

Postgraduate Diploma

Nutrition in the Overweight
and Obese Population and
their Comorbidities in
Diet Therapy



Postgraduate Diploma

Nutrition in the Overweight and Obese Population and their Comorbidities in Diet Therapy

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/in/medicine/postgraduate-diploma/postgraduate-diploma-nutrition-overweight-obese-population-comorbidities-diet-therapy



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01

Introduction

The comorbidities that can arise from overweight or obesity resulting from poor nutrition and sedentary lifestyles can be very negative for the patient's health, and even fatal. The intervention of the medical specialist in this type of cases is fundamental and the alternative treatment through a nutritional diet adapted to the specifications of the clinical case is also fundamental. Therefore, having at your disposal a qualification that allows you to get up to date on everything related to specialized food for this type of cases is essential, which is why TECH has decided to launch this complete and intensive program. This is a 100% online degree that will delve into the prevention of the disease and its treatment through personalized plans for each patient, through a dynamic, innovative and current syllabus.



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*Get up to date on energy intake calculations,
as well as macro and micronutrient intake
recommendations dynamically and through
expert advice”*

Balanced nutrition and moderate physical activity are two of the fundamental pillars for a healthy and beneficial lifestyle. However, when this is not done, the chances of suffering from overweight and obesity increase, two pathologies that can undoubtedly aggravate the patient's physical and psychological health. For this reason, the role of the specialist physician is fundamental, not only in the management of the clinical case once the disease has been diagnosed, but also in the prevention of the disease.

That is why TECH and its team of experts in nutrition and endocrinology have developed this Postgraduate Diploma in Nutrition in the Overweight and Obese Population and their Comorbidities in Diet Therapy, a program with which the graduate will be able to get up to date on this subject in a totally online way. This is a 6-month course in which you will be able to deepen in the current problems and in the recommendations for the general population related to prevention through a correct nutrition. In addition, it also delves into the assessment of nutritional status, the calculation of personalized dietary plans and the keys to their correct follow-up. Finally, it focuses on the specifics of overweight, obesity and its comorbidities, as well as on the correct adequacy of the guidelines according to the assessment of the clinical case and the causes of the disease.

It is, therefore, a unique opportunity to catch up through a program at the forefront of medicine, designed by experts and employing the latest pedagogical tools in the postgraduate academic sector. In addition, the versatility of being online allows you to connect 24 hours a day and any day of the week, being able to adapt this academic experience in a totally personalized way with any other professional or personal activity.

This **Postgraduate Diploma in Nutrition in the Overweight and Obese Population and their Comorbidities in Diet Therapy** contains the most complete and up-to-date scientific program on the market. The most important features include:

- The development of practical cases presented by experts in Nutrition and Endocrinology
- The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- Practical exercises where the self-assessment process can be carried out to improve learning
- Its special emphasis on innovative methodologies
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- Content that is accessible from any fixed or portable device with an Internet connection



You will be able to access a catalog of updated nutritional recommendations according to age or condition, so you can download it and consult it whenever you need it. and consult it whenever you need it"

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By choosing TECH you will be accessing the world's largest online medical school, so you will become part of a community of international physicians with the same goals and interests as you”

