

Postgraduate Certificate

Diet for Health, Equity and Sustainability



Postgraduate Certificate Diet for Health, Equity and Sustainability

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/medicine/postgraduate-certificate/diet-health-equity-sustainability

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01

Introduction

The nutritional recommendations for health promotion provided by medical professionals are of great importance for the population, which is why the physical and mental well-being of people often depends on following the guidelines given by health professionals. This 100% online teaching provides students with up to date knowledge in the field of nutrition, current problems, new environmental needs and the current legislative framework. All this, through an enriched multimedia content provided by a team of experts in Nutrition in which recent advances in this area and its significance in the changes in the habit of food consumption are shown.





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A 100% online program that will keep you on top of research lines focused on the impact of food contamination"

In recent years there have been complaints about the ecological damage caused to the environment by the excessive consumption of certain foods such as meat, with the installation of macro-farms, or palm oil in which the fauna of the environment is affected. Some complaints that demonstrate environmental awareness, at the same time as a greater concern is expressed by the population with the ingestion of foods that can also damage their health.

In this scenario, the medical professional must be aware of the latest developments and scientific studies that support healthy consumption habits. This program, taught by a highly qualified teaching team with long experience in the area of Nutrition, provides students with renewed knowledge in this area, which will allow them to respond to a society that is increasingly concerned about food. In this sense, the health professional also plays a pedagogical role.

This Postgraduate Certificate in Diet for Health, Equity and Sustainability offers a complete program designed to bring the professional up to date on everything related to effective and eco-friendly nutritional strategies. Therefore, you will delve into sustainable food, current legislation affecting the labeling of products, toxins and xenobiotics in food and their effects on health, and the effects produced by processed foods, especially in the young population.

All this through a program that allows access from any device with an Internet connection and perfectly compatible with other work or personal activity. In this way, the professional can get the most out of this education by being able to distribute the teaching load according to their needs, with the possibility of consulting the entire syllabus if desired from the first day or downloading the teaching material to view it at any time. A program that will allow you to keep on top of recent developments in nutrition in a convenient and simple way.

This **Postgraduate certificate in Diet for Health, Equity and Sustainability** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The development of practical cases presented by experts in Nutrition and Endocrinology
- ◆ The graphic, schematic, and practical contents with which they are created, compile scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where the self-assessment process can be carried out to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



This program provides you with real cases that will serve as a guide for daily clinical practice"

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You will get up to date on your knowledge regarding the acquisition of healthy habits in adulthood”

The program's teaching staff includes professionals in the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide professionals with situated and contextual learning, i.e., a simulated environment that will provide immersive training, designed for training oneself in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

This Postgraduate Certificate provides you with the latest developments related to healthy eating and the obesity epidemic.

In this program, delve into nutritional inequalities on the planet.



02 Objectives

This Postgraduate Certificate provides students an update on everything related to nutrition education in a population that has seen how climate change and pollution affects their dietary intake. For this purpose, TECH has made available to the medical professional the most innovative academic tools from which they can acquire a renewed and exhaustive knowledge in this field.



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A Postgraduate Certificate that will give you the latest and most recent developments in relation to the loss of biodiversity and its consequences on the the microbiota"



General Objectives

- ◆ Develop a broad, specialized and up-to-date knowledge of healthy and environmentally friendly nutrition
- ◆ Know in detail the latest developments related to sustainable food that influence the carbon and water footprint



This Postgraduate Certificate allows you to renew your knowledge on food toxins and their effects on health"





Specific Objectives

- ◆ Analyze the scientific evidence regarding the impact of food on the environment
- ◆ Learn about current legislation in the food industry and consumption
- ◆ Assess the health effects derived from the current food model and the consumption of ultra-processed food

03

Course Management

TECH remains committed to offering quality education to all its students. For this reason, TECH selects professionals who are leaders in their fields for their degrees. In this case, both the direction and the teaching of this Postgraduate Certificate are in charge of a team of professionals in Nutrition and Endocrinology with wide and extensive professional experience. Their professionalism will be reflected in the syllabus to which students will have access during the 6 weeks of this degree. In addition, the teaching team will be available to answer any questions that may arise to the medical professional in relation to the content of this online program.



