

**Brescia University College
School of Food and Nutritional Sciences
Winter 2019**

Foods and Nutrition FN3361B-530: Fundamentals of Community Nutrition

Wednesdays 6:30 – 9:30pm, BR-135

Office Hours: Wednesdays 9:30-10:30pm

(After class each week, time subject to change)

Instructor:

Katie Henry 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 nutrition education, food habits, survey methodology, and current topics in the area of community nutrition.

**LEARNING
OBJECTIVES:**

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.

- Develop an understanding of community nutrition and the social determinants of health (Self-Awareness and Development; Valuing)
- Learn behaviour change theories, health promotion strategies, needs assessment and program planning, as they are used by community nutritionists to meet the needs of communities (Critical Thinking; Inquiry and Analysis; Problem Solving; Communication)
- Create a nutrition education resource for a specific population group utilizing the appropriate literature and design strategies (Communication; Critical Thinking)
- Learn how to incorporate behavioural theory into the development of community-based nutrition programs (Critical Thinking)
- Learn the basic principles of community-based nutritional program evaluation (Inquiry and Analysis)
- Gain practical experience by participating in the development and/or implementation of a community-based program (Problem Solving; Communication; Social Awareness and Engagement)

PREREQUISITE(S): Registration in the Foods and Nutrition or Nutrition and Families modules (Honours Specialization, Specialization, Major, Minor in Foods and Nutrition); 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, Marie A. Community Nutrition in Action: An Entrepreneurial Approach. 7th Ed. Cengage Learning: 2017.

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 examination	25%	February 6th TBD
Group Project Team report Team presentation	30% total 20% 10%	Team report due March 27 th 8:30am Team presentations on March 27 th & April 3 rd (order TBD)
Mini-quizzes	10% total 2 x 5% each	Quiz 1: Sunday January 27th Quiz 2: Sunday March 3rd Due online by midnight*
Final Exam 3 hour <u>cumulative</u> examination	35%	TBD
Total:	100%	

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

SPECIFIC 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 corresponding links)
1. Jan 9 th	Housekeeping Course outline Determinants of health Community vs. public health nutrition	Chapter 1 (pgs. 4-13, 26-27); PHAC website (1); SDoH videos (2&3); Ottawa Charter (4); OPHS (5)
2. Jan 16 th	Epidemiology	Chapter 2 (pgs. 41-69); British Medical Journal: Epidemiology for the Uninitiated, sections 1, 4 & 12 only (6)
3. Jan 23 rd	Community needs assessment Mini Quiz #1 (due online by midnight January 27 th)	Chapter 4 (99-132, 136-139)
4. Jan 30 th	Program planning	Chapter 5 (pgs. 149-170); Focus On: Logic Model – A Planning and Evaluation Tool (7)
5. Feb 6 th	Mid-Term Exam, 6:30-8:30pm	--
6. Feb 13 th	Understanding & achieving behaviour change	Chapter 3 (pgs. 73-91)
7. Feb 20th	NO CLASS – reading week	--
8. Feb 27 th	NO CLASS (virtual lecture) Cultural competence & population groups Mini Quiz #2 (due online by midnight March 3 rd)	Chapter 15 (pgs. 597-622)
9. Mar 6 th	Monitoring & evaluation Grant writing	Chapter 5 (pgs. 169-178); Chapter 19
10. Mar 13 th	Nutrition education, social marketing & social media	Chapter 16 (pgs. 633-643, 646- 651); Chapter 17 (pgs. 659-680)
11. Mar 20 th	Policy-making & advocacy Exam review *8:30-9:30pm – work on group project	Chapter 6 (pgs. 191-203, 212- 224) *skip figures 6-2, 6-3; A practical guide to successful advocacy (8); The Stages Model (9); Policies on Nutrition Labelling *optional (10)
12. Mar 27 th	Current issues Team report due (before class) Team presentations	Chapter 8; Attendance mandatory; Be prepared to ask questions.
13. April 3 rd	Team presentations	Attendance mandatory; Be prepared to ask questions.

READING LIST:

Please see the lecture schedule for **required** readings and videos to be reviewed prior to lectures.