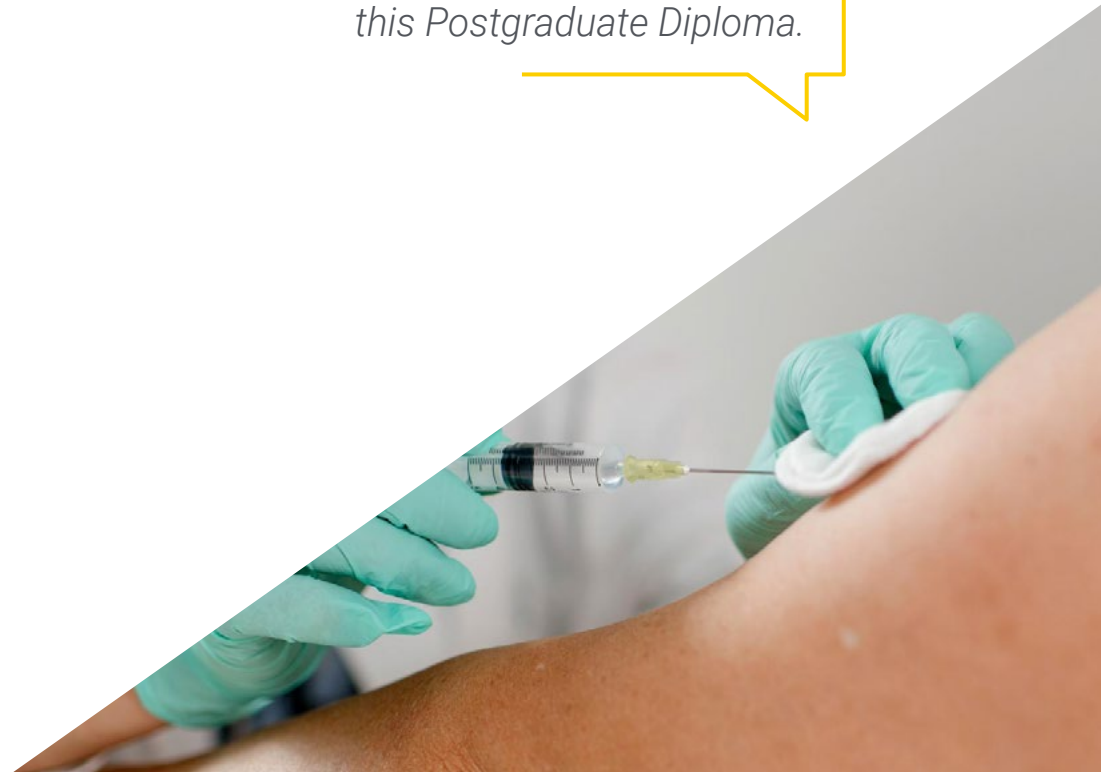
The program's teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

Access this Postgraduate Diploma from the comfort of your mobile, tablet or pc will allow you to progress through the syllabus from wherever and whenever you want.

Perfecting your medical practice in the nutritional management of overweight or obese patients is within your reach with this Postgraduate Diploma.



02 Objectives

Obesity and overweight have become a very serious health problem that, unfortunately, is becoming increasingly prevalent in society. For this reason, TECH has decided to develop this program with the aim that the graduate will find in it the best tools that will allow him/her to get up to date in just 6 months on everything related to nutritional status assessment and monitoring of patients with these pathologies through the use of personalized diets adapted to their needs and health requirements.





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If your objectives include detailed knowledge of therapeutic circuits and interdisciplinary teams in the assessment of nutritional status, this program is perfect for you”

