

# Postgraduate Certificate

Nutrition for Health, Equity  
and Sustainability for Nursing



## Postgraduate Certificate Nutrition for Health, Equity and Sustainability for Nursing

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/in/nursing/postgraduate-certificate/nutrition-health-equity-sustainability-nursing](http://www.techtitute.com/in/nursing/postgraduate-certificate/nutrition-health-equity-sustainability-nursing)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

Concern about caring for the environment is an issue that is increasingly unfounded in society, especially among younger people. This includes sustainable eating and nutritional plans that work with products that contaminate as little as possible. In that sense, the Nursing professional specialized in Nutrition must know in detail the latest advances that have been made related to healthy, sustainable and toxic-free food recommendations, something that can be worked on with this program. This is an intensive and modern qualification designed by experts that includes the most innovative aspects related to eco-friendly nutrition and its adaptation to the specifications of each patient. All this through a 100% online course with which the graduates can update their knowledge from wherever they want and with a schedule completely adapted to their availability.





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*If you are concerned about the environment and the health of your patients, with this Postgraduate Certificate you will help improve their eating habits through nutritional plans that minimally affect the increase in their carbon footprint”*

The increase in consumption of processed and packaged products causes tons of waste every year that pollutes the planet. The same has happened with the livestock industry, which has become one of the main sources of carbon dioxide emissions into the atmosphere. All of this is derived from unhealthy consumption habits that are minimally respectful of the environment. For this reason, Nutrition professionals in their different areas must place special emphasis on the importance of healthy eating based on products that do not favor the growth of the carbon and water footprint.

This is why TECH has considered it necessary to adapt this program to Nursing specialists, since their role must be the protagonist, not only in the establishment of healthy nutritional habits, but also in education towards regulated and eco-friendly consumption, both in childhood as well as adulthood. As a result of this program, graduates will be able to update themselves on the latest aspects related to this subject, with special emphasis on the most effective strategies and protocols for implementing nutritional plans that adapt to the diet of their patients and to the needs of the planet.

All this through a 100% online course that includes 150 hours of the best theoretical and practical syllabus designed by experts in Endocrinology, Dietetics and Nutrition. In addition, the graduate will be able to enjoy additional high-quality material presented in different formats: detailed videos, research articles, complementary readings and dynamic summaries. In conclusion, everything you need to know to get up to speed on food for health, equity and sustainability.

This **Postgraduate Certificate in Nutrition for Health, Equity and Sustainability for Nursing** 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, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where self-assessment can be used 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



*Invest in strategies that are more respectful with nature is also in the hands of professionals like you and with this Postgraduate Certificate you can get up to date on everything you need to achieve it"*

**“** *You will have access to an updated list of foods that influence the increase in the size of your carbon footprint and water footprint, so that you can avoid them as much as possible”*

*You will be able to implement the newest eating habits related to reducing food waste into your strategy.*

*One way to convince your patients to eat better is through current arguments about the loss of biodiversity at different levels that causes the production of different harmful foods.*

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

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02

# Objectives

The climate emergency related to the increase in global warming, which is also affected by disrespectful eating habits, is the reason why TECH and its team of experts have considered it necessary to design this Postgraduate Certificate. Its development pursues the objective of providing the graduate with the most innovative and exhaustive knowledge about sustainable and healthy nutrition, so that they can implement the most *eco-friendly* strategies in their practice as a nurse that also help their patients. to improve your dietary health.







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*If your goal is to increase your commitment to caring for the environment without decreasing your quality as a Nutrition nurse specialist, you are facing the best option to achieve it”*



## General Objectives

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

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*TECH is clear: you and your career are its objective. That is why the best material has been invested in this Postgraduate Certificate so that you exceed your expectations in less than 150 hours”*





## Specific Objectives

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- ◆ 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

A group of Nutrition, Endocrinology and Dietetics professionals from different specialties in the health field have been selected to direct and teach this Postgraduate Certificate. These are active experts who know in detail the latest developments and nutritional strategies related to the care of patients and the environment, so they will contribute a current, critical and personal vision to the agenda, in addition to their experience in the use of certain strategies.





