

# Postgraduate Certificate

Nutrition for Health, Equity  
and Sustainability





## Postgraduate Certificate

### Nutrition for Health, Equity and Sustainability

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

Website: [www.techtute.com/us/nutrition/postgraduate-certificate/nutrition-health-equity-sustainability](http://www.techtute.com/us/nutrition/postgraduate-certificate/nutrition-health-equity-sustainability)

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# 01

# Introduction

Nutritional recommendations for health promotion, both for the general population and for personalized ones, must be adapted to new environmental needs. La situación actual del planeta lo requiere y el papel del profesional en este sentido es fundamental para inculcar en sus pacientes hábitos de vida saludable que, además, sean respetuosos y sostenibles. In order to keep up to date with the least damaging food strategies to the ecological footprint, TECH has developed this program, through which the graduate will be able to update their knowledge and learn in detail the latest scientific evidence related to ecological and respectful nutrition education.





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*Environmentally friendly nutritional education has never been so important. With this Postgraduate Certificate you will be able to update yourself on all the most innovative and Effective eco-friendly strategies”*

The increase in meat consumption in the last decade has encouraged livestock farming, which not only pollutes through the emission of greenhouse gases, but its maintenance requires a very large investment of energy and water, which, as a whole, represents a very large deterioration for the planet. The same is true of other products such as palm oil, fish, rice and nuts, whose mass production is causing the carbon footprint to grow.

In this sense, the educational role of the nutritionist or dietitian has to be a protagonist when it comes to the transmission of healthy lifestyle habits that, in addition, are respectful with the environment. In order to do that, TECH offers this Postgraduate Certificate in Nutrition for Health, Equity and Sustainability, a complete program designed to bring the professional up to date on everything related to effective and eco friendly. nutritional strategies.

Through this course, the graduate will be able to delve deeper into the reduction of carbon and water footprints through the design of healthy and bio-responsible food plans, into toxics and xenobiotics in food and their effects on health, and into other aspects that reconcile good nutrition and care for the planet.

All this, through a 100% online program and accessible from any electronic device with Internet connection. In addition, in order for you to get the performance you consider necessary, you will have additional high quality material presented in different formats with which you can not only contextualize the information developed throughout the agenda, but you can also deepen in those aspects that are of interest to you.

This **Postgraduate Certificate in Nutrition 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, 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



*A more sustainable planet is possible if professionals like you implement the most innovative and respectful nutritional techniques in practice”*

“

*You will be able to delve into the latest developments related to healthy, sustainable and non-toxic food recommendations toxic-free”*

The program's teaching staff includes professionals from the 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, students will be assisted by an innovative, interactive video system created by renowned and experienced experts.

*You will update your knowledge regarding food waste, so that you can inculcate greener habits in your patients.*

*In the Virtual Classroom you will find examples of practical cases in which you will have to apply your knowledge in sustainable nutrition.*



# 02 Objectives

Global warming has been greatly affected by the excessive consumption of certain foods whose production emits enormous amounts of CO<sub>2</sub> into the atmosphere. For this reason, and with the objective of serving as a guide for the graduates in their updating the graduates in their update on everything related to nutritional education, TECH has decided to launch this Postgraduate Certificate. For this, you will have the most innovative academic tools at your disposal, thanks to which you will be able to acquire broad, exhaustive and updated knowledge from any place and with a personalized schedule.







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*A Postgraduate Certificate that will give you the guidelines and the most up-to-date arguments to convince your patients to reduce the consumption of red meat, for their health and for the planet”*