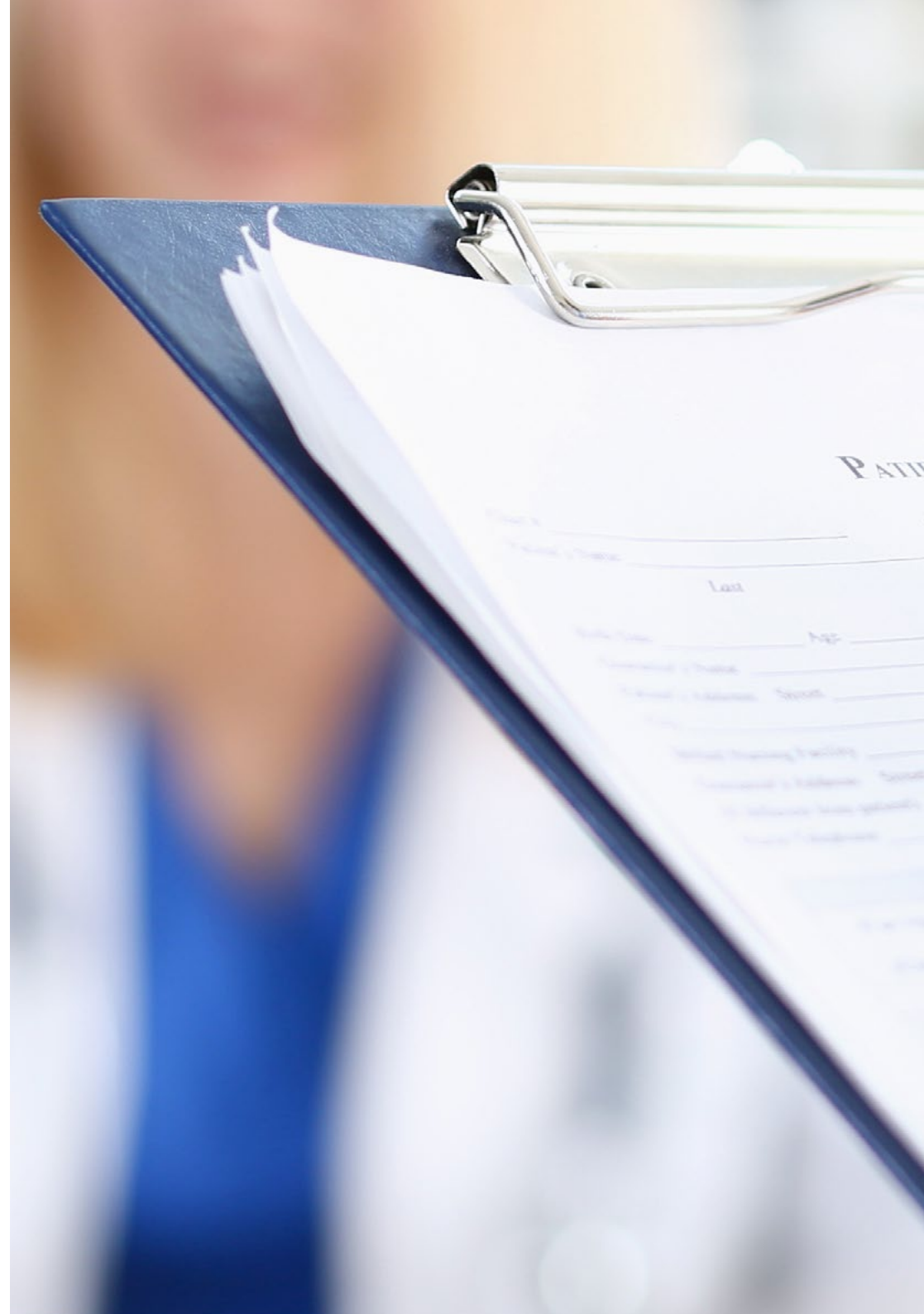


General Objectives

- Broaden knowledge and incorporate advanced and innovative knowledge in food and nutrition in the daily clinical practice of the Doctor
- Revise the fundamental aspects of healthy eating, with a current approach aimed at risk prevention
- Delve into the correct management of daily nutrition
- Examine the most common syndromes and symptoms related to nutritional problems



You will achieve your most ambitious goals thanks to the use of the best academic material and the most cutting-edge teaching methodology in the industry"





Specific Objectives

Module 1. Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population

- ♦ Analyze patient's eating habits, as well as their problems and motivation
- ♦ Update nutritional recommendations based on scientific evidence for their application in clinical practice
- ♦ Prepare for the design of nutritional education strategies and patient care

Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

- ♦ Adequate assessment of the clinical case, interpretation of causes and risks
- ♦ Personalized calculation of nutritional plans taking into account all individual variables
- ♦ Planning nutritional plans and models for a complete and practical recommendation

Module 3. Nutrition in Overweight, Obesity and their Comorbidities

- ♦ Adequate assessment of the clinical case, interpretation of causes of overweight and obesity, comorbidities and risks
- ♦ Calculate and individually prescribe the different models of hypocaloric diets
- ♦ Plan consultations and multidisciplinary team in obesity

03

Course Management

Given the knowledge updating nature of this Postgraduate Diploma, both its management team and its faculty are made up of professionals who are currently working with patients with pathologies such as those described above. They are specialists, with a long and extensive work experience in the sector, who know the profession and its intricacies very well, and who will be willing to do everything in their power so that the graduate can get the most out of this academic experience.



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If you have any questions, you can consult with the teaching staff. They will be happy to assist you”

Management



Dr. Vázquez Martínez, Clotilde

- Corporate Head University Hospital Endocrinology and Nutrition Departments, Jiménez Díaz La Foundation
- Head of the Endocrinology and Nutrition Department at Ramón y Cajal Hospital (Madrid) and Severo Ochoa Hospital, Leganés
- President of La SENDIMAD (Society of Endocrinology, Nutrition, and Diabetes of the Community of Madrid)
- Coordinator Therapeutic Education Group Group of the Spanish Society of Diabetes
- Doctorate from the Faculty of Medicine at the Autonomous University of Madrid
- Degree in Medicine and Surgery from the Faculty of Medicine of the University of Valencia
- Specialist in Endocrinology and Nutrition via Medical Residency at the Jimenez Díaz Foundation
- Abraham García Almansa Clinical Nutrition Lifetime Achievement Award
- Recognized among the 100 best Doctors in Spain according to Forbes list
- Castilla La Mancha Diabetes Foundation (FUCAMDI) Diabetes and Nutrition Lifetime Achievement Award