1. What determines health? Public Health Agency of Canada.
<https://www.canada.ca/en/public-health/services/health-promotion/population-health/what-determines-health/what-makes-canadians-healthy-unhealthy.html#income>
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, 2018.
http://www.health.gov.on.ca/en/pro/programs/publichealth/oph_standards/docs/protocols_guidelines/Ontario_Public_Health_Standards_2018_en.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, Focus on: Logic Model - A Planning and Evaluation Tool, 2016.
https://www.publichealthontario.ca/en/eRepository/Focus_On_Logic_Models_2016.pdf
8. World Health Organization. 2006. Manual for successful advocacy.
<http://www.who.int/chp/advocacy/chp.manual.EN-webfinal.pdf>
9. National Collaborating Centre for Healthy Public Policy, Public Policies and Their Usefulness in Public Health: The Stages Model, 2013.
http://www.ncchpp.ca/docs/ModeleEtapesPolPubliques_EN.pdf
10. National Collaborating Centre for Healthy Public Policy, Public Policies on Nutrition Labelling: Effects and Implementation Issue - A Knowledge Synthesis – Highlights, 2013.
*Optional
http://www.ncchpp.ca/docs/Synthesis_nutrition_labelling_highlights_EN.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>
Health Canada. <https://www.canada.ca/en/health-canada.html>
National Collaborating Centre for Methods and Tools. <https://www.nccmt.ca/>
Ontario Dietitians in Public Health. <https://www.odph.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. <http://www.who.int/en>

2018-19 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.

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. In cases where there might be an extended absence or serious issue, students should submit their documentation promptly and consult their Academic Advisor for advice during their recovery period. Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. Appropriate academic accommodation will be determined by the Dean's Office/Academic Advisor in consultation with the student's instructor(s). Academic accommodation may include extension of deadlines, waiver of attendance requirements for classes/labs/tutorials, arranging Special Exams or Incompletes, re-weighting course requirements, or granting late withdrawals without academic penalty

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.uwo.ca/univsec/pdf/academic_policies/appeals/medicalform.pdf. 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.

The full policy on requesting accommodation due to illness can be viewed at:

http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_12

2. ACADEMIC CONCERNS

If you feel that you have a medical or personal challenge 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 are not normally considered.

If you think that you are too far behind to catch up or that your work load is not manageable, you should consult your 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,

<http://brescia.uwo.ca/academics/registrar-services/> or the list of official sessional dates in the Academic Calendar, see the Sessional Dates tab at <http://www.westerncalendar.uwo.ca/index.cfm?SelectedCalendar=Live&ArchiveID=>). 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.*

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 and warranted.

It is important to note that the Academic 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/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=5&SelectedCalendar=Live&ArchiveID=#SubHeading_68).

4. SCHOLASTIC OFFENCES

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at: http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_20 .

Students are responsible for understanding the nature of and avoiding the occurrence of plagiarism and other academic offences. 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 Scholastic Discipline for Undergraduate Students in the Academic Calendar.

If you are in doubt about whether what you are doing is inappropriate or not, consult your instructor, the Academic Dean's Office, 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.

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 (<http://www.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 is to be sent to the School Chair. If the response of the Chair is considered unsatisfactory to the student, she may then submit a written appeal to the Office of the Dean. If the student is not satisfied with the decision of the Dean, she may appeal to the Senate Review Board Academic (SRBA), if there are sufficient grounds for the appeal. For information on academic appeals you can consult your Academic Advisor or see the Student Academic Appeals – Undergraduate in the Academic Calendar http://www.westerncalendar.uwo.ca/PolicyPages.cfm?Command=showCategory&PolicyCategoryID=1&SelectedCalendar=Live&ArchiveID=#Page_14.

Note that final course marks are not official until the Academic Dean has reviewed and signed the final grade report for the course. If course marks deviate from acceptable and appropriate standards, the Academic Dean may require grades to be adjusted to align them with accepted grading practices.

6. PREREQUISITES

Unless you have either the prerequisites for a course or written special permission from the 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).

7. SUPPORT

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 <http://www.sdc.uwo.ca/>.

Mental Health and Wellness

Students may experience a range of issues that can cause barriers to your learning, such as increased anxiety, feeling overwhelmed, feeling down or lost, difficulty concentrating and/or lack of motivation. Services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about mental health and wellness at Brescia at <http://brescia.uwo.ca/life/mental-health-wellness/>. Students who are in emotional/mental distress should refer to Health and Wellness at Western, http://uwo.ca/health/mental_wellbeing/index.html, for information about how to obtain help for yourself or others.

Sexual Violence

All members of the Brescia University College community have a right to work and study in an environment that is free from any form of sexual violence. Brescia University College recognizes that the prevention of, and response to, Sexual Violence is of particular importance in the university environment. Sexual Violence is strictly prohibited and unacceptable and will not be tolerated. Brescia is committed to preventing Sexual Violence and creating a safe space for anyone in the Brescia community who has experienced Sexual Violence.

If you or someone you know has experienced any form of Sexual Violence, you may access resources at <http://brescia.uwo.ca/life/sexual-violence/>.

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.