

Community Nutrition

A Handbook for Health and Development Workers

Burgess, Bijlsma and Ismael

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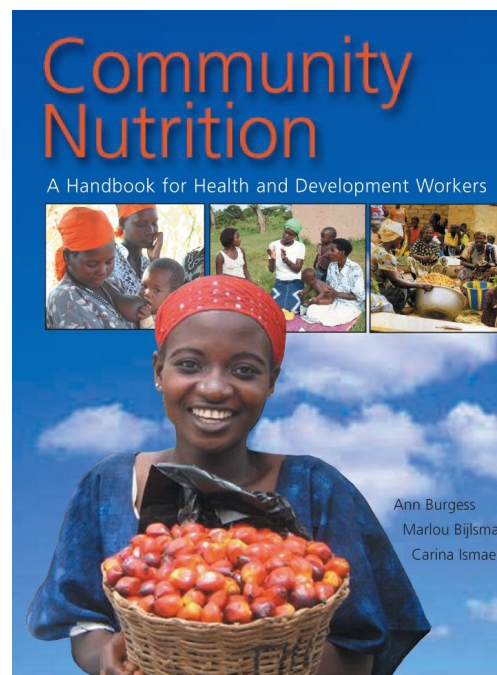
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THE BOOK

This book is intended for health and other development professionals who work at community and district level, as well as teachers and students of nutrition. It is written in an easy to read style and has many illustrations. The information in it is based on reliable international guidelines and it has been checked for accuracy and relevance by a team of experts in Africa and elsewhere.

The book covers nutrients and foods, feeding the family and the causes, diagnosis and control of malnutrition through the life cycle. It deals with undernutrition and micronutrient deficiencies and pays particular attention to the emerging challenge of chronic conditions (such as diabetes, obesity, hypertension and cardiovascular diseases) and to the links between nutrition and HIV. Knowledge is useless until it is put into practice and so the book gives guidelines on programme implementation and on changing behaviour through better communication.

Nutrition is a fast-changing topic and a list of recent materials and sources of information to which readers can refer is included.



For order enquiries, please contact Ellie Wilson at e.wilson@macmillan.com
Macmillan Education, Between Towns Road, Oxford OX4 3PP