

DIE3310
Community Nutrition (2 credit hours)
Spring 2014

Class Meetings: Thursday, 3:00 P.M. - 4:55 P.M.; McCarty A 2196

Required Text: Boyle, M. and Holben, D. Community Nutrition in Action: an entrepreneurial approach (6th edition). N.Y.:Thompson/Wadsworth. 2013)

NOTE: One copy is on reserve at Marston.

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Office hours:
Wednesday 2:00 - 5:00 (walk-in)
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Course Description: This course will examine the role of nutrition in promoting, maintaining and improving health in the community. It investigates traditional aspects of the emerging health delivery system, as well as entrepreneurial ventures in wellness. Students will study the financial, legislative, political, sociological, and scientific aspects of public and community health.

Prerequisite: HUN 2201, Fundamentals of Human Nutrition. Dietetics Students only.

Course Requirement: All students must have an email account and web access.

Course Objectives:

The following course objectives are based on the "Foundation Knowledge Requirements and Learning Outcomes for Didactic Programs in Nutrition and Dietetics." *Accreditation Council for Education in Nutrition and Dietetics (ACEND) Accreditation Standards, 2012*

By the end of the course, the student will be able to:

1. Demonstrate effective and professional oral and written communication and documentation.
2. Develop interventions to affect change and enhance wellness in diverse individual and groups.
3. Develop an educational session or program/educational strategy for a target population.
4. Explain the impact of a public policy position on dietetics practice.
5. Explain the impact of health care policy and different health care delivery systems on food and nutrition services.

COURSE POLICIES:

Academic Honesty

In 1995 the UF student body enacted a new honor code and voluntarily committed itself to the highest standards of honesty and integrity. When students enroll at the university, they commit themselves to the standard drafted and enacted by students. In adopting this honor code, the students of the University of Florida recognize that academic honesty and integrity are fundamental values of the university community. Students who enroll at the university commit to holding themselves and their peers to the high standard of honor required by the honor code. Any individual who becomes aware of a violation of the honor code is bound by honor to take corrective action. The

quality of a University of Florida education is dependent upon community acceptance and enforcement of the honor code.

The Honor Code: We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.

On all work submitted for credit by students at the university, the following pledge is either required or implied: **"On my honor, I have neither given nor received unauthorized aid in doing this assignment."**

The university requires all members of its community to be honest in all endeavors. A fundamental principle is that the whole process of learning and pursuit of knowledge is diminished by cheating, plagiarism and other acts of academic dishonesty. In addition, every dishonest act in the academic environment affects other students adversely, from the skewing of the grading curve to giving unfair advantage for honors or for professional or graduate school admission. Therefore, the university will take severe action against dishonest students. Similarly, measures will be taken against faculty, staff and administrators who practice dishonest or demeaning behavior. Students should report any condition that facilitates dishonesty to the instructor, department chair, college dean or Student Honor Court.

(Source: 2012-13 Undergraduate Catalog)

It is assumed all work will be completed independently unless the assignment is defined as a group project, in writing by the instructor. This policy will be vigorously upheld at all times in this course.

Software Use:

All faculty, staff and students of the university are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against university policies and rules, disciplinary action will be taken as appropriate.

Campus Helping Resources

Students experiencing crises or personal problems that interfere with their general wellbeing are encouraged to utilize the university's counseling resources. The new Counseling and Wellness Center merges the previous University Counseling and student mental health centers. Resources are available on campus for students having personal problems or lacking clear career or academic goals, which interfere with their academic performance.

Service	Location	Phone	Web site	Services provided
University Counseling and Wellness Center	3190 Radio Road	392-1575	www.counseling.ufl.edu	<ul style="list-style-type: none"> ▪ Individual, couple and group counseling ▪ Alcohol and Substance Abuse Program (ASAP) ▪ Center for Sexual Assault / Abuse Recovery & Education (CARE) ▪ Eating Disorders Program ▪ Employee Assistance Program ▪ Suicide Prevention Program
Career Resource Center	CR-100 J. Wayne Reitz Union	392-1601	www.crc.ufl.edu	Career development assistance and counseling

Students with Disabilities

The Disability Resource Center coordinates the needed accommodations of students with disabilities. This includes registering disabilities, recommending academic accommodations within the classroom, accessing special adaptive computer equipment, providing interpretation services and mediating faculty-student disability related issues. 0001 Reid Hall, 392-8565, www.dso.ufl.edu/drc/.

Other Information: Lecture material and information are the property of the University of Florida and the course instructor and may not be used for any commercial purpose. Students found in violation may be subject to disciplinary action under the University's Student Conduct Code. Only students formally registered for the course are permitted to attend lectures and take quizzes/tests.

