

Course in NUTRITIONAL EPIDEMIOLOGY

Dietary Assessment: Surveillance and Research

Porto (Portugal), 29-31 May 2014

FACULTY

Sonja NICHOLSON

National Diet and Nutrition Survey
MRC Human Nutrition Research
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Information

Registration: Students, former students and workers from the University of Porto - €150

External members of the University of Porto - €200

Instruction languages: Portuguese and English

Participants: Health professionals with interest in Nutrition and Health (Maximum participants: 30)

Place: Institute of Public Health, University of Porto - Rua das Taipas, nº 135, Porto (Portugal)

Contact details:

Post-Graduation Office

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Online registration: Registration should be done in the website: www.ispup.up.pt (Courses)

Registration deadline: 23 May 2014

OBJECTIVES

To know and better understand the concepts and methods related with the evaluation and application of nutritional determinants in health. The assessment of dietary intake in particular the methodology for using in national dietary surveys will be discussed. Also, methodological aspects taking into account the relation between diet and health will be approached.

PROGRAM

THURSDAY, 29 MAY

09.30 – 10.30	• Introduction to nutritional epidemiology	Carla Lopes
	<i>Morning break</i>	
10.50 – 13.00	• Methods of assessing dietary intake	Ana Cristina Santos
	<i>Lunch</i>	
14.00 – 16.00	• Dietary assessment in specific groups (pregnant, children and adolescent)	Carla Lopes
	<i>Afternoon break</i>	
16.20 – 18.00	• Food conversion into nutrients: methodological constrains	Susana Casal

FRIDAY, 30 MAY

09.30 – 11.00	• National Dietary Surveys: issues on dietary assessment	Sonja Nicholson
	<i>Morning break</i>	
11.20 – 13.00	• National Dietary Surveys: issues on field work	
	<i>Lunch</i>	
14.00 – 16.00	• Analysing nutritional data	Milton Severo
	<i>Afternoon break</i>	
16.20 – 18.00	• Analysing nutritional data	

SATURDAY, 31 MAY

09.30 – 11.00	• Accuracy of measuring diet	Elisabete Ramos
	<i>Morning break</i>	
11.20 – 13.00	• Dietary patterns and Health	Andreia Oliveira