

# GVD409

## Community Nutrition

### Brief description

Optimal nutrition improves health, quality of life and performance. It is for this reason that this Community Nutrition service learning programme brings students and the public together to work towards better health. Students work for a two-week period in the Southern Free State and for another two weeks during the year at the mobile Nutrition Info on Wheels educational service. The mobile service do home visits, while students in the Southern Free State mainly work at clinics, schools, old-age homes and crèches. Nutritional problems are identified, interventions planned and implemented and the nutritional status of the community monitored to put sustainable programmes in place for long-term solutions.

### Community partners

Community members from the informal settlements surrounding the (MUCPP) Community Health Centre in Bloemfontein and members of the Trompsburg, Springfontein and Philippolis communities.

### Service sector partners

- The Department of Health in the Motheo and Xhariep districts
- The Department of Education in the Xhariep district
- Various clinics, old-age homes and schools partner with this service

### Outcomes for students

Students learn to apply the theory and practice they have learned during their first three years of study, but also learn empathy for people and an understanding for a diversity of cultures and practices.

### Service learning component

Students get the opportunity to apply their knowledge, practice their skills and experience the theory in a real life situation while providing a service in underserved communities, where resources are scarce and the need for health care high.

### Impact on community

The communities in the informal housing areas of Mangaung receive dietetic services on their doorstep, while the communities in the Southern Free State receive easy and affordable access to dietetic services. Community members are screened for nutritional problems, these problems are addressed, groups and individuals trained and, where necessary, referred to appropriate services.



HEALTH SCIENCES  
GESONDHEIDSWETENSAPPE

UFS·UV

School of Allied Health  
Professions

Department  
Nutrition and Dietetics

Study year of students  
Fourth Year

Credits: 36

Module offered during  
First and second semester

### Lecturers

Prof. Corinna Walsh  
Mrs Ronette Lategan  
Mrs Susan Kruger  
Mrs Marli Pienaar



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