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The specialized teaching team will provide you with the most recent studies on the effects of processed foods on the youth population"

Management



Dr. Vázquez Martínez, Clotilde

- ♦ Corporate Head from Hospital Universitario Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- ♦ Head of the Endocrinology and Nutrition Department at Ramón y Cajal Hospital (Madrid) and Severo Ochoa Hospital, Leganés
- ♦ President of La SENDIMAD (Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid)
- ♦ Coordinator Therapeutic Education Group of the Spanish Society of Diabetes
- ♦ Doctor of the Faculty of Medicine of the Autonomous University of Madrid
- ♦ Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- ♦ Specialist in Endocrinology and Nutrition via Medical Residency at the Jimenez Díaz Foundation
- ♦ Abraham García Almansa Clinical Nutrition Lifetime Achievement Award
- ♦ Recognized among the 100 best Doctors in Spain according to Forbes list
- ♦ Castilla La Mancha Diabetes Foundation (FUCAMDI) Diabetes and Nutrition Lifetime Achievement Award



Dr. Sánchez Jiménez, Álvaro

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation University Hospital
- ♦ Nutritionist at Medicadiet
- ♦ Clinical Nutritionist specialized in Prevention and Treatment of Obesity, Diabetes and their Comorbidities
- ♦ Nutritionist in the Predimed Plus Study
- ♦ Nutritionist at Eroski
- ♦ Nutritionist at Axis Clinic
- ♦ Professor of the Master's Degree in Obesity and Comorbidities at the Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the university Jimenez Díaz Foundation Hospital
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition and Food for the Elderly by the Complutense University of Madrid
- ♦ Nutrition and Sports for Professionals by the Fundación Tripartita
- ♦ Refresher Course on Practical Diabetes Type 1 and 2 for Health Professionals



Dr. Montoya Álvarez, Teresa

- Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- Head of Volunteering at the Garrigou Foundation
- Graduate in Medicine and Surgery from Universidad de Navarra
- Master's Degree in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- Member of: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid and Trisomy 21 Research Society



Professors

Dr. Alcarria Águila, María del Mar

- ◆ Clinical Nutritionist at Medicadiet
- ◆ Clinical Obesity Nutritionist López-Nava
- ◆ Dietitian and Nutritionist in Predimed-Plus
- ◆ Grade in Human Nutrition and Dietetics from the Complutense University of Madrid
- ◆ Master's Degree in Sports Nutrition and Training from the Institute of Nutrition and Health Sciences (ICNS)

Dr. Núñez Sanz, Ana

- ◆ Dietician and nutritionist, expert in pregnancy, breastfeeding and infancy
- ◆ López-Nava Obesity Nutritionist
- ◆ Nutritionist at Medicadiet
- ◆ Dietitian and nutritionist freelancer
- ◆ Dietitian and nutritionist at Menudiet SL
- ◆ Contributor on food and nutrition in Castilla La Mancha Television
- ◆ Promoter of talks and workshops on healthy eating for kindergartens, schools and companies
- ◆ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ◆ Master's Degree in Nutrition and Health at the Open Official of Catalonia

04

Structure and Content

The syllabus of this Postgraduate Certificate has been developed by specialists in the field of Nutrition, which incorporates recent advances and studies conducted on the following topics: the environmental impact and the different health problems encountered in the youth population. In addition, this syllabus includes additional material in different formats (complementary readings, research articles, case studies, dynamic summaries) so that students can achieve a more in-depth renewal of their knowledge and access in a personalized way those aspects that interest them most.





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You will be able to access quality multimedia material at the academic forefront in the field of nutrition and sustainable food”

Module 1. Diet for Health, Equity and Sustainability

- 1.1. Sustainable Nutrition, Food Variables Influencing the Ecological Footprint
 - 1.1.1. Carbon Footprint
 - 1.1.2. Water Footprint
- 1.2. Food Waste as an Individual Problem and as a Problem Associated with the Food Industry
- 1.3. Biodiversity Loss at Different Levels and its Impact on Human Health: Microbiota
- 1.4. Toxics and Xenobiotics in Food and their Effects on Health
- 1.5. Current Food Legislation
 - 1.5.1. Labeling, Additives and Regulatory Proposals in Marketing and Advertising
- 1.6. Nutrition and Endocrine Disruptors
- 1.7. The Global Obesity and Malnutrition Epidemic, Associated with Inequity: "A Planet of Fat and Hungry People"
- 1.8. Feeding in Childhood and Youth and Habits Acquisition in Adulthood
 - 1.8.1. Ultraprocessed Foods and Beverages Other Than Water: A Global Issue
- 1.9. Food Industry, Marketing, Advertising, Social Networks and their Influence on Food Choice
- 1.10. Healthy, Sustainable and Non-Toxic Food Recommendations: Policy



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Renew your knowledge on current legislation on product labeling, relevant for both allergic people and people with other food problems”

05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06 Certificate

The Postgraduate Certificate in Diet for Health, Equity and Sustainability guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University.



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Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”

This program will allow you to obtain your **Postgraduate Certificate in Diet for Health, Equity and Sustainability** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Certificate in Diet for Health, Equity and Sustainability**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge present
development languages
virtual classroom



Postgraduate Certificate

Diet for Health, Equity
and Sustainability

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

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