

# به نام خداوند بخشنده مهربان

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# اصول برنامه ریزی و مدیریت برنامه های تغذیه ای

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مدرس: دولتیان

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# The Concept of Community

- Community is a grouping of people who reside in a specific locality and who interact and connect through a definite social structure to fulfill a wide range of daily needs.
- components of community : people, a location in space (which can include the realm of cyberspace), social interaction, and shared values.



# Opportunities in Community Nutrition:

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- **community nutrition** is a discipline that strives to improve the health, nutrition, and well-being of individuals and groups within communities.
- Its practitioners develop policies and programs that help people improve their eating patterns and health.
- Indeed, these three arenas—people, policy, and programs—are the focus of community nutrition

# People:

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- Individuals who benefit from community nutrition programs and services.
- It is the community nutritionist who identifies:  
a group of people with an unmet nutritional need  
gathers information about the group's socioeconomic background, ethnicity, religion, geographical location, and cultural food patterns  
then develops a program or service tailored to the needs of this group.

# Policy:

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- Policy is a key component of community nutrition practice. **Policy** is a course of action chosen by public authorities to address a given problem. Policy is what governments and organizations intend to accomplish through their laws, regulations, and programs.



# Programs:

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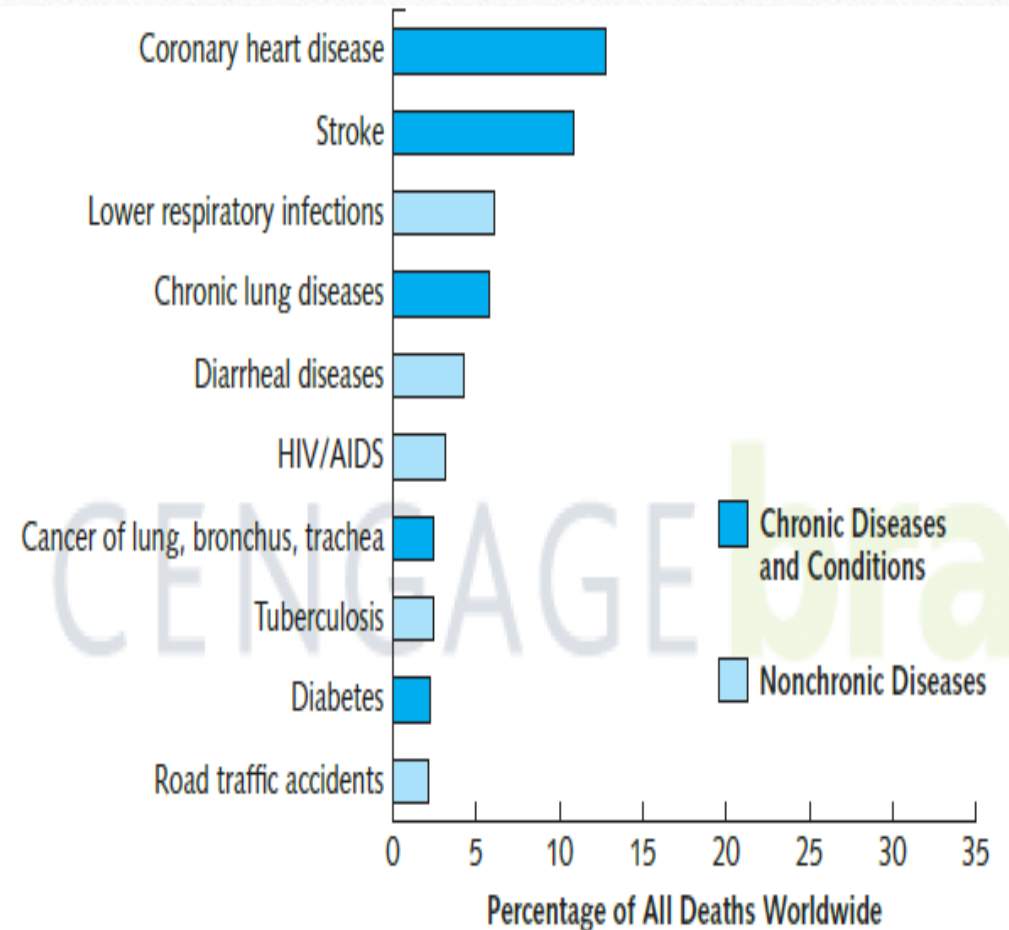
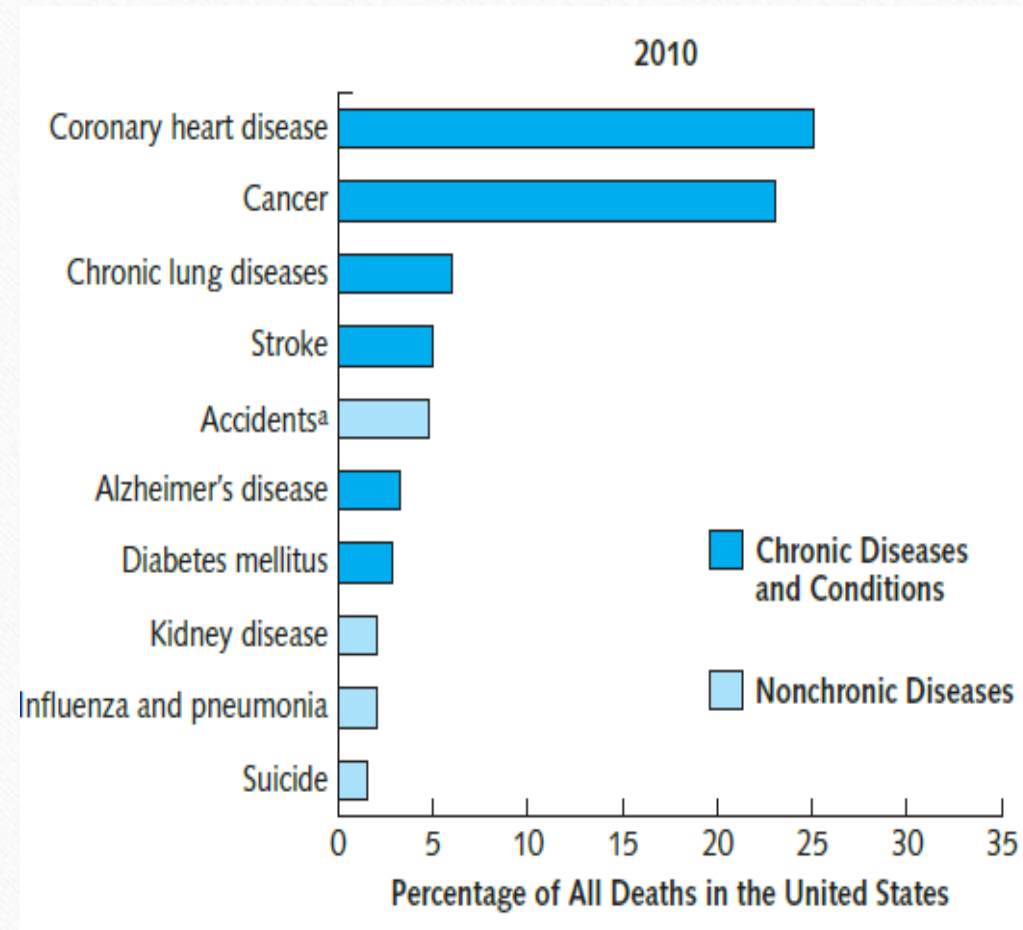
- Programs are the instruments used by community nutritionists to seek behavior changes that improve nutritional status and health.
- They are wide-ranging and varied from small group to population.