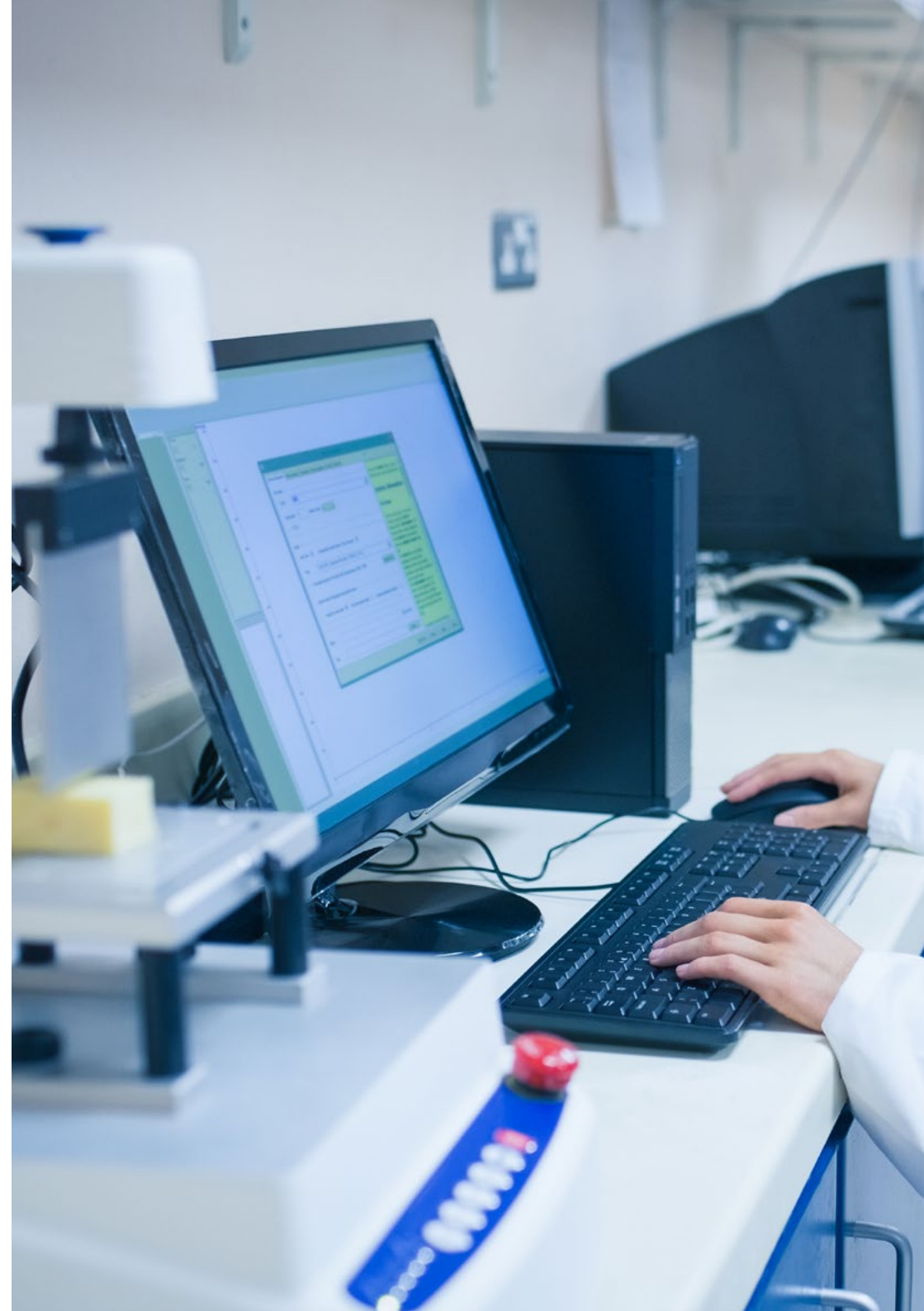
## General Objectives

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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



*The more demanding and ambitious your goals are, the greater performance you will be able to obtain from this Postgraduate Certificate, because TECH will put at your disposal everything you need to overcome them"*





## 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

Both the direction and the teaching of this Diploma are in charge of a team of professionals in Nutrition and Endocrinology with a wide and extensive professional experience. It is a cloister with unparalleled human quality, an aspect that will be reflected in its theme. In addition, they will be available at all times to answer any questions that may arise during the course of this academic experience.





