MAGNA SKILLS DEVELOPMENT INSTITUTE

Capacity Building • Professional Training • Organisational Development

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Course Profile Document

Safety, Health and Environment (SHE)

Community Health and Nutrition

Prepared as a professional course profile for delegate review, sponsorship approval and organisational training planning.

COURSE CODE	DELIVERY	DURATION	PREPARED FOR
MSD2815	**Online / Face-to-Face**	**Flexible**	**Organisation Approval**

Register for this Course

View Online Course Page

Course Overview

In most developing countries the majority of the population-the rural population especially-does not receive even the most basic health care or any nutritional advice. Malnutrition usually stems from poverty and from ignorance of what are the right foods to eat. At the same time it increases the problems caused by the lack of health care because it weakens the body's defense against disease. This training is aimed at building the skills of the participants to efficiently offer nutrition services to communities, linking them to care and referral. This is expected to empower communities to make informed choices to ensure healthy eating and lifestyles.

Course Outcomes

- Integrate concepts from behavioral, biological and natural sciences, with emphasis on epidemiology and global perspectives, in order to review the needs of communities and diverse populations.
- Evaluate epidemiological research and apply findings to community oriented nursing practice in order to explain the control of communicable disease.
- Explain the relationship between the environment and human health and disease.
- Examine the role of the nurse and discuss appropriate nursing interventions that promote and maintain the health of children.
- Evaluate strategies that can be used by public and community health nurses to improve the health status and eliminate health disparities of vulnerable populations.
- Evaluate how disasters effect persons, families and their communities.
- Identify the multidimensional influences on aging and how these effect the health status of older adults.
- Describe nursing roles that meet the emerging health needs of individuals, families, communities and populations.
- Describe school health services and coordinated occupational health programs.
- Discuss trends in lifestyles that will affect the health of communities and the future challenges for nursing.

Course Outline / Curriculum

Food Diet and Nutrition

- Food, nutrition and nutrients
- Different nutrients for different foodstuffs
- Balanced diet and child feeding
- Food and nutrition security
- Nutrition, Health and Development

?Nutrients and their sources

- Classification of essential nutrients
- Main nutrients
- Micro nutrients
- A balanced diet

Infant and Young Child Feeding

- Global and national recommendations for child feeding during the first 24 months
- Benefits of breastfeeding for the baby
- Benefits of breastfeeding for the mother
- Benefits of breastfeeding for the family
- Benefits of breastfeeding for the community
- Key messages for optimal complementary feeding practices

Food Safety, Storage & Preservation

- The concept of food safety and hygiene
- Food storage and preservation
- Food poisoning

Nutrition Assessment Methods

- Anthropometry
- Biochemical/biophysical methods
- Clinical methods
- Dietary methods

Common Community Nutrition Problems

- Types of malnutrition
- Common forms of malnutrition
- Classification of malnutrition
- Consequences of malnutrition in community
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Strategies to promote proper nutrition in community

Micronutrients Deficiency

- The importance of micronutrients
- Micronutrients deficiencies
- Causes of micronutrient deficiency
- Strategies to control for micronutrients deficiency

Household Food Security

- Core concepts of food security
- Chronic and acute food insecurity
- Causes of household food insecurity
- Indicators of household food insecurity
- Food security strategies
- Nutrition emergency interventions

Nutrition Education and Counselling

- Behaviour change communication
- Stages of behaviour change
- Nutrition behaviour change communication
- Growth monitoring and promotion

Target Audience

This course is aimed at health managers, community health workers, community health volunteers, nutritionists, development practitioners and other health professionals who are responsible for enhancing community health.

Key Course Benefits

Work-Ready Skills

Delegates leave with practical tools, templates and methods they can apply immediately at work.

Better Institutional Results

The programme supports stronger planning, reporting, compliance, accountability and service delivery.

Sponsor-Friendly

This document is designed to help supervisors, HR units and sponsors approve delegate participation quickly.

Professional Recognition

Delegates receive training documentation and a certificate of completion after successful participation.

Our Training Centres & Delivery Options

Magna Skills offers flexible delivery through face-to-face training centres across Africa and beyond, plus Online / E-Learning for delegates who prefer remote participation.

Southern Africa

Practical training destinations with strong travel access and delegate support.

- Pretoria, South Africa
- Vic Falls, Zimbabwe
- Livingstone, Zambia

East Africa

Popular regional centres for government, NGO and donor-funded project teams.

- Kigali, Rwanda
- Kampala, Uganda
- Nairob
- Zanzibar, Tanzania

West Africa & Islands

Strategic locations for regional networking and executive capacity building.

- Accra, Ghana
- Port Louis, Mauritius

International Executive Venue

Premium destination training for senior teams and international delegates.

- Dubai, United Arab Emirates

Online / E-Learning

Attend from anywhere through live online, blended or self-paced learning options.

- Online, E-Learning
- Remote Teams
- Flexib

Organisation-Based Training

Magna Skills can also arrange dedicated in-house training for ministries, NGOs and companies.

- Onsite
- Custom Dates
- Group Training

Ready to Nominate Delegates?

Use the links below to register, review the live course page or contact Magna Skills for organisation-based training support.

Register / Apply Online | **View Full Course Page**

About Magna Skills

Magna Skills Development Institute provides practical capacity building programmes for government departments, NGOs, public institutions, donor-funded projects and private sector professionals across Africa. Our training approach combines expert facilitation, real workplace case studies, practical tools, post-training support and professional documentation that helps organisations strengthen staff performance and service delivery.

Government Training | NGO Capacity Building | Corporate Workshops | Online Learning | Face-to-Face Training | Certifica

Approval & Authorisation Form

This section may be completed by the organisation, department, HR office, finance office or sponsor approving delegate participation. It can be attached to an internal memo, procurement request or training approval submission.

Organisation / Department	
Delegate Name(s)	
Approved Course	Community Health and Nutrition
Preferred Delivery Mode	☐ Online ☐ Face-to-Face ☐ Organisation-Based Training
Preferred Training Venue / Date	
Estimated Number of Delegates	
Budget / Vote Number	
Contact Person	
Email / Mobile	

Authorised Name _____ Signature / Stamp _____ Date _____