Dr. Montoya Álvarez, Teresa

- Head of the Endocrinology and Nutrition Service of the Infanta Elena University Hospital
- Head of Volunteering at the Garrigou Foundation
- Degree in Medicine and Surgery from the University of Navarra
- Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- Course in Bariatric Antecedents of Surgery Patient Emergencies: Key References for the Attending Physician
- Member of: Institute for Health Research Foundation Jiménez Díaz, Health Commission of FEAPS Madrid and Trisomy 21 Research Society



Dr. Sánchez Jiménez, Álvaro

- ♦ Specialist in Nutrition and Endocrinology at Jiménez Díaz Foundation HU
- ♦ Nutritionist at Medicadiet
- ♦ Clinical Nutritionist specialized in prevention and treatment of obesity, diabetes and their comorbidities
- ♦ Nutritionist in the Predimed Plus Study
- ♦ Nutritionist at Eroski
- ♦ Nutritionist at Axis Clinic
- ♦ Professor on the Master's Degree in Obesity and its Comorbidities. Rey Juan Carlos University
- ♦ Professor at the Course of Excellence in Obesity at the Fundación Jimenez Díaz Hospital - Novo Nordisk
- ♦ Graduate in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Nutrition in the elderly, Complutense University of Madrid
- ♦ Nutrition and Sport for Professionals, Tripartite Foundation
- ♦ Refresher course on practical type 1 and 2 diabetes for healthcare professionals

Professors

Dr. Fernández Menéndez, Amanda

- ♦ Doctor Specialist in Pediatric Endocrinology and Nutrition at the university Foundation Jimenez Diaz Hospital
- ♦ Specialist in Pediatrics, Centro de Salud Doctor Castroviejo(SERMAS)
- ♦ Attending physician specializing in Pediatric Endocrinology and Nutrition at La Paz University Hospital
- ♦ International Cooperation in Health and Development in India (development of health projects in the field)
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Expert in Clinical Bioethics from the Complutense University

Dr. Núñez Sanz, Ana

- ♦ López-Nava Obesity Nutritionist
- ♦ Nutritionist at Medicadiet
- ♦ Dietitian and nutritionist *freelancer*
- ♦ Dietitian and nutritionist at Menudiet, S.L
- ♦ Contributor on food and nutrition in Castilla La Mancha Television
- ♦ Promoter of talks and workshops on healthy eating for kindergartens, schools and companies
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Nutrition and Health at the Open Official of Catalonia

Mr. Martínez Martínez, Alberto

- ♦ Nutritional Advisor at Santiveri
- ♦ Dietitian responsible for the menu of children with food allergy. Gastronomic
- ♦ Dietician- Clinical Nutritionist at the University Hospital Antonio
- ♦ Degree in Human Nutrition and Dietetics. Fluminense Federal University
- ♦ Graduate in Human Nutrition and Dietetics at the University of Valencia
- ♦ Master's Degree in Agri-environmental and Agri-food Sciences. Autonomous University of Madrid

Dr. Sanz Martínez, Enrique

- ♦ Clinical Nutritionist at the University Hospital General de Villalba and Rey Juan Carlos University Hospital
- ♦ Dietitian in the project PLUS researcher in the Health Research Institute of the Jiménez Diaz Foundation
- ♦ Researcher and collaborator in the NUTRICOVID study
- ♦ Researcher and collaborator in the cross-sectional prospective OBESTIGMA study
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master's Degree in Clinical Nutrition at the Catholic University of San Antonio in Murcia
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos