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*The teaching team will guide you through your degree so that you can get the most out of this academic experience”*

## Management



### Dr. Vázquez Martínez, Clotilde

- Corporate Head of the 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 Diaz 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
- ♦ Degree in Medicine and Surgery from the University of 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. 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

### 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)



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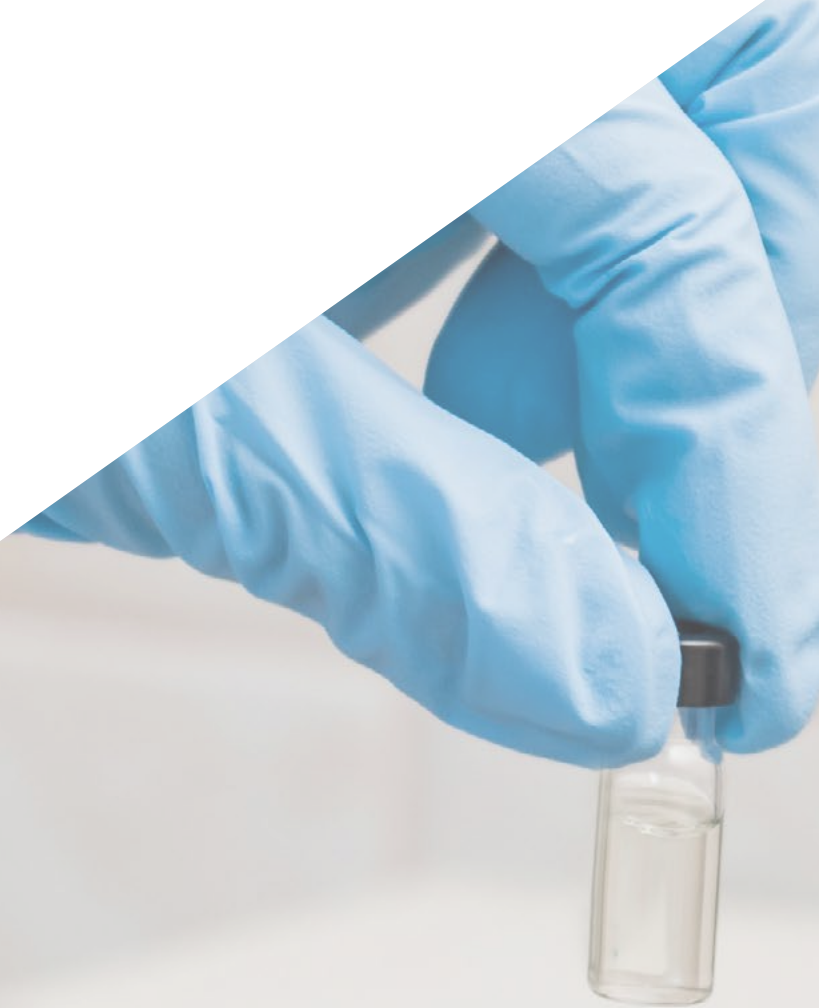
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# 04

# Structure and Content

For the structuring and development of the content of this Postgraduate Certificate, the teaching team has used the most cutting-edge and innovative information related to food and sustainability. Furthermore, hours of additional material have also been included in different formats (complementary readings, research articles, practical cases, dynamic summaries, etc.) so that you can delve in depth in a personalized way into those aspects that interest you most.



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*You can access the Virtual Classroom 24 hours a day throughout the week, so you can organize yourself without problems”*

