

Brescia University College
School of Food and Nutritional Sciences
Winter 2017

Foods and Nutrition FN3361B-532: Fundamentals of Community Nutrition

Mondays 6:30 - 9:30pm

Office Hours: Mondays 9:30 – 10:30pm

(After class each week, time subject to change)

Instructor:

Katie Neil, RD, MAN, MPH(c.)

Office: TBD

kneil8@uwo.ca

***Contact by email
for questions and
to set up an
appointment for
office hours.**

COURSE OUTLINE

DESCRIPTION:	The role of nutrition at the local, national and international levels. Emphasis placed on behaviour change theories, factors impacting food habits, nutrition education and program development. Discussion of current topics in the area of community nutrition.
LEARNING OBJECTIVES:	<p>Upon successful completion of this course, students will be able to demonstrate the Brescia Competencies of Communication, Critical Thinking, Inquiry and Analysis, Problem Solving, Self-Awareness and Development, Social Awareness and Engagement, and Valuing by:</p> <ul style="list-style-type: none">• describing aspects of community nutrition and key roles of dietitians working in public health and community;• describing the social determinants of health and considering these factors within program planning;• exploring health behaviour change theories, health promotion strategies, needs assessment, program planning and evaluation, as they are used by community nutrition professionals to meet the needs of communities;• discussing a variety of issues in community nutrition ie. advocacy, food security, obesity, policy etc.;• assessing the determinants of health for an assigned cultural/population group; and• demonstrating leadership skills through effective and efficient group work, time management and class participation.
PREREQUISITE(S):	Foods and Nutrition 2241A/B or Foods and Nutrition 2245A/B

FORMAT: Three (3) hours per week. Lectures will be enhanced by class discussions and online activities.

REQUIRED TEXT: Boyle MA, Holben DH. Community Nutrition in Action: An Entrepreneurial Approach. 6th Ed. California: Thomson Wadsworth; 2013.

REQUIRED READINGS: See attached list and review as per the lecture schedule.

DISTRIBUTION OF MARKS:

ITEM	% FINAL MARK	DUE DATE
Mid-Term Exam 2 hour in-class examination	25%	February 13th Brescia Auditorium
Group Project Team report Team presentation	30% total 20% 10%	Team report due March 27 th (before class, 6:30pm) Team presentations on March 27 th and April 3 rd (order TBD)
Mini-quizzes	10% 2 x 5% each	Quiz 1: January 30th Quiz 2: March 6th Due online by midnight the following day*
Final Exam 3 hour <u>cumulative</u> examination	35%	TBA
Total:	100%	

**NB: Accommodations are not guaranteed and will be on a case-by-case basis, dealt directly with Prof. Neil.*

DIVISIONAL AND COURSE POLICIES:

1. Attendance at class and participation are mandatory. Students must attend classes in the sections in which they have been registered.
2. Assignments are due at time and date noted. Late assignments will be reduced by 20% of the value of the assignment. Assignments submitted more than seven days late will NOT be accepted, except with documentation for a confirmed personal illness or a death in the student's immediate family.
3. Assignments assigned in teams must be completed as a team. Individual submissions will be automatically reduced by 20%.
4. Any requests for academic accommodation must be submitted through the academic advisors.

COMMUNICATION:

E-mail communication can be an efficient and effective mode of communication between the Professor and student. Your e-mailed comments and questions are most welcome and will be responded to within 2-3 business days. E-mails should be respectful, use formal English language (not "text" talk), and should not ask for information that was delivered during a lecture. Please be concise in your email communication. If you have more than three questions, it would be best to make an appointment.

