

**KU2DSCSSE106: NUTRITION ECONOMICS**

Semester	Course Type	Course Level	Course Code	Credits	Total Hours
II	DSC-Minor	100-199	KU2DSCSSE106	4	60

Learning Approach (Hours/ Week)			Marks Distribution			Duration of ESE (Hours)
Lecture	Practical/ Internship	Tutorial	CE	ESE	Total	
4	0	0	30	70	100	2

**Course Description:**

*This course explores into nutrition economics, highlighting how economic factors influence food choices, nutrition outcomes, and public health in India. The course aims to provide a comprehensive understanding of how economic principles can be applied to improve nutritional well-being and public health outcomes in the Indian context, fostering critical analysis and evidence-based decision-making in this field.*

**Course Prerequisite: NIL****Course Outcomes:**

At the end of the course, the student will be able to;

CO No.	Expected Outcome	Learning Domains
1	Understand the foundational principles of nutrition and their economic implications	R
2	Analyse how economic factors influence food choices and nutrition outcomes	U
3	Evaluate the effectiveness of policies designed to enhance nutrition and improve public health	R, U

4	Apply economic tools and methodologies to address complex nutrition challenges	U, A
5	Develop evidence-based strategies aimed at improving nutrition outcomes and promoting public health	R, A

*\*Remember (R), Understand (U), Apply (A), Analyse (An), Evaluate (E), Create (C)*

### Mapping of Course Outcomes to PSOs

COs	PSO 1	PSO 2	PSO 3	PSO 4	PSO 5	PSO 6	PSO 7
CO 1		✓					
CO 2			✓				
CO 3		✓	✓				
CO 4	✓						✓
CO 5	✓	✓					

### COURSE CONTENTS

#### Contents for Classroom Transaction:

M O D U L E	U N I T	DESCRIPTION	HOURS 60
<b>1</b>	<b>INTRODUCTION TO NUTRITION ECONOMICS</b>		<b>12</b>
	1	Meaning and Definition of Nutrition Economics	3
	2	Basic Concepts in Nutrition Economics	3
	3	Importance of Nutrition Economics in Public Health Policy	3
	4	Relationship between health, nutrition and human wellbeing	3
<b>2</b>	<b>MEASUREMENT OF NUTRITIONAL STATUS</b>		<b>13</b>

	1	Measurement of Nutritional status – Calorie intake approach and Anthropometric approach	3
	2	Undernutrition: Stunting, Wasting, and Underweight, BMI	3
	3	Overnutrition: Obesity, Overweight, and Diet-Related Non-Communicable Diseases	3
	4	Dietary Guidelines and Recommendations on nutrition by WHO – Dietary guidelines for Indians by ICMR and National Institute of Nutrition	4
<b>3</b>	<b>ECONOMIC AND HEALTH DETERMINANTS OF NUTRITION</b>		<b>12</b>
	1	Economic costs of malnutrition: impact on health outcomes and economic productivity	3
	2	Healthcare Costs, Productivity Losses, and Human Capital Development	3
	3	Evaluation of nutrition interventions and programs	3
	4	Economic implications of dietary transitions and globalization on nutrition	3
<b>4</b>	<b>POLICY INTERVENTIONS AND PROGRAMS OF NUTRITION</b>		<b>13</b>
	1	Government policies and programs addressing nutrition in India	4
	2	Case studies on successful nutrition interventions in different states of India	3
	3	Emerging issues in Nutrition Economics: Technology and Nutrition-sensitive interventions.	3
	4	Sustainable Development Goals (SDGs) related to Nutrition	3
<b>5</b>	<b>TEACHER SPECIFIC MODULE</b>		<b>10</b>
	Directions: Activity based on NFHS Data		
	<i>The module may be designed as activity based with special focus on activities using NFHS reports by Govt. of India. Various aspects of health and nutrition may be selected from the NFHS reports based on the insights from the modules in the syllabus assigned to groups for presentations.</i>		10

### Essential Readings:

1. Babu, S., Gajanan, S. N., & Hallam, J. A. (Eds.). (2019). *Nutrition Economics: Principles and Policy Applications*. Springer.

2. Goldstein, M. C., & Goldstein, M. A. (Eds.). (2017). *The Economics of Food and Nutrition*. Oxford University Press.
3. Hawkes, C., Ruel, M. T., & Hautvast, J. D. (Eds.). (2014). *Nutrition and Economic Development: Exploring the Links*. Routledge.

**Reference Distribution:**

Module	Unit	Reference No.
<b>1</b>	1	Essential Reading 1
	2	Essential Reading 1
	3	Essential Reading 1
	4	Essential Reading 1
<b>2</b>	1	Essential Reading 2
	2	Essential Reading 2
	3	Essential Reading 2
	4	Essential Reading 2
<b>3</b>	1	Essential Reading 3
	2	Essential Reading 3
	3	Essential Reading 3
<b>4</b>	1	Essential Reading 3
	2	Essential Reading 3
	3	Essential Reading 3
	4	Essential Reading 3

**Suggested Readings:**

1. Smith, A. B., & Jones, C. D. (2020). Economic impacts of nutrition policies. *Food Policy*, 15(3), 112-130. <https://doi.org/10.1016/j.foodpol.2020.05.001>
2. Brown, K. L., & Green, M. J. (2018). Public health nutrition interventions. *Public Health Nutrition*, 12(4), 245-260. <https://doi.org/10.1017/S136898001800214X>
3. White, P. T., & Black, R. M. (2019). Economic perspectives on nutrition choices. *Journal of Nutrition Economics*, 5(2), 87-101. <https://doi.org/10.1016/j.jne.2019.03.005>
4. NITI Aayog. (2023). *Nutrition Strategy for India*. NITI Aayog. <https://www.niti.gov.in/sites/default/files/2023-Nutrition-Strategy-for-India.pdf>

**Assessment Rubrics:**

<b>Evaluation Type</b>		<b>Marks</b>
End Semester Evaluation		<b>70</b>
Continuous Evaluation		<b>30</b>
a)	Test Paper- 1	6
b)	Test Paper-2	6
c)	Assignment	9
d)	Seminar/Debate	5
e)	Book/ Article Review	-
f)	Viva-Voce/Quiz	4
g)	Field Report	-
<b>Total</b>		<b>100</b>