# The importance:

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# Leading Causes of Death, United States and Worldwide:

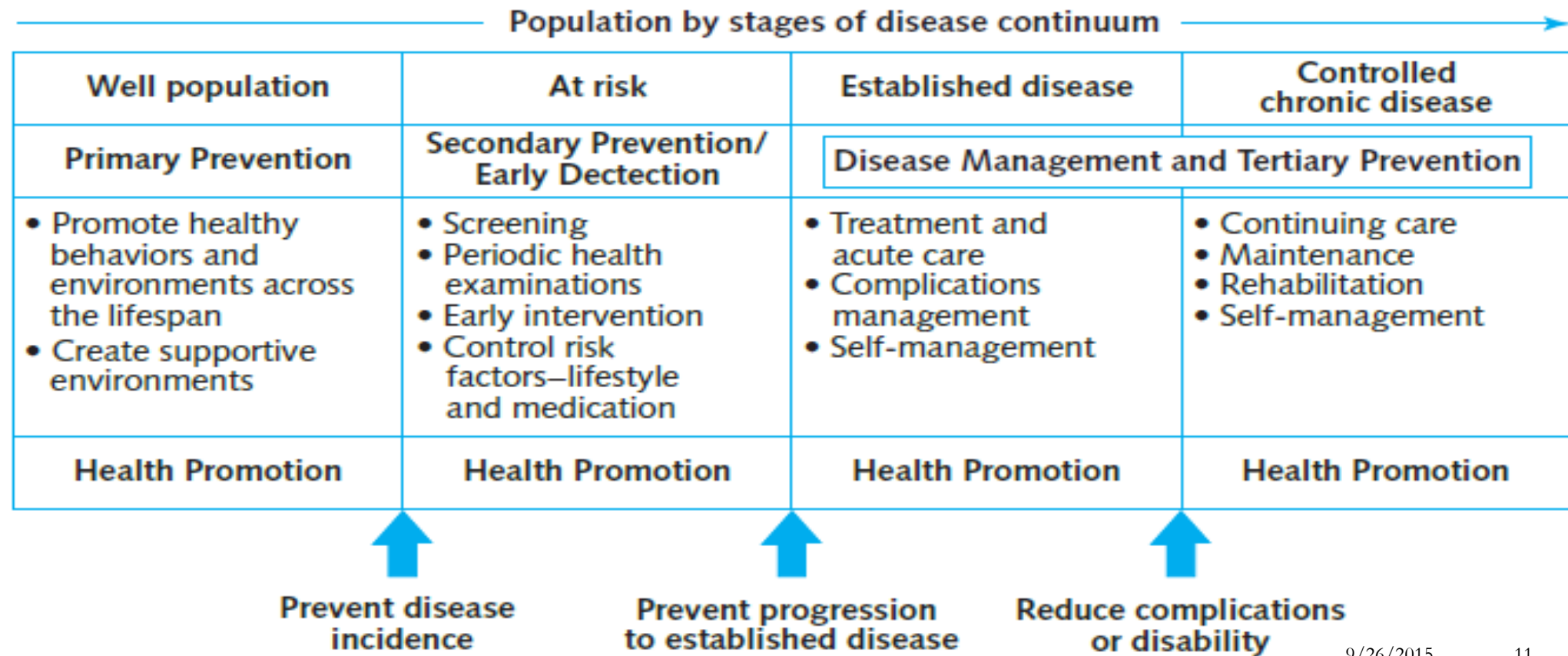


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- A healthy individual, has the physical, mental, and spiritual capacity to live, work, and interact joyfully with other human beings.
  - It is “the science and art of helping people change their lifestyle to move toward a state of optimal health.”
  - Behavior change is the desired outcome of a health promotion activity—what we call an **intervention**—aimed at a target audience.
  - Interventions focus on promoting health and preventing disease and are designed to change a preexisting condition related to the target audience’s behavior