Dr. Prieto Moreno, Ana

- ♦ Nutritionist in the Department of Endocrinology and Nutrition at Hospital University Foundation Jimenez
- ♦ Nutritionist at the General Hospital of Villalba
- ♦ Nutritionist at the Infanta Elena University Hospital
- ♦ Nutritionist in the Superior Sports Council
- ♦ Nutritionist at WWF
- ♦ Nutritionist at Medicadiet
- ♦ Nutritionist in Sanitas Sociedad Anónima de Seguros
- ♦ Nutritionist at La Paz University Hospital
- ♦ Nutritionist at the Mapfre Foundation
- ♦ Nutritionist at Copernal Publishing
- ♦ Nutritionist in Diabetes Magazine
- ♦ Master in Obesity and its Comorbidities, Prevention Strategies, Diagnosis and Integral Treatment at the University of Alcalá
- ♦ Master in Physical Anthropology, Human Evolution and Biodiversity at the Complutense University of Madrid
- ♦ Degree in Human Nutrition and Dietetics at the Autonomous University of Madrid

Dr. Miguélez González, María

- ♦ Attending Physician of Endocrinology and Nutrition at the Jiménez Díaz Foundation. of Madrid
- ♦ Degree in Medicine from the University of Valladolid
- ♦ Collaborating lecturer in the subject of Ophthalmology at the Complutense University of Madrid
- ♦ Professor of the Master Expert in Obesity and Metabolic Complications, endorsed by SEEDO

Ms. López Escudero, Leticia

- ♦ Nutritionist at Diet La Clinic
- ♦ Clinical Dietician and Nutritionist at La Hospital university Fundación Jiménez Díaz
- ♦ Dietician and Clinical Nutritionist at the University Hospital Infanta Elena
- ♦ Lecturer in graduate studies Degree in Human Nutrition and Dietetics
- ♦ Graduate in Human Nutrition and Dietetics at the Complutense University of Madrid
- ♦ Master in Obesity and its Comorbidities: Prevention, Diagnosis and Integral Treatment at the University Rey Juan Carlos
- ♦ Master's Degree in Nutrition in Physical Activity and Sport, Open University of Catalunya (UOC)

Ms. Labeira Candel, Paula

- ♦ Clinical nutritionist in the Bariatric Endoscopy Unit at HM Hospitales
- ♦ Sports and clinical nutritionist at the Clinic, Instituto de Sobrepeso y Obesidad
- ♦ Nutritionist Sports and Clinical at Medicadiet, Slimming & Nutrition
- ♦ Sports Nutritionist at CF TrivalValderas of Alcorcón
- ♦ Food and water quality analyst in the Andalusian Health Service
- ♦ Diploma in Human Nutrition and Dietetics at the Pablo Olavide University of Seville
- ♦ Bachelor 's Degree in Food Science and Technology
- ♦ Diploma in Human Nutrition and Dietetics
- ♦ Master's Degree in Sports Training and Nutrition at the European University of Madrid

Dr. Alcarria Águila, María del Mar

- ♦ Nutritionist Clinical Symptoms at Medicadiet
- ♦ López-Nava Obesity Nutritionist
- ♦ Dietitian and Nutritionist at Predimed-Plus
- ♦ Grade in Human Nutrition and Dietetics from the Complutense University of Madrid
- ♦ Master in Rehabilitation Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences.(ICNS)





Dr. Gutiérrez Pernia, Belén

- ♦ Nutritionist in Obesity at Medicadiet
- ♦ López-Nava Obesity Nutritionist. Madrid
- ♦ Dietitian and Nutritionist in Research Projects of PREDIMED plus
- ♦ Grade in Human Nutrition and Dietetics from the Autonomous University of Madrid
- ♦ Master in Clinical Nutrition and Endocrinology at the Institute of Nutrition and Health Sciences



Take the opportunity to learn about the latest advances in this field in order to apply it to your daily practice"

04

Structure and Content

Medical professionals have had to work with long study manuals that have involved the investment of many hours of study. For this reason, TECH uses the effective and innovative *Relearning* methodology in its degrees, through which the most important concepts are reiterated throughout the syllabus. In this way, knowledge updating occurs in a natural and progressive way, without having to invest extra time in memorization. This, added to the versatility of the varied additional material that you will find in the virtual classroom, will help you obtain the results you expect from this academic experience in a comfortable, fast and simple way.