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*The teaching team has selected a variety of real clinical cases for this Postgraduate Certificate so that you can put into practice your skills as a nutritionist nurse committed to the planet”*

## Management



### Dr. Vázquez Martínez, Clotilde

- Corporate Head in the University Hospital Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- Head of the Endocrinology and Nutrition Service at Móstoles University Hospital
- President of La Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid SENDIMAD ()
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- Doctorate from the Faculty of Medicine at the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Díaz Hospital
- 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 Hospital university
- ♦ 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, Master's Degree in Obesity and comorbidities, Rey Juan Carlos University
- ♦ Professor of the Excellence Course in Obesity at the Jiménez Díaz Foundation University Hospital
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition in the Elderly, Complutense University of Madrid
- ♦ Nutrition and Sport for Professionals, Tripartite Foundation
- ♦ Refresher course on practical type 1 and 2 diabetes for healthcare 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 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

- ♦ Nutritionist Clinical Symptoms at Medicadiet
- ♦ López-Nava Obesity Nutritionist
- ♦ Dietitian and nutritionist at PREDIMED Plus
- ♦ Grade in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Master in Rehabilitation Nutrition and Endocrinology at 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





# 03

## Structure and Content

Is it possible to reduce the teaching load of a program without sacrificing the quality and completeness of its content? Not for the vast majority of educational centers, however, TECH achieves it in each of its programs. This is thanks to the use of the Relearning methodology, as well as the resolution of simulations of real practical cases, which favors a gradual and natural acquisition of knowledge. Furthermore, the use of additional material presented in different formats provides greater dynamism to the programs, saving the graduate long and tedious hours of purely theoretical study.





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*You will delve into the foods in which  
toxins and xenobiotics are used and their  
most recent effects on people's health”*

## Module 1. Nutrition 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 Population Problem
- 1.9. Food Industry, Marketing, Advertising, Social Networks and their Influence on Food Choice
- 1.10. Healthy, Sustainable and Non-Toxic Food Recommendations: Policy





“A program that, in addition to contributing to the environment in a professional way, you will do so on a personal level, since you will not have to attend classes or print the content if you wish”

04

# 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.





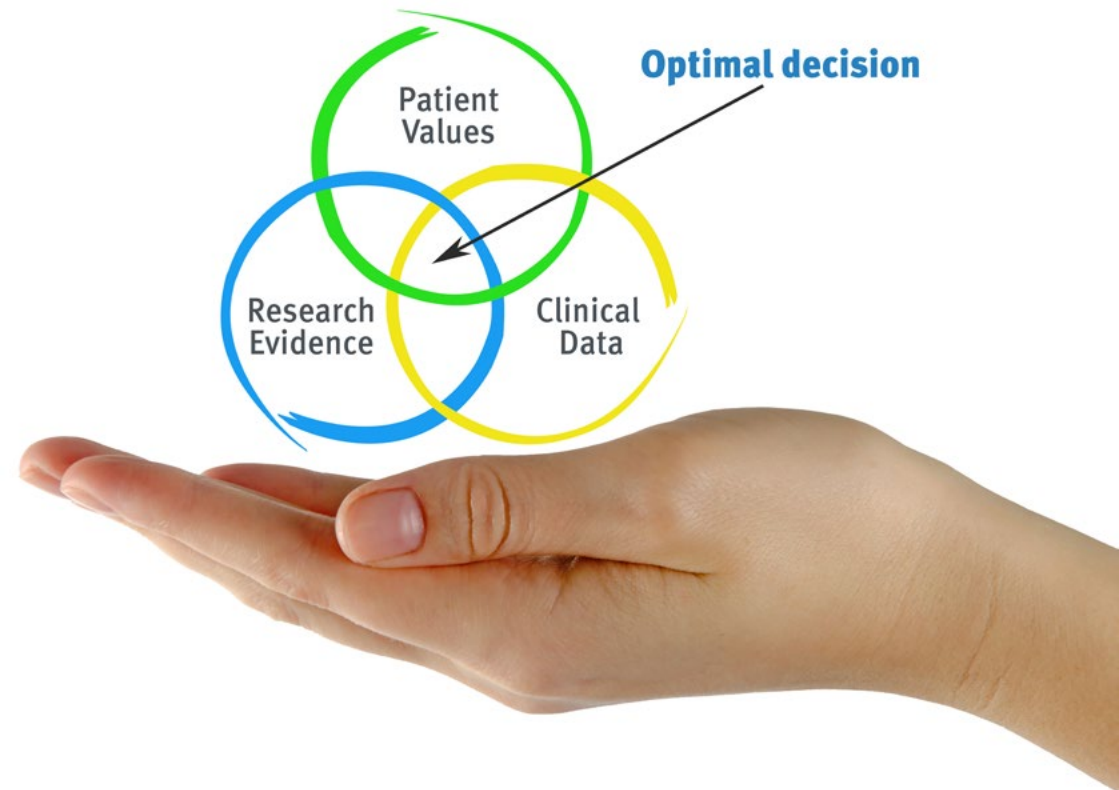
“

*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 Nursing School we use the Case Method

In a given situation, what should a professional do? 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. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology 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, in an attempt to recreate the real conditions in professional nursing 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. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
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 case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving 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 we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. 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 really 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.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, 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 them as many times as you want.



### 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 suggesting that observing third-party experts can be useful.

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.



05

# Certificate

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



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

This **Postgraduate Certificate in Nutrition for Health, Equity and Sustainability for Nursing** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

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

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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



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