



REGIONAL TRAINING NUTRITIONAL ASSESSMENT COURSE

Guest lecturer: Prof. Rosalind S. Gibson
Author of "Principles of Nutritional Assessment"
Research Professor at the Department of Human Nutrition
University of Otago, New Zealand

First Announcement - Limited Seats

Time: August 31 – September 12, 2009
Venue: SEAMEO Building, Jl. Salemba Raya 6, Jakarta 10430, Indonesia
Topics and sub-topics:

DIETARY ASSESSMENT

1. Selecting the dietary assessment method to meet study objectives.
2. Methodological issues with emphasis on mixed dishes.
3. Interactive 24 hour recall and semi-quantitative FFO.
4. Assessment of validity and reproducibility; estimating under-reporting using the Goldberg cut-off method.
5. Food composition databases for calculating nutrient intakes; effect of choice of a food composition table on estimates of energy and nutrient intakes.
6. Using the EAR cut-point method to determine the prevalence of inadequate intakes from dietary data.
7. Nutrient bioavailability and bio-efficacy; estimating bioavailability of iron and zinc from dietary intake data.

Practical session:

- Weighed food record, estimated food record, 24-hour recall, food-frequency questionnaire.
- Compiling & calculating the nutrient content of a mixed dish.
- Calculation and presentation of nutrient intakes using Nutrisurvey software.

BIOCHEMICAL AND CLINICAL ASSESSMENT

1. Assessment of protein status.
2. Assessment of mineral status: iron, zinc, calcium, iodine and trace minerals.
3. Assessment of vitamin status: vitamin A, B vitamins.
4. Clinical assessment of protein energy malnutrition (PEM), vitamin and mineral deficiencies.

Practical session:

- Laboratory assessment of hemoglobin using hemocue and cyanmethemoglobin from venous and capillary blood.
- Assessment of iodine in salt.

ANTROPOMETRY ASSESSMENT

1. Assessment of growth at individual and population level.
2. Assessment of body composition.
3. Descriptive versus prescriptive growth reference data.

Practical session:

- Anthropometry standardization procedures; calculation of validity & precision.
- Growth & body composition measurement (%fat by skinfolds, TANITA, BMI equation).
- Calculation of growth indices using WHO 2005 and Nutrisurvey.

Methods of Instruction

Lectures, group discussions and presentations, practical session, computer work.

COURSE FEE:

Indonesian Participant : Rp 3,500,000,-/person*

Foreign Participant : US \$ 450,-/person*

Course fee includes: module, computer facilities, internet access, snacks, and lunch

Certificate is granted for full-course participant only

*With textbook plus USD 65 (Rp 700,000)

All fees should be paid in advance and transferred to:

Account name: UIRGANG & PH SEAMEO
Account no: 000 669 8214 (in Rp)
Bank: BNI 46 Cabang UI Depok/Salemba

Account name : Seameo Tropmed RCCN
Account no : 000 669 7979 (in \$)
Bank : BNI 46 Cabang UI Depok
Swift Code : BNINIDJAUD

REGISTRATION / ADMINISTRATION MATTERS

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Closing Registration : August 25, 2009