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You will have real clinical cases extracted from the consultations of the teaching team in which you will be able to put into practice and perfect your medical skills and implement the best and most innovative strategies in your practice. and most innovative strategies”

Module 1. Nutrition, Health and Disease Prevention: Current Issues and Recommendations for the General Population

- 1.1. Feeding Habits in the Current Population and Health Risks
- 1.2. Mediterranean and Sustainable Diet
 - 1.2.1. Recommended Dietary Pattern
- 1.3. Comparison of Dietary Patterns or "Diets"
- 1.4. Nutrition in Vegetarians
- 1.5. Childhood and Adolescence
 - 1.5.1. Nutrition, Growth and Development
- 1.6. Adults
 - 1.6.1. Nutrition for the Improvement of Quality of Life
 - 1.6.2. Prevention
 - 1.6.3. Treatment of disease
- 1.7. Pregnancy and Lactation Recommendations
- 1.8. Recommendations in Menopause
- 1.9. Advanced Age
 - 1.9.1. Nutrition in Aging
 - 1.9.2. Changes in Body Composition
 - 1.9.3. Abnormalities
 - 1.9.4. Malnutrition
- 1.10. Nutrition in Athletes

Module 2. Assessment of Nutritional Status and Calculation of Personalized Nutritional Plans, Recommendations and Monitoring

- 2.1. Medical History and Background
 - 2.1.1. Individual Variables Affecting Nutritional Plan Response.
- 2.2. Anthropometry and Body Composition
- 2.3. Assessment of Eating Habits
 - 2.3.1. Nutritional Assessment of Food Consumption
- 2.4. Interdisciplinary Team and Therapeutic Circuits
- 2.5. Calculation of Energy Intake
- 2.6. Calculation of Recommended Macro- and Micronutrient Intakes





- 2.7. Quantity and Frequency of Food Consumption Recommendations
 - 2.7.1. Dietary Patterns
 - 2.7.2. Planning
 - 2.7.3. Distribution of Daily Feedings
- 2.8. Diet Planning Models
 - 2.8.1. Weekly Menus
 - 2.8.2. Daily Intake
 - 2.8.3. Methodology by Food Exchanges
- 2.9. Hospital Nutrition
 - 2.9.1. Dietary Models
 - 2.9.2. Decision Algorithms
- 2.10. Educational
 - 2.10.1. Psychological Aspects
 - 2.10.2. Maintenance of Feeding Habits
 - 2.10.3. Discharge Recommendations

Module 3. Nutrition in Overweight, Obesity and their Comorbidities

- 3.1. Pathophysiology of Obesity
 - 3.1.1. Precision Diagnosis
 - 3.1.2. Analysis of Underlying Causes
- 3.2. Phenotypic Diagnosis
 - 3.2.1. Body Composition and Calorimetry and Impact on Personalized Treatment
- 3.3. Treatment Target and Hypocaloric Diet Models
- 3.4. Prescription of Physical Exercise in Overweight and Obesity
- 3.5. Psychology Associated with Slimming Nutrition: Psychonutrition
- 3.6. Comorbidities Associated with Obesity
 - 3.6.1. Nutritional Management in Metabolic Syndrome
 - 3.6.2. Insulin Resistance
 - 3.6.3. Type 2 Diabetes and Diabetes
- 3.7. Cardiovascular Risk and Nutritional Adaptations in Hypertension, Dyslipidemias and Atherosclerosis
- 3.8. Digestive Pathologies Associated with Obesity and Dysbiosis
- 3.9. Pharmacological Treatment in Obesity and Drug-Nutrient Interactions and Adaptation of the Nutritional Plan
- 3.10. Bariatric and Endoscopic Surgery
 - 3.10.1. Nutritional Adaptations

05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: ***Relearning.***

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the ***New England Journal of Medicine*** have considered it to be one of the most effective.



