**营养流行病学（20.128.0.1）**

营养流行病学（nutritional epidemiology）是应用流行病学方法研究膳食因素在疾病发生、发展中的作用，监测人群营养状态，制定和评估人群健康的膳食模式，研究健康和疾病状态下膳食因素与体力活动的关系及协同作用的科学，是营养学与流行病学的交叉学科。该学科从流行病学的研究结果提出膳食建议，阐述特定的膳食摄入模式的分布和决定因素与疾病的关系，通过用经典的试验方法来验证一些特定的假设，以确定造成某种健康或者疾病现象的因素。

营养流行病学主要用于研究人群营养状况评价、研究与营养有关疾病的分布、确定与营养有关疾病的病因、研究营养在慢性疾病中的作用、研究营养与疾病的关系、制定膳食指南和人群营养的干预措施，并对干预措施进行效果评价等。

通过理论与实践相结合，教师讲授与学生自主学习相结合的教学活动，使学生掌握营养流行病学基本原理、方法及防制疾病和提高人群健康水平的营养学策略和措施，了解营养学专业领域存在的主要问题。在教学中注意发挥学生的主动性、创造性，重点培养学生自主学习能力、获取科研情报能力以及发现问题、分析问题和解决问题的能力。同时，帮助学生树立全面的疾病防制观及实事求是、客观、严谨的科学研究观。

Nutritional epidemiology is the application of epidemiological methods to study the role of dietary factors in the occurrence and development of the disease, to monitor the nutritional status of the population, to develop and evaluate the healthy dietary model of the population, to study the health and disease state of dietary factors and physical activities of the relationship and synergy of science, is an interdisciplinary subject of nutrition and epidemiology. From the epidemiological study of the results of the proposed diet, to explain the specific dietary patterns and the distribution of determinants and the relationship between the disease, through the use of classical test methods to verify some specific assumptions to determine the cause of a health or disease factors.

Nutritional epidemiology is mainly used to evaluate the nutritional status of the population, to study the distribution of nutrition-related diseases, to identify the causes of nutrition-related diseases, to study the role of nutrition in chronic diseases, to study the relationship between nutrition and disease, to develop dietary guidelines and population Nutrition interventions, and the effectiveness of the intervention measures.

Through the combination of theory and practice, teachers teach students with independent learning combined with the teaching activities, so that students master the basic principles of nutrition epidemiology and prevention of disease and improve the health level of nutrition strategies and measures to understand the field of nutrition The main problem of existence. In the teaching of attention to play the initiative of students, creativity, focus on training students to self-learning ability, access to scientific research intelligence capabilities and identify problems, analyze problems and solve problems. At the same time, to help students establish a comprehensive concept of disease prevention and practical, objective and rigorous scientific research.