Training Course on Improving Health and Nutrition

Professional Development Training Course Outline

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

Course Introduction

Improving health and nutrition is essential for fostering a productive, thriving population. This comprehensive training course is designed to equip participants with the knowledge and skills necessary to address nutritional challenges and enhance health outcomes in diverse settings. Grounded in evidence-based practices, the course delves into strategies for combating malnutrition, improving dietary habits, and promoting sustainable health systems.

In today’s world, the burden of non-communicable diseases and malnutrition continues to grow, presenting significant challenges to healthcare systems and economic development. This course emphasizes the role of nutrition in disease prevention, healthcare efficiency, and overall well-being. Participants will gain insights into innovative approaches to nutrition that align with global standards and local contexts.

Programme Curriculum

Training Course on Improving Health and Nutrition

Introduction

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Participants will gain insights into innovative approaches to nutrition that align with global standards and local contexts. Through an engaging blend of theoretical knowledge and practical application, this training fosters collaboration among health professionals, policymakers, and other stakeholders. By the end of the program, attendees will possess actionable strategies to drive impactful changes in their organizations and communities.

Course Duration

5 Days

Course Objectives

1. Understand the fundamental concepts of health and nutrition.
2. Explore the relationship between diet, lifestyle, and disease prevention.
3. Identify strategies to address malnutrition in different populations.
4. Develop skills for designing and implementing nutrition programs.
5. Analyze global and local nutrition trends and challenges.
6. Promote sustainable and culturally sensitive nutrition practices.
7. Enhance knowledge of food systems and supply chain management.
8. Strengthen partnerships among health professionals and stakeholders.
9. Improve assessment and monitoring techniques for health and nutrition initiatives.
10. Equip participants with tools for advocacy and policy formulation.

Organizational Benefits

1. Improved employee productivity through better health and nutrition practices.
2. Enhanced capacity to design and implement impactful health programs.
3. Strengthened compliance with global and national health standards.
4. Increased ability to identify and address nutrition-related challenges.
5. Boosted organizational reputation through improved health outcomes.
6. Cost savings from reduced absenteeism and healthcare costs.
7. Access to the latest research and innovative health strategies.
8. Development of sustainable and scalable nutrition programs.
9. Improved collaboration among departments and stakeholders.
10. Strengthened ability to meet corporate social responsibility (CSR) objectives.

Target Participants

- Health practitioners (doctors, nurses, dietitians, and community health workers).
- Policymakers and government health officials.
- Professionals in NGOs focused on health and nutrition.
- Educators and researchers in public health and nutrition.
- Managers of food security and agricultural programs.
- Social workers and community development officers.

Course Outline

Module 1: Introduction to Health and Nutrition

1. Overview of global and regional nutrition challenges.
2. Key nutrition concepts and terminologies.
3. The role of nutrition in human development and productivity.
4. Case study: Tackling malnutrition in Sub-Saharan Africa.
5. Group activity: Identifying local nutritional challenges.

Module 2: Malnutrition and Its Impact

1. Types and causes of malnutrition.
2. Socioeconomic effects of malnutrition.
3. Strategies for combating malnutrition.
4. Case study: Community-based nutrition interventions.
5. Interactive session: Designing solutions for at-risk populations.

Module 3: Nutrition in Disease Prevention

1. Nutrition and non-communicable diseases.
2. Dietary guidelines for disease prevention.
3. Role of micronutrients in health.
4. Case study: Food fortification programs.
5. Workshop: Creating personalized nutrition plans.

Module 4: Sustainable Food Systems and Nutrition

1. Food security and its link to nutrition.
2. Sustainable agriculture and dietary diversity.
3. Addressing food waste and supply chain inefficiencies.
4. Case study: Promoting local food systems.
5. Brainstorming session: Designing sustainable food solutions.

Module 5: Monitoring and Evaluation of Nutrition Programs

1. Tools and techniques for program assessment.
2. Data collection and analysis for health outcomes.
3. Reporting and communicating findings.
4. Case study: Evaluating a school feeding program.
5. Practical exercise: Creating an M&E framework.

Module 6: Advocacy and Policy Development

1. Importance of health and nutrition advocacy.
2. Policy frameworks and strategies for nutrition.
3. Engaging stakeholders in policy formulation.
4. Case study: Influencing national nutrition policies.
5. Role-play: Advocacy campaign planning.

Training Methodology

The instructor led trainings are delivered using a blended learning approach and comprises of presentations, guided sessions of practical exercise, web-based tutorials and group work. Our facilitators are seasoned industry experts with years of experience, working as professional and trainers in these fields.

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

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