
Advanced Certificate in Nutritional Anthropometry

Nutritional Epidemiology

****Anthropometry:**** The scientific measurement of the human body, including measurements of height, weight, waist circumference, blood pressure, and other physical characteristics. These measurements are used to assess health status and risk factors for chronic diseases.

****Bioelectrical Impedance Analysis (BIA):**** A method for estimating body composition, specifically body fat and lean body mass. BIA measures the opposition of body tissues to the flow of an electrical current.

****Body Mass Index (BMI):**** A measure of body fat based on height and weight. BMI is calculated by dividing weight in kilograms by the square of height in meters. A BMI of 18.5-24.9 is considered normal weight, 25-29.9 is overweight, and 30 or above is obese.

****Dietary Assessment:**** The collection and analysis of information about an individual's food and nutrient intake. Dietary assessment methods include 24-hour recalls, food records, and food frequency questionnaires.

****Energy Expenditure:**** The amount of energy, or calories, that a person expends through physical activity, basal metabolic rate, and digestion. Energy expenditure can be measured using methods such as doubly labeled water and indirect calorimetry.

****Epidemiology:**** The study of the distribution and determinants of health-related states or events in populations. Nutritional epidemiology focuses on the relationship between nutrition and health outcomes in populations.

****Fat Mass:**** The total amount of fat in the body, including both essential fat (needed for normal body functioning) and storage fat (stored for energy).

****Food Frequency Questionnaire (FFQ):**** A method for assessing dietary intake that asks participants how often they consume specific foods or food groups over a given period of time.

****Glycemic Index (GI):**** A measure of how quickly a carbohydrate-containing food raises blood sugar levels. Foods with a high GI raise blood sugar levels quickly, while foods with a low GI raise blood sugar levels more slowly.

****Healthy Eating Index (HEI):**** A measure of diet quality that assesses compliance with dietary guidelines. The HEI is calculated based on intake of foods such as fruits, vegetables, whole grains, and saturated fat.

****Macronutrients:**** Nutrients that provide energy, including carbohydrates, proteins, and fats.

****Micronutrients:**** Vitamins and minerals that are necessary for normal body functioning but are required in smaller amounts than macronutrients.

****Nutritional Anthropometry:**** The application of anthropometry to the study of nutrition. Nutritional anthropometry includes the measurement of body composition, dietary intake, and energy expenditure.

****Obesity:**** A condition characterized by an excess of body fat. Obesity is defined as a BMI of 30 or above.

****Physical Activity:**** Any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity can be measured using methods such as accelerometry and self-report.

****Prevalence:**** The proportion of a population that has a specific health-related state or event at a given point in time.

****Risk Factor:**** A characteristic or exposure that increases the likelihood of developing a specific health-related state or event.

****Sedentary Behavior:**** Any waking behavior characterized by an energy expenditure ≤ 1.5 metabolic equivalents (METs) while in a sitting or reclining posture.

****Underweight:**** A condition characterized by a BMI of less than 18.5.

****Waist Circumference:**** A measurement of abdominal obesity. A waist circumference of 35 inches or above in women and 40 inches or above in men is considered a risk factor for chronic diseases.

****Weight Management:**** The process of maintaining a healthy body weight through a combination of diet, physical activity, and behavior change.

****World Health Organization (WHO):**** A specialized agency of the United Nations responsible for international public health. The WHO sets global standards for health and provides guidance on nutrition and other health-related issues.