line manager and Swiss Public Health Doctors in training	300 CHF
Others	800 CHF

### Registration

<https://www.conftool.com/ssph-phd-courses2026/>

### Deadline for registration

1 May 2026