



# Public Health Nutrition

*Mark Lawrence, Tony Worsley*

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“At last! A book that approaches public health nutrition in a scholarly, scientific and evidence based manner that at the same time delivers the practical competencies and skills required by the professional Public Health Nutritionist.” Elizabeth Belton, Senior Lecturer, School of Life Sciences, The Robert Gordon University

How can the nutritional health of populations be improved through action at local, national and global levels? The work of public health nutritionists is to bring population-wide perspectives to the relationship between food and health. Systematically drawing on international research, *Public Health Nutrition* brings leading international practitioners together to explore and explain the theoretical underpinnings and applied nature of the field of public health nutrition. With contributions from the U.K., Europe, Australia and the U.S.A., this textbook reflects a major new contribution to the field. The book is divided into the following four sections: **Principles:** presents a conceptual framework, guiding principles, solutions, responsibilities and outcome measures, philosophical and evidential dimensions, standards and dietary guidelines. **Populations:** explores groups for whom nutrition is especially relevant, providing analysis of the food and health relationship from physiological, social, cultural, political and economic perspectives. **Priorities:** examines key issues including vulnerable populations, obesity, indigenous nutrition, international nutrition, food system trends and sustainability. **Practices:** covers professional skills for public health practitioners including policy and politics, assessment of nutritional status, physical activity, research skills, project management, professional practice, health promotion and communication. *Public Health Nutrition* is an essential resource for public health practitioners, researchers and administrators, as well as students of nutrition,



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