LECTURE SCHEDULE & REQUIRED READINGS:

Week: Date	Lecture Topic(s)	Readings (see list below for numbered doc. links)
1. Jan 9 th	Housekeeping Course outline Determinants of health Community vs. public health nutrition	Chapter 1 (pgs. 4-12, 22-23); PHAC website (1); SDoH videos (2&3); Ottawa Charter (4); Ontario Public Health Standards, 2008 (5);
2. Jan 16 th	Community assessment	Chapter 2 (pgs. 37-60); Chapter 3 (pgs. 68-82); Public Health Ontario – logic models (7)
3. Jan 23 rd	Epidemiology	Chapter 5; British Medical Journal: Epidemiology for the uninitiated (6) (sections 1, 4 & 12)
4. Jan 30 th	Program planning Mini Quiz #1 (due online by midnight Jan 30 th)	Chapter 4 (pgs. 99-114); PHO, Six Steps for Planning Health Promotion Programs (8)
5. Feb 6 th	Monitoring & evaluation Grant writing	Chapter 4 (pgs. 115-128); Chapter 20 (pgs. 673-688)
6. Feb 13 th	Mid-Term Exam, 6:30-8:30pm	
7. Feb 20 th	NO CLASS – reading week	
8. Feb 27 th	Cultural competence & population groups	Chapter 17 (pgs. 589-604)
9. Mar 6 th	Understanding & achieving behaviour change Mini Quiz #2 (due online by midnight Mar 6 th)	Chapter 15; Session 3 of IOM Workshop on Food Literacy: how do communications and marketing impact consumer knowledge, skills and behaviour? (9)
10. Mar 13 th	Nutrition education, social marketing & social media	Chapter 18 Public Health Ontario – Social Marketing (11) *optional
11. Mar 20 th	Policy-making & advocacy Exam review *8:30-9:30pm – work on group project	Chapter 6 (pgs. 170-179, pgs. 193-198); A practical guide to successful advocacy, WHO (10)
12. Mar 27 th	Current issues Team report due (before class) Team presentations	Chapter 8 Attendance mandatory; Be prepared to ask questions.
13. Apr 3 rd	Team presentations	Attendance mandatory; Be prepared to ask questions.

READING LIST:

Please review the lecture schedule for **required** readings and video recordings to be reviewed prior to lectures.

1. What determines health? Public Health Agency of Canada.
<http://www.phac-aspc.gc.ca/ph-sp/determinants/index-eng.php>
2. Chatham-Kent Social Determinants of Health, video.
<https://www.youtube.com/watch?v=NyTni-vn93Y>
3. Public Health Ontario, social determinants of health and use of personal information in population health research, video.
<https://www.youtube.com/watch?v=neuQN6Fl7Io>
4. 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>
5. 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/docs/ops_2008.pdf
6. British Medical Journal: Epidemiology for the Uninitiated,
2015. <http://www.bmj.com/about-bmj/resources-readers/publications/epidemiology-uninitiated>
7. Public Health Ontario archived webinar recording with slides: Logic Models Theory to Practice. *Select sections – professor to specify.
https://www.publichealthontario.ca/en/LearningAndDevelopment/EventPresentations/Logic_Models_Theory_to_Practice.pdf
8. 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
9. Session 3: Jennifer Bauerle (15:11): The Social Norms Approach: Changing Behavior through a Paradigm Shift. <http://www.nationalacademies.org/hmd/Activities/Nutrition/FoodForum/2015-SEPT-03/Videos/Session%203/19-Bauerle-Video.aspx>
10. World Health Organization. 2006. Manual for successful advocacy. <http://www.who.int/chp/advocacy/chp.manual.EN-webfinal.pdf>
11. Public Health Ontario archived webinar recording with slides: Introduction to Social Marketing.
*Optional. https://www.publichealthontario.ca/en/LearningAndDevelopment/EventPresentations/Social_Marketing_introduction_Rosa_2016.pdf

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 Nexus. <http://www.healthnexus.ca>
Ontario Society of Nutrition Professionals in Public Health. <http://www.osnpph.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>

World Health Organization (WHO). <http://www.who.int/en>
PubMed. <http://www.ncbi.nlm.nih.gov/pubmed/>

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 workload 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.

Portions of this document were taken from the Academic Calendar, the Handbook of Academic and Scholarship Policy and the Academic Handbook of Senate Regulations. This

document is a summary of relevant regulations and does not supersede the academic policies and regulations of the Senate of the University of Western Ontario.