Nutrition in Global Health Training Course

Professional Development Training Course Outline

Category	Public Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Nutrition is a critical pillar of global health systems, directly influencing disease prevention, child survival, maternal health, and overall population well-being. In an era marked by rising malnutrition, obesity epidemics, micronutrient deficiencies, and climate-related food insecurity, strengthening nutrition capacity has become a global priority. Nutrition in Global Health Training Course is designed to equip learners with advanced knowledge and practical competencies to address complex nutrition challenges across low-, middle-, and high-income settings.

The course integrates evidence-based approaches in public health nutrition, humanitarian nutrition, food systems, and sustainable development goals (SDGs). Participants will explore how nutrition intersects with non-communicable diseases (NCDs), infectious diseases, emergency response, and maternal-child health programs. By combining global frameworks with real-world case studies, the course empowers professionals to design, implement, and evaluate impactful nutrition interventions at community, national, and global levels.

Programme Curriculum

Nutrition in Global Health Training Course

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5 days

Course Objectives

1. Understand global malnutrition burden analysis
2. Apply public health nutrition frameworks
3. Assess food security and food systems resilience
4. Analyze micronutrient deficiency control strategies
5. Design maternal and child nutrition interventions
6. Implement infant and young child feeding (IYCF) programs
7. Evaluate nutrition surveillance systems
8. Integrate climate-smart nutrition approaches
9. Address obesity and non-communicable disease prevention
10. Strengthen humanitarian nutrition response systems
11. Apply behavior change communication (BCC) strategies
12. Use data-driven nutrition policy planning
13. Align programs with SDG 2: Zero Hunger strategies

Target Audience

1. Public health professionals
2. Nutritionists and dietitians
3. Medical doctors and clinical officers
4. NGO and humanitarian workers
5. Policy makers in health and agriculture
6. Community health workers
7. Researchers and academics in global health
8. Students in public health and nutrition sciences

Course Modules

Module 1: Foundations of Global Nutrition

- Overview of global malnutrition trends (underweight, stunting, obesity)
- Determinants of nutrition in low-resource settings
- Role of WHO and global nutrition frameworks
- Nutrition transition and urbanization impacts
- **Case Study:** UNICEF global child stunting reduction program in South Asia

Module 2: Food Security and Food Systems

- Food availability, access, utilization, and stability
- Sustainable agriculture and nutrition linkage
- Climate change and food insecurity

- Market systems and nutrition outcomes
- **Case Study:** Ethiopia's Productive Safety Net Program (PSNP)

Module 3: Maternal, Infant and Young Child Nutrition

- Maternal nutrition and pregnancy outcomes
- Exclusive breastfeeding promotion strategies
- Complementary feeding practices
- Growth monitoring and promotion
- **Case Study:** Rwanda national breastfeeding campaign success

Module 4: Micronutrient Deficiency Control

- Iron, iodine, vitamin A deficiency
- Food fortification programs
- Supplementation strategies
- Biofortification innovations
- **Case Study:** Kenya iodized salt universal coverage initiative

Module 5: Nutrition in Emergencies and Humanitarian Settings

- Emergency nutrition assessment tools
- Therapeutic feeding programs (CMAM approach)
- Refugee camp nutrition management
- Rapid response nutrition interventions
- **Case Study:** Somalia famine emergency nutrition response

Module 6: Non-Communicable Diseases and Obesity

- Nutrition transition and lifestyle diseases
- Sugar, salt, and fat consumption patterns
- Community-based obesity prevention
- Policy interventions (taxation, labeling)
- **Case Study:** Mexico sugar tax impact on obesity trends

Module 7: Nutrition Surveillance and Data Systems

- Nutrition monitoring indicators
- DHS and SMART surveys
- Digital health and nutrition tracking systems
- Data visualization and interpretation
- **Case Study:** Nigeria national nutrition surveillance system

Module 8: Nutrition Policy, Governance and Advocacy

- National nutrition policy development
- Multi-sectoral coordination (health, agriculture, education)
- Advocacy and stakeholder engagement
- Funding mechanisms for nutrition programs
- **Case Study:** Scaling Up Nutrition (SUN) Movement success model

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com