

Brescia University College

School of Food and Nutritional Sciences

Winter Term 2017

**Foods and Nutrition 3361B: Fundamentals of Community Nutrition
Tuesdays 8:30 – 11:30 am**

Office Hours: Tuesdays 11:30am – 12:30 pm

Instructor: Chwen Binkley, MSc, RD

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Contact by email for questions or schedule an appointment to meet during the office hours

COURSE OUTLINE

DESCRIPTION	The role of nutrition at the local, national and international levels. Emphasis placed on nutrition education, food habits, and current topics in the area of community nutrition.
LEARNING OBJECTIVES	By the end of the course, students will be able to: 1. describe community nutrition and the social determinants of health; 2. demonstrate knowledge of health behaviour change theories, needs assessment, program planning and evaluation, as they are used by community nutrition professionals to meet the needs of communities; 3. identify and discuss some current issues in community nutrition e.g., food insecurity, obesity, unhealthy food environment, etc; 4. assess nutrition education needs and develop, implement, and evaluate an intervention for an assigned population group; and 5. demonstrate leadership skills through effective and efficient group work, time management and class participation.

PREREQUISITE(S)	Pre-requisite: Foods and Nutrition 2241A/B or Foods and Nutrition 2245 A/B
FORMAT	Three (3) hours per week. Lectures will be enhanced by class discussions and online activities.
REQUIRED TEXT REQUIRED READINGS	Boyle MA, Holben DH. Community Nutrition in Action: An Entrepreneurial Approach. 7th Ed. California: Thomson Wadsworth; 2017.
ITEM	DISTRIBUTION OF MARKS
Mid-Term Examination 2 hour <i>in-class</i> examination	25 % Feb. 7th, 2017
Group Project	30% (presentation 10%, written report 20%) Team Presentations - Mar 21 st , April 4 th (order TBA)
Mini-quizzes	10% 2 x 5% each Quiz 1: Jan 31 st Quiz 2: Mar 14 th
Final Examination 3-hour <i>cumulative</i> examination	35% TBA
Total:	100%

LECTURE SCHEDULE:

Week: Date	Topic	Readings
1: Jan. 10th	Introduction to course Course outline & assignments Community vs. Public Health Nutrition Determines of Health Health Promotion Strategies	Chapter 1 (p.9-12, p. 21-27); PHAC website (1); Ottawa Charter, 1986 (2); Ontario Public Health Standards, 2008 (3)
2: Jan 17th	Understanding & Achieving Behaviour Change	Chapter 3 (p. 73-92); Session 3 of IOM Workshop on Food Literacy: How Do Communications and Marketing Impact Consumer Knowledge, Skills, and Behaviour? (4)
3: Jan 24th	Community Assessment	Chapter 4 (p. 99-147);
4: Jan 31st	Program Planning Mini Quiz #1	Chapter 5 (p. 149-180) Program Logic Models (5) Public Health Ontario, Six Steps for Planning Health Promotion Programs (6)
5: Feb 7th	MID-TERM EXAM	IN CLASS - 8:30 - 11:30am
6: Feb 14th	Monitoring & Evaluation Grant Writing	Chapter 5 (p.167-179) Chapter 16 (p. 647-648, 650) Chapter 19 (p. 713-751)
Feb 21st	READING WEEK	NO CLASS - Work on Group Project
7: Feb 28th	Cultural Competence	Chapter 15 (p. 597-631)
8: Mar 7th	Nutrition Education Social Marketing & Social Media Mini Quiz #2	Chapter 16 (p. 633-656) Chapter 17 (p.675-691)
9: Mar 14th	Policy-making & Advocacy	Chapter 6 (p. 191-217, p. 139) A Practical Guide to Successful Advocacy (WHO) (7)
10: March	Current Issues	Food Insecurity in Canada - PROOF (8)

21st	Team Presentations	Household Food Insecurity –DC (9)
11: March 28th	Epidemiology – Dr. Jaimie Hemsworth-Hummelen (Guest Lecturer) (online lecture – do not need to come to class – follow directions posted on OWL)	Chapter 5 British Medical Journal: Epidemiology for the uninitiated (10) (Sections 1, 4 & 12)
12: April 4	Team Presentations	

READING LIST:

Please review the lecture schedule for required weekly readings.