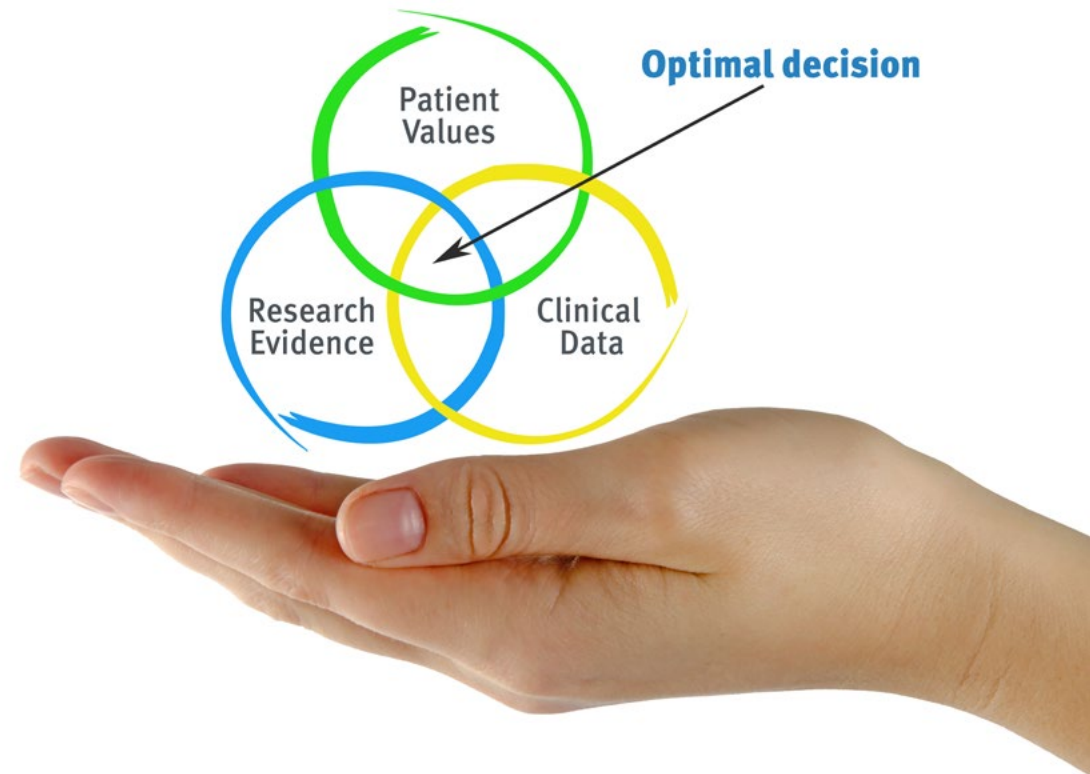
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



Interactive Summaries

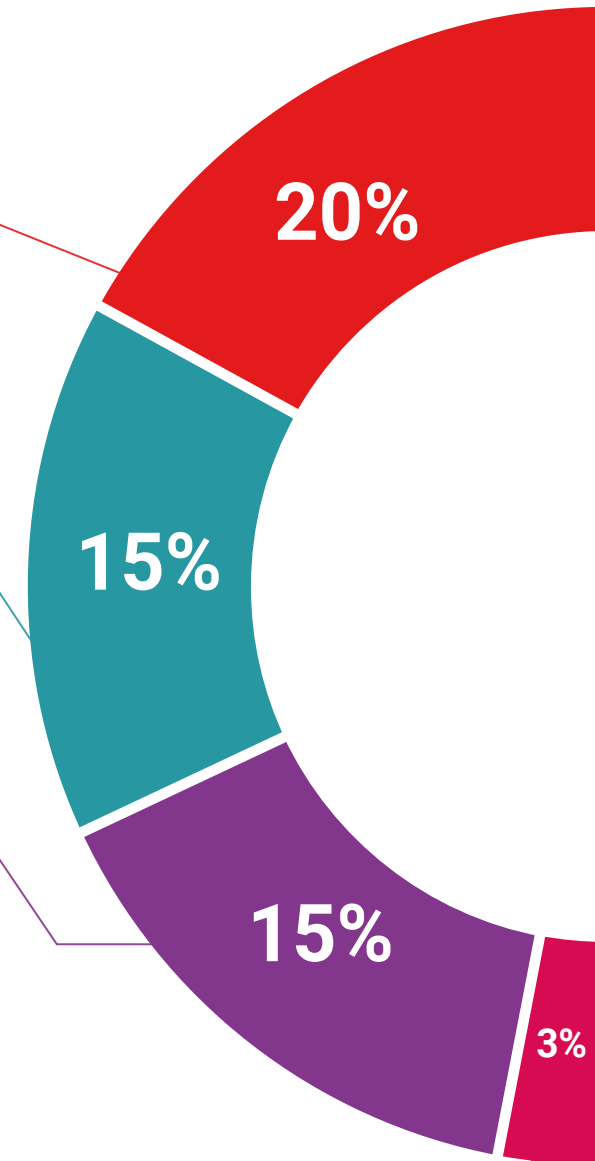
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