DPD Policy:

- *Attendance is required for all DIE courses. Attendance will be taken at the beginning of each class. Excused absence will only be granted for the following reasons:*
 - *Death in the family as documented by a dated obituary*
 - *Illness or hospitalization as documented by a physician's note related to that illness (vague notes such as "was seen" are not acceptable).*
 - *Religious holiday as documented by a written statement to the professor before the holiday.*
 - *Professional/graduate school interviews with documentation of interview letter and travel arrangements.*
 - *Accident as documented by a copy of the police report*

Only students with excused absences will be allowed to make up the original work or suitable alternative if an exam or in-class assignment is missed. Absence from class will result in (penalty as determined by faculty member) unless there are unavoidable extenuating circumstances subject to the faculty member's discretion that can be documented to the faculty member's satisfaction.

- *Tardiness is unacceptable in the workplace and is also not appropriate in the classroom. It shows disrespect for the professor, other students in the class and the course content. Students who are tardy (as defined by the professor in each class) will be penalized according to the policy established for that class.*

Online Course Evaluation Process

Student assessment of instruction is an important part of efforts to improve teaching and learning. At the end of the semester, students are expected to provide feedback on the quality of instruction in this course using a standard set of university and college criteria. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations are typically open for students to complete during the last two or three weeks of the semester; students will be notified of the specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results>

DIE 3310 Policies:

Class attendance: For this course to be successful, attendance and teamwork are very important. This course will include many in-class discussions and activities. Therefore, attendance is required and will be taken on a weekly basis. You must be there for the complete two hour session to get full credit for attendance. In addition, if you are more than 10 minutes late, you will be marked absent. Attendance represents 10% of the final grade.

Class participation: Class participation is **highly encouraged** in this class!! There will be small and large group discussions; there are many issues in this course that lead to open and interesting discussions. Please respect all individual opinions.

Communication: This semester we will be using Sakai for course communication. In order to access a Sakai course, you must have a Gatorlink account; you can go to the home page <http://lss.at.ufl.edu/> and login using your GatorLink ID. DIE3310 should be listed under "courses."

Computers and Cell Phones: I realize how important it is to have connections to the outside world, but I would like to use the 2 hours of class as a time to focus on the course material. Please limit your computer use to note taking or internet searching when it relates to the course discussion or team project. Please try to ignore your texts and other messaging until breaks or after class.

Assignments: All assignments are due at the beginning of class. Any assignment that is submitted late will have a 5%/day deduction of points.

Assignments:

Team based:

1. Literature summary: Teams will develop a 3-5 page literature summary to research the topic for the nutrition education project.
2. Nutrition education team projects: Each team will be assigned an after school program in Alachua County and will develop and present a nutrition education program based on the National Nutrition Month 2014 theme, "Eating the Taste of Eating Right." A written summary and evaluation of the project (including peer evaluations) will be submitted by 4/17/2014.

Individual:

1. Attendance: Attendance will be taken each week; you will be marked absent if you are more than 10 minutes late.
2. *Weight of the Nation*-This four part documentary by HBO discusses many of the problems and solutions with obesity in our nation. The documentary is available on *YouTube* – you will watch the four parts during the course of the semester and then participate in Sakai discussions based on posted questions.
3. Community nutrition assessment: This assignment will be worked on through the semester, you will be given a scenario and responsible for gathering data, analyzing the data and making recommendations.
4. Community agency Report: There are a number of guest speakers this semester representing various community agencies. You must complete the agency form and summarize the resources available.
5. Thrifty Food Plan Assignment: You will complete a personal meal plan assignment using the USDA's Thrifty Food plan
6. Health Care Public policy discussion and reflection: You will do the readings provided and be prepared to discuss current health care public policy issues. You will submit a one-page reflection of the discussion one week after the in-class discussion.
7. Sakai Quizzes – 10 short multiple choice quizzes will be posted on Tuesday before class and must be completed by class time on Thursday, 3 P.M. You will be required to review the chapter material before class to complete these quizzes.
8. Quizzes –There will be 4 in-class quizzes throughout the semester on 3-4 chapters each.

Evaluation:**Team based:**

	<u>Points</u>
1. Literature summary	20
2. Education team project	100

Individual Based:

1. Attendance	60
2. Weekly Sakai quizzes	50
2. Quizzes (4 x 50)	200
3. Weight of the Nation Reflections	20
4. Community nutrition assessment project	
--Part A	30
--Part B	30
5. Community Agency Report	40
6. Health Care Public policy discussion/reflection paper	20
7. Thrifty Food Plan	30

Total: **600**

Grade Assignment

The University has adopted a new grading policy starting in Summer 2009. Information can be found at <http://www.registrar.ufl.edu/catalog/policies/regulationgrades.html> .