1. What determines health? Public Health Agency of Canada.
<http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php>
2. World Health Organization. The Ottawa Charter for Health Promotion: First International Conference on Health Promotion. 1986.
<http://www.who.int/healthpromotion/conferences/previous/ottawa/en/index.html>
3. Ontario Ministry of Health and Long-term Care; Ontario Public Health Standards, 2008.
http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/intro.aspx
4. Jennifer Bauerle (15:11): The Social Norms Approach: Changing Behavior through a Paradigm Shift (session 3).
<http://iom.nationalacademies.org/Activities/Nutrition/FoodForum/2015-SEPT-03/Videos/Session%203/19-Bauerle-Video.aspx>
5. Program Logic Models. Public Health Ontario
http://www.publichealthontario.ca/fr/LearningAndDevelopment/Events/Documents/Program_logic_models_dec_2012.pdf.
6. Public Health Ontario, Six steps for planning health promotion programs, 2015.
https://www.publichealthontario.ca/en/eRepository/Six_steps_planning_health_promotion_programs_2015.pdf
7. World Health Organization. 2006. Manual for successful advocacy.
<http://www.who.int/chp/advocacy/chp.manual.EN-webfinal.pdf>
8. Valerie Tarasuk (13:19): The full story of food insecurity.
<http://proof.utoronto.ca/food-insecurity/>
9. Dietitians of Canada. Household Food Insecurity: background, position statement, and recommendations.
<http://www.dietitians.ca/Dietitians-Views/Food-Security/Household-Food-Insecurity.aspx>
10. British Medical Journal: Epidemiology for the Uninitiated, 2015
<http://www.bmj.com/about-bmj/resources-readers/publications/epidemiology-uninitiated>

USEFUL WEBSITES:

Canadian Public Health Association. <http://www.cpha.ca>

Centers for Disease Control and Prevention (CDC). www.cdc.gov

Dietitians of Canada. <http://www.dietitians.ca>

Food and Agriculture Organization (FAO). <http://www.fao.org/>

Health Evidence. <http://www.healthevidence.org/>

Health Nexus. <http://www.healthnexus.ca>

National Collaborating Centre for Methods and Tools (NCCMT).
<http://www.nccmt.ca/>

Nutrition Resource Centre. <http://opha.on.ca/Nutrition-Resource-Centre/Home.aspx>

Ontario Society of Nutrition Professionals in Public Health. <http://www.osnp-ph.on.ca/>

Ontario Public Health Association. <http://www.opha.on.ca/>

Public Health Agency of Canada. <http://www.phac-aspc.gc.ca>

Public Health Agency of Canada. Best Practices Portal
http://66.240.150.14/glossary/all_terms-eng.html

Public Health Ontario. <http://www.publichealthontario.ca/EN/Pages/default.aspx>

PubMed. <http://www.ncbi.nlm.nih.gov/pubmed/>

World Health Organization (WHO). <http://www.who.int/en>

2016/17 BRESCIA UNIVERSITY COLLEGE ACADEMIC POLICIES AND REGULATIONS

1. POLICY REGARDING MAKEUP EXAMS AND EXTENSIONS OF DEADLINES

When a student requests academic accommodation (e.g., extension of a deadline, a makeup exam) for work representing 10% or more of the student's overall grade in the course, it is the responsibility of the student to provide acceptable documentation to support a medical or compassionate claim. All such requests for academic accommodation **must** be made through an Academic Advisor and include supporting documentation. Academic accommodation for illness will be granted only if the documentation indicates that the onset, duration and severity of the illness are such that the student could not reasonably be expected to complete her academic responsibilities. Minor ailments typically treated by over-the-counter medications will not normally be accommodated. Documentation shall be submitted as soon as possible to the student's Academic Advisor indicating the period of illness and when the student should be able to resume academic responsibilities. Students must submit their documentation along with a request for relief specifying the nature of the accommodation being requested no later than two business days after the date specified for resuming responsibilities. Appropriate academic accommodation will be determined by the Dean's Office in consultation with the student's instructor(s). Please note that personal commitments (e.g., vacation flight bookings, work schedule) which conflict with a scheduled test, exam or course requirement are **not** grounds for academic accommodation. A UWO Student Medical Certificate (SMC) is **required** if a student is seeking academic accommodation on medical grounds. This documentation should be obtained at the time of the initial consultation with the physician/nurse practitioner or walk-in clinic. A SMC can be downloaded from: <http://www.westerncalendar.uwo.ca/2016/pg117.html>. The student must request documentation sufficient to demonstrate that her ability to meet academic responsibilities was seriously affected. Please note that under University Senate regulations documentation stating simply that the student "was seen for a medical reason" or "was ill" is **not** adequate to support a request for academic accommodation. Whenever possible, requests for academic accommodation should be initiated in advance of due dates, examination dates, etc. Students must follow up with their professors and Academic Advisor in a timely manner. The full policy on requesting accommodation due to illness can be viewed at:

http://www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_illness.pdf

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal problem that is interfering with your work, contact your instructor and Academic Advisor as soon as possible. Problems may then be documented and possible arrangements to assist you can be discussed at the time of occurrence rather than on a retroactive basis. Retroactive requests for academic accommodation on medical or compassionate

grounds may not be considered. If you think that you are too far behind to catch up or that your work load is not manageable, you should consult an Academic Advisor. If you consider reducing your workload by dropping one or more courses, this must be done by the appropriate deadlines (refer to the Registrar's website, www.registrar.uwo.ca, for official dates). You should consult with the course instructor and the Academic Advisor who can help you consider alternatives to dropping one or more courses. *Note that dropping a course may affect OSAP eligibility and/or Entrance Scholarship eligibility.* The Dean may refuse permission to write the final examination in a course if the student has failed to maintain satisfactory academic standing throughout the year or for too frequent absence from the class or laboratory (<http://www.westerncalendar.uwo.ca/2016/pg130.html>)

3. ABSENCES

Short Absences: If you miss a class due to a minor illness or other problems, check your course outline for information regarding attendance requirements and make sure you are not missing a test or assignment. Cover any readings and arrange to borrow notes from a classmate. Contact the course instructor if you have any questions.

Extended Absences: If you have an extended absence, you should contact the course instructor and an Academic Advisor. Your course instructor and Academic Advisor can discuss ways for you to catch up on missed work and arrange academic accommodations, if appropriate.

4. POLICY ON CHEATING & ACADEMIC MISCONDUCT

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: <http://www.westerncalendar.uwo.ca/2016/pg113.html>

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. Students are urged to read the section on Scholastic Offences in the Academic Calendar. Note that such offences include plagiarism, cheating on an examination, submitting false or fraudulent assignments or credentials, impersonating a candidate, or submitting for credit in any course without the knowledge and approval of the instructor to whom it is submitted, any academic work for which credit has previously been obtained or is being sought in another course in the University or elsewhere. Students are advised to consult the section on Academic Misconduct in the Western Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Student Services Centre, or the Registrar. A claim that "you didn't know it was wrong" is not accepted as an excuse.

The penalties for a student guilty of a scholastic offence (including plagiarism) include refusal of a passing grade in the assignment, refusal of a passing grade in the course, suspension from the University, and expulsion from the University.

Plagiarism:

Students must write their essays and assignments in their own words. Whenever students take an idea or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence Policy in the Western Academic Calendar).

All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com.

Computer-marked Tests/exams:

Computer-marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating. Software currently in use to score computer-marked multiple-choice tests and exams performs a similarity review as part of standard exam analysis.

5. PROCEDURES FOR APPEALING ACADEMIC EVALUATIONS

All appeals of a grade must be directed first to the course instructor. If the student is not satisfied with the decision of the course instructor, a written appeal signed by the student must be sent to the Department Chair. If the response of the department is considered unsatisfactory to the student, she may then submit a signed, written appeal to the Office of the Dean. Only after receiving a final decision from the Dean may a student appeal to the Senate Review Board Academic. A Guide to Appeals is available from the Ombudsperson's Office, or you can consult an Academic Advisor. Students are advised to consult the section on Student Academic Appeals under Academic Rights and Responsibilities in the Western Academic Calendar (<http://www.westerncalendar.uwo.ca/2016/pg112.html>)

6. PREREQUISITES AND ANTIREQUISITES

Unless you have either the prerequisites for a course or written special permission from your Dean to enroll in it, you will be removed from the course and it will be deleted from your record. This decision may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course for failing to have the necessary prerequisite(s).

Similarly, you will also be deleted from a class list if you have previously taken an antirequisite course unless this has the approval of the Dean. These decisions may not be appealed. You will receive no adjustment to your fees in the event that you are dropped from a course because you have taken an antirequisite course.

7. SUPPORT SERVICES

The Brescia University College Registrar's website, with a link to Academic Advisors, is at <http://brescia.uwo.ca/academics/registrar-services/> . The website for the Student Development Centre at Western is at <http://www.sdc.uwo.ca/> . Students who are in emotional/mental distress should refer to Mental Health @ Western http://uwo.ca/health/mental_wellbeing/ for information including a complete list of options about how to obtain help.