# The Health Continuum and Types of Prevention to Promote Health and Prevent Disease



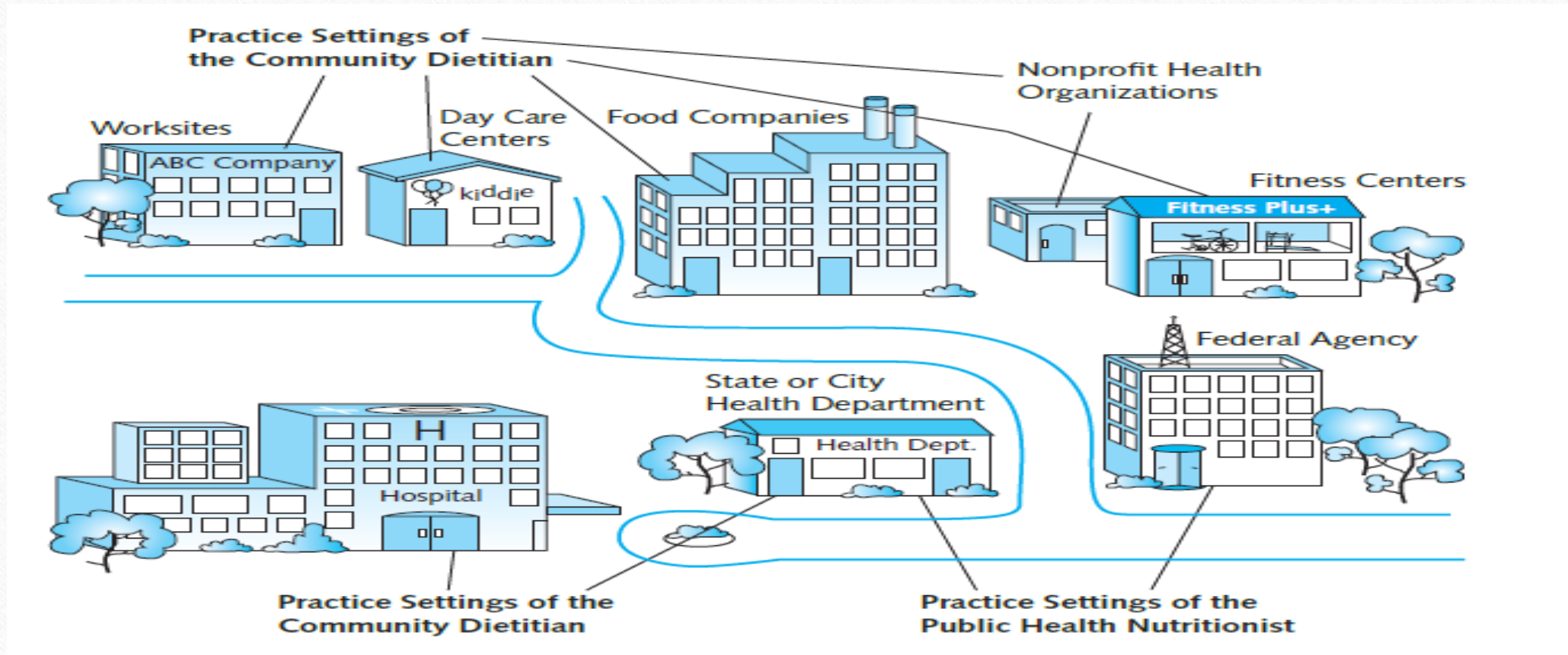
# Community versus Public Health Nutrition

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- *community nutrition* encompasses any nutrition program whose target is the community, whether the program is funded by the federal government or sponsored by a private group.
- *Public health nutrition* refers to those community-based programs conducted by a government agency (federal, state, provincial, territorial, county, or municipal) whose official mandate is the delivery of health services to individuals living in a particular area



# Practice Settings of Community Dietitians and Public Health Nutritionists:



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- Community dietitians, who are always registered dietitians (RDs) or licensed dietitians (LDs), tend to be situated in hospitals, clinics, health maintenance organizations, voluntary health organizations, worksites, and other nongovernment settings. Some community dietitians work in federal, state, and municipal health agencies.
  - Public health nutritionists, only some of whom are RDs or LDs, more often provide nutrition services through government agencies, and often have a master's degree in public health nutrition.
  - The community dietitian plans, coordinates, directs, manages, and evaluates the nutrition component of his or her organization's programs and services. The public health nutritionist carries out similar activities in a government agency.