

Postgraduate Certificate

Nutrition for Health, Equity and Sustainability





Postgraduate Certificate Nutrition 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/pharmacy/postgraduate-certificate/nutrition-health-equity-sustainability

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

Today's population is much more aware of the adverse effects produced by the overexploitation of land for food use, while seeking more balanced and healthy nutrition for their body. A change in mentality that causes information on the matter to increase, and pharmaceutical professionals encounter in their daily lives people more interested in achieving their well-being with more appropriate and environmentally friendly habits. This teaching taught 100% online introduces students to recent advances in this field with the help of a specialized teaching team with extensive experience in the area of Nutrition and Endocrinology



“

With this Postgraduate Certificate you will be able to update yourself on all the most innovative and sustainable dietary strategies”

The concept of reducing the carbon footprint is already quite familiar among the population, especially those who seek a reduction in the environmental impact of their daily food consumption. Likewise, in recent years there has been greater awareness about the food products themselves, palm oil, and the impact that large land exploitation and fauna produce to obtain it. This change in mentality is part of the new concept of health that people want to have today.

This Postgraduate Certificate, aimed at pharmaceutical professionals, offers updated knowledge in Health, Equity and Sustainability. To do this, students will delve into effective and eco-friendly nutritional strategies for 6 six weeks, the loss of biodiversity at different levels and its impact on the microbiota, toxins and xenobiotics in food and their effects on health or legislation. current legislation that is responsible for correct labeling.

Likewise, this program taught exclusively online will provide the most recent knowledge regarding the existing health problems with ultra-processed foods and beverages other than water and healthy and sustainable food recommendations. All this, with modern multimedia content that you can access at any time of the day, as there are no sessions with fixed times. Students only require a tablet, computer or mobile phone with an internet connection to be able to connect to the virtual platform from anywhere. In this way, this qualification allows the pharmaceutical professional to access teaching of quality and compatible with his work and personal responsibilities.

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 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 work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



A lesson that will allow you to be aware of sustainability and changes in healthy habits in today's population"

“

Delve into the latest news related to Toxic and Xenobiotics and its impact on health”

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.

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. This will be done with the help of an innovative system of interactive videos made by renowned experts.

Access the lines of research that address different biodiversity and the microbiota.

A university program that allows you to combine your personal responsibilities with quality teaching.



02 Objectives

This Postgraduate Certificate will ensure that students achieve the renewal of knowledge during the 6 weeks of this teaching. In order to do this, the pharmaceutical professional will have the most innovative academic tools, thanks to which they will be able to acquire extensive, exhaustive knowledge from anywhere and without sessions with fixed times. The Relearning system, based on repetition of content, will also allow you to obtain an update of your knowledge in the field of health and sustainability, in a more natural and progressive way.



“

A Postgraduate Certificate that will allow you to update your knowledge about the carbon and water footprint and its impact on health”



General Objectives

- ◆ 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





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

“

A 100% online program in which you will have a specialized teaching team and nutrition experts at your disposal”

03

Course Management

In its commitment to offering all students quality education, TECH carefully selects the teaching staff who teach each of its programs. Moreover, in this online program, students have a direction and a teaching team that has extensive experience in clinics and hospital centers in the areas of Nutrition and Endocrinology. Some active professionals who will provide real clinical cases that will be of great use and direct application in the work performance of the pharmaceutical professional.



“

With this Postgraduate Certificate you will be aware of the studies carried out on the differences that exist in the world in terms of food, hunger and obesity”

Management



Dr. Vázquez Martínez, Clotilde

- ♦ Corporate Head of the 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 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 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. 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, Trisomy 21 Research Society



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 at the Course of Excellence in Obesity at the university Fundación Jimenez Díaz Hospital, Novo Nordisk
- ◆ 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

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, S.L
- ◆ 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.





“

Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

04

Structure and Content

In this Postgraduate Certificate, the teaching team has used the most avant-garde and innovative information related to food and sustainability. In this way, students will be able to renew their knowledge with the most recent content in the area of Health, Equity and Sustainability, where they will delve - into current childhood nutrition and adolescence, the current regulations applied in labeling, as well as the policies that guide healthy eating recommendations. Specialized readings, research articles or dynamic summaries will complement the syllabus that makes up the study plan of this program.





“

In this university education you will have access to the most recent research on processed foods and their effects in the child and adolescent population”

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 university program that provides you with the latest studies on the environmental impact of the food industry and its impact on health”

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.





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 be confronted with multiple simulated clinical cases based on real patients, in which they will have to investigate, establish hypotheses and ultimately, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly 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. Gervas, 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, attempting to recreate the actual conditions in a pharmacist's professional practice.

“

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. Pharmacists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their 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.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.

Pharmacists 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 115,000 pharmacists have been trained with unprecedented success in all clinical specialties, regardless of the surgical load. This pedagogical methodology is developed in a highly demanding environment, with a university student body with a high socioeconomic 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 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 created specifically for the course by specialist pharmacists who will be teaching the course, so that the didactic development is highly specific and accurate.

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.



Video Techniques and Procedures

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current pharmaceutical care procedures. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better 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 unique multimedia content presentation training system 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, we will present you with real case developments in which the expert will guide you through 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 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 Global University



“

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 Nutrition 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 Nutrition for Health, Equity and Sustainability**

Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**



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

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



Postgraduate Certificate Nutrition for Health, Equity and Sustainability

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

Postgraduate Certificate

Nutrition for Health, Equity
and Sustainability