



# Community Nutrition: Planning Health Promotion And Disease Prevention

*Nweze Nnakwe*

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## **Community Nutrition: Planning Health Promotion And Disease Prevention** Nweze Nnakwe

Thoroughly revised and updated, *Community Nutrition: Planning Health Promotion and Disease Prevention*, Second Edition provides students with the knowledge, skills, tools, and evidence-based approaches that they need to promote health and prevent diseases. The Second Edition provides pertinent statistics on the national health objectives for 2010 and discusses traditional concepts as well as current and emerging nutrition issues. Real-world examples throughout the text explain nutritional concepts and present the reader with an application of these important topics. Instead of presenting the business and hospital-based care perspective used by most other books in this area, this text focuses on public health and community-based care. The book is divided into three parts: Part I provides an overview of community and public health nutrition landscapes, and lays the foundation for primary, secondary, and tertiary prevention. Part II focuses on the knowledge and intervention skills needed to promote health and prevent disease throughout the life cycle. Part III focuses on the skills, knowledge, and tools community nutritionists need to design effective nutrition and health promotion programs. New to the Second Edition: Public and Community Health Objectives including Canadian, U.S., and World Health Promotion Objectives Healthy People 2020 and the Healthy People 2010 Progress Report The Nutrition Care Process approved for the profession of nutrition and dietetics practice Mapping tools in community assessment Nutrition Care Process Evidence-Based Practice

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