

Public Health Nutrition: Rural, Urban, and Global Community-Based Practice. Margaret Barth, Ronny Bell, Karen Grimmer, Karen Kyle, Adam Hege, New York, NY: Springer, 2020, 502 pp, \$83.36. ISBN: 978-0826146847

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Although this book originally intended as an introductory text for the education of future public health nutrition practitioners, it has evolved to forge and aspire public health nutrition leaders. Throughout the text, information, models, processes, examples, and practice activities, readers are acquiring the necessary knowledge and skills for successful engagement in the public health nutrition discipline.

The book consists of 17 chapters and is structured into four main parts: Part I: *Foundations of Public Health Nutrition* covers history and principles, nutritional epidemiology, behavioral aspects, and food policy. Part II: *The Cultural Aspects of Public Health Nutrition* explores nutrition, health promotion, and interprofessional practice in various public health nutrition settings. Part III: *Community Assessment, Planning, Implementing, and Evaluation* involves community nutrition assessment, program planning, and public health nutrition intervention evaluation. Part IV: *Current and Future Challenges in Public Health Nutrition and Sustainability* covers nutrition-related health issues, professional development needs, sustainability concerns, food systems, and environmental health trends.

As expected, it discusses a broad spectrum of themes concerning public health nutrition, and the knowledge provided can help tackle issues in various communities, rural, urban, or global. Also, covers significant contemporary trends like telehealth, mHealth, collaborative grantsmanship, and creative communication tactics. The utilization of interprofessional and evidence-based approaches is considered a favorable element. Even though the examples used focused on the United States, they

remain relevant in diverse contexts.

The variety of educational resources that can be accessed is quite remarkable. Every chapter offers learning objectives, key concepts, a glossary, case studies, questions, activities, and study resources. There are even supplementary materials specifically designed for instructors including the Instructor's Manual, Test Bank, PowerPoints, Image Bank, and Syllabus. The extensive educational material not only provides knowledge but also fosters skills and builds competencies, including health needs assessment, problem-solving and critical thinking, evidence based public health practice, and leadership.

For maximum versatility, apart from the printed book, the contents are available online for easy access, portability, and searchability and in an e-book form for use on most mobile devices and computers. This textbook can serve as a valuable resource for students and professionals specializing in nutrition, public policy, social work, and other health science-related areas.

The editors and contributors consist of academics, researchers, mentors, and experts in public health nutrition, guaranteeing the quality of the information presented. We firmly believe that the book effectively fulfills the authors' goal as "*an effective tool for training and inspiring future public health nutrition professionals to engage in transformative practice everywhere in the world to nourish the physical, emotional, and spiritual dimensions of all human beings.*"

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