## 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





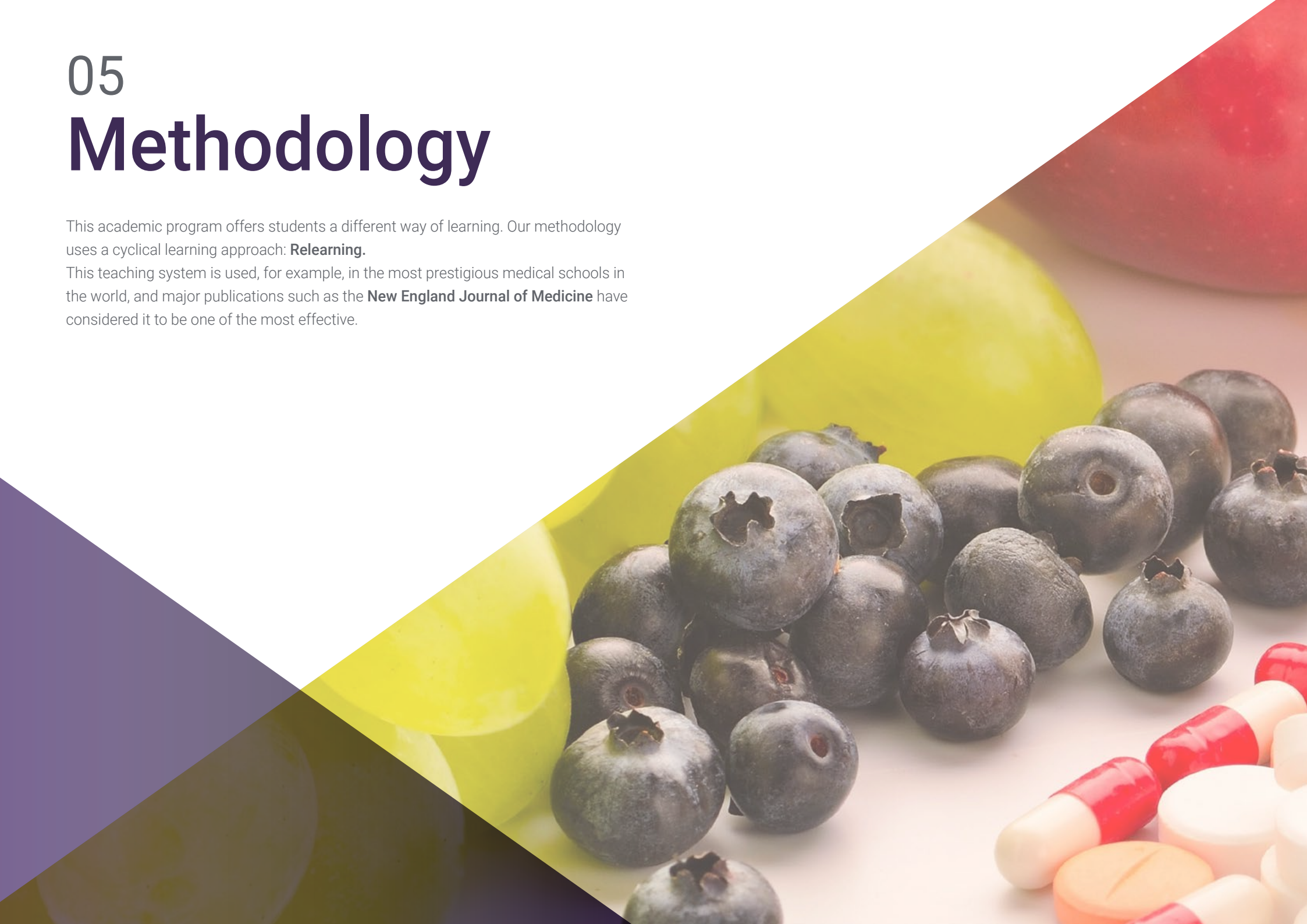
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*Enroll now and start studying  
this program with which you will  
contribute to help the environment”*

# 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

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. Specialists learn better, faster, and more sustainably over time.

*With TECH, nutritionists can 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 of professional nutritional 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. Nutritionists who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity through exercises to evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the nutritionist to better integrate knowledge into clinical practice.
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.

*The nutritionist 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, more than 45,000 nutritionists have been trained with unprecedented success in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

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



#### Nutrition Techniques and Procedures on Video

TECH brings students closer to the latest techniques, the latest educational advances and to the forefront of current nutritional counselling techniques and procedures. 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 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.



06

# Certificate

The Postgraduate Certificate in Nutrition 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 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** 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 diploma 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**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper diploma 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

**tech** technological  
university

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