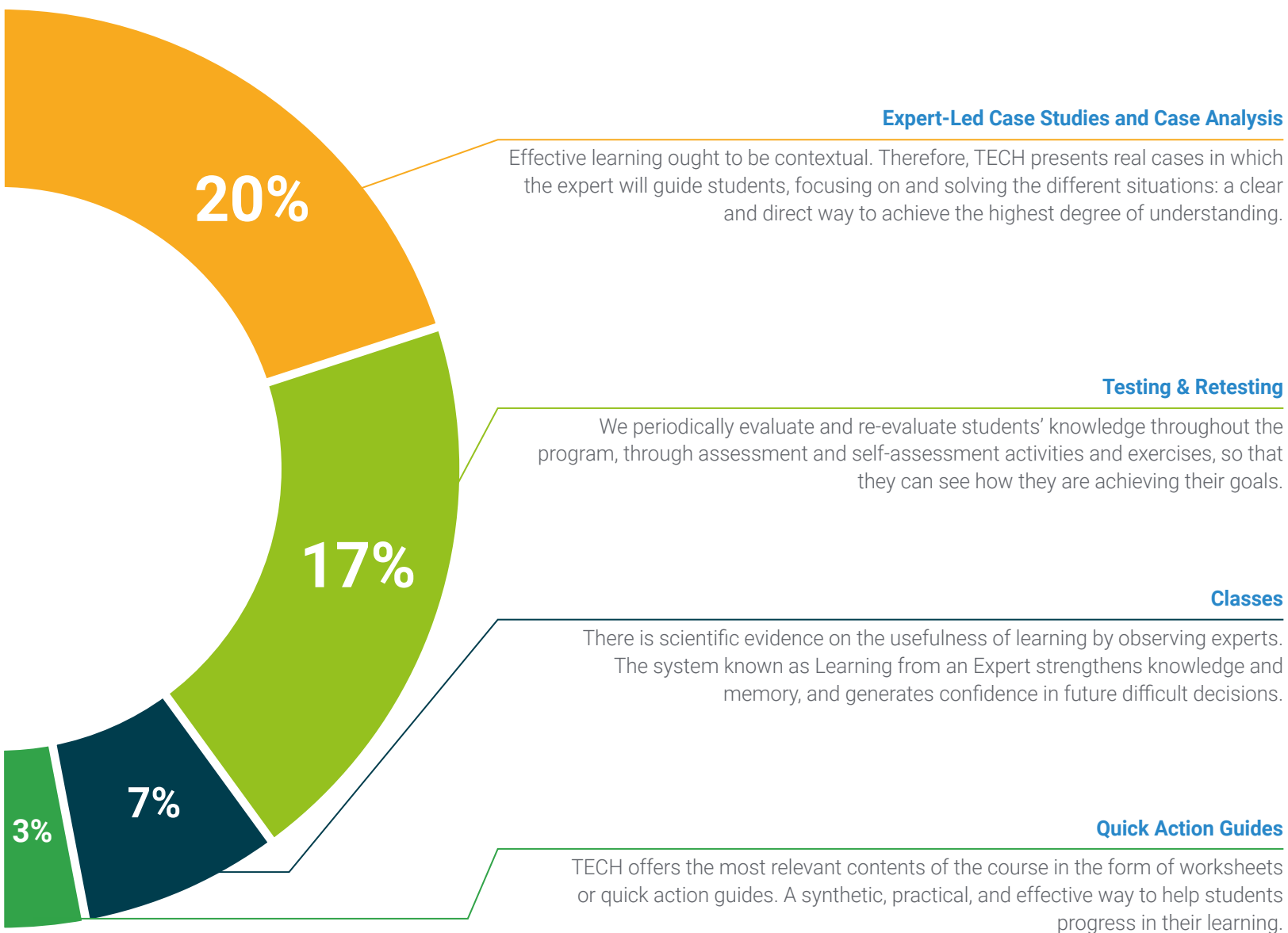
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





06 Certificate

The Postgraduate Diploma in Nutrition in the Overweight and Obese Population and their Comorbidities in Diet Therapy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.



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*Successfully complete this program and
receive your university qualification without
having to travel or fill out laborious paperwork”*

This **Postgraduate Diploma in in Overweight, Obesity and their Comorbidities Nutrition in Diet Therapy** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Diploma, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Diploma in Nutrition in Overweight, Obesity and their Comorbidities in Diet Therapy**

Official N° of hours: **450 h.**





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