The dietetics program has adopted the plus-minus grading scale for all DIE courses. The grade scale is as follows:

Letter Grade	Grade Points	Scale	Points
A	4.0	93.34-100	560-600
A-	3.67	90-93.33	540-559.5
B+	3.33	86.68-89.9	520-539.5
B	3.0	83.34-86.67	500-519.5
B-	2.67	80-83.33	480-499.5
C+	2.33	76.68-79.9	460-479.6
C	2.0	73.34-76.67	440-459.5
C-	1.67	70-73.33	420-439.5
D+	1.33	66.68-69.9	400-419.5
D	1.0	63.34-66.67	380-399.5
D-	0.67	60-63.33	360-379.5
E	0.00	59-below	Below 360

TENTATIVE CLASS SCHEDULE

WEEK	TOPIC	READING/ACTIVITY
1 1/19	Introduction to Community Nutrition and Course Opportunities in Community Nutrition	Chapter 1 <i>Weight of the Nation Assignment</i>
2 1/16	Assessing Community Resources Working as a Team	Chapter 2 Introduction to Nutrition Education Team Project <i>Literature Summary assignment</i>
3 1/23	Program Planning for Success Principles of Nutrition Education	Chapter 4 <i>Discussion of Community Nutrition Assessment Assignment</i> Chapter 17 Discussion of Community Agency Report Assignment <i>Weight of the Nation Part 1 Discussion completed on Sakai</i>
4 1/30	Developing Nutrition Education Lessons <i>Karla Shelnut, Ph.D., RD.</i> <i>Family, Youth and Community Sciences, CALS</i> School Food Service <i>Eunshil McKenna, Mag, R.D, LD/N</i> <i>Alachua County School Food Service</i>	Quiz 1 (Chapters 1, 2,4) Introduction to Nutrition Education Project
5 2/6	Dairy Nutrition Education Resources and Media Messaging <i>Lori Nelson, MS, RD, LD/N</i> <i>Florida Dairy Council</i>	Community Assessment Part 1 DUE
6 2/13	Marketing Nutrition and Health Promotion Team Meetings	Chapter 18 <i>Weight of the Nation Part 2 Discussion completed on Sakai</i>
7 2/20	Art and Science of Policy Making National Nutrition Agenda for Public's Health <i>Dr. Tracy Irani</i> <i>Professor, Interim Chair, Family Youth and Community Sciences Department</i> <i>Director, Center for Public Issues Education in Agriculture and Natural Resources</i>	Chapter 6 and 7 <i>Project Goals and Objectives, Timeline and Budget due for review</i>

		<p><i>Alexa Lamm, Associate Director, Center for Public Issues Education in Agriculture and Natural Resources</i></p> <p>Team Meetings</p>	
8	2/27	Addressing the Obesity Epidemic Health Care Systems and Policies	<p>Quiz 2 (Chapters 17,18,6,7) Chapter 8 and 9 Health Care Discussion</p> <p>Project Lesson Plans and Supporting Materials due for review</p>
9	3/6	<i>Spring Break</i>	
10	3/13	Mothers and Infants: Nutrition Assessment, Services and Programs WIC Program	<p>Chapter 11 Health Care Discussion Reflection Paper Due</p>
11	3/20	Food Insecurity <i>Panel Discussion – Hunger in Alachua County</i>	<p>Chapter 10</p> <p>Community Assessment Part 2 DUE</p>
12	3/27	Children and Adolescents: Nutrition Assessment, Services and Programs Farm-to-School Program <i>Lauren Headrick, MS, RD State Coordinator, Florida Farm-to- School</i>	<p>Quiz 3 (Chapters 8,9,10) Chapter 12</p> <p>Weight of the Nation Part 3 Discussion completed on Sakai</p>
13	4/3	Global Food and Nutrition Security: Challenges and Opportunities	Chapter 14
14	4/10	Healthy Aging: Nutrition Assessment, Services and Programs Cooperative Extension and ENAFS, Linda Bobroff, Ph.D., R.D.L.D./N, Extension Nutrition Specialist ,Family, Youth and Community Sciences	<p>Chapter 13</p> <p>Thrifty Food Plan Assignment DUE</p> <p>Weight of the Nation Part 4 Discussion completed on Sakai</p>
15	4/17	Project Presentations	<p>Quiz 4 (Chapters 11,12,13,14)</p> <p>Community Agency Report DUE</p> <p>Final Project DUE</p>
16	4/24	No class- Reading Day	