

HS 3120 Community Nutrition

Instructor: Maureen Husek MA, RD

Daytime phone: 248-898-3049

Fax: 248-898-0766

Preferred Email: Maureen.Husek@beaumont.org

Office hours: By appointment only

COURSE DESCRIPTION: Explores nutrition issues specific to various populations within the community and incorporates an entrepreneurial approach to improving the public's nutritional and health status. Introduces community nutrition program planning, policies, and resources along with techniques for interviewing and counseling clients.

OBJECTIVES:

1. Gain an understanding of community nutrition practice and how it relates to the fields of dietetics, public health, and preventive medicine.
2. Understand the relationship of nutrition research and nutrition monitoring to U.S. national nutrition policy.
3. Examine process involved in designing, implementing and evaluating nutrition programs.
4. Identify trends in the health status of different age and ethnic groups in the U.S. and problems related to their nutritional status and dietary practices.
5. Review tools and methods of community nutrition including nutritional assessment, needs assessment, nutrition surveillance, and program planning.

TEXT: Community Nutrition in Action: An Entrepreneurial Approach, 7th edition by Boyle, Marie A. and Holben, David H.

COURSE GRADING:

Individual Homework	18%	As assigned, individual assignments
Class Participation	11%	Includes attendance and participation
Quizzes	25%	Includes content from text and lecture
Project Assignments (PA)	31%	Includes all required group project assignments
PPT/Presentation	15%	Includes PowerPoint slides, class presentation

GRADING SCALE:

<u>A</u>		<u>C</u>		<u>D</u>	
98-100	4.0	79	2.9	69	1.9
96-97	3.9	78	2.8	68	1.8
94-95	3.8	77	2.7	67	1.7
92-93	3.7	76	2.6	66	1.6
90-91	3.6	75	2.5	65	1.5
		74	2.4	64	1.4
		73	2.3	63	1.3
		72	2.2	62	1.2
		71	2.1	61	1.1
<u>B</u>		70	2.0	60	1.0
88-89	3.5				
86-87	3.4				
84-85	3.3				
82-83	3.2				
81	3.1			<u>F</u>	
80	3.0			<60	0.0

CLASS PARTICIPATION & ATTENDANCE:

Preparation for and participation in class discussion are expected. Assignments must be **typed** and submitted in person at the beginning of class. Assignments may only be submitted by email as indicated below for unavoidable absences or as designated in class schedule. All assignments presented after the assigned date will not receive full credit and will not be accepted if presented after the following class date. Example – Assignments from class 2 are due at beginning of class 3. If not presented at the beginning of class 3, will not receive full credit and must be received by the beginning of class 4 to receive any credit.

Attendance at all classes and for the entire class is expected. Full credit will not be given if only half of the class is attended. In case of absence, the assignment due on the day of the absence may be emailed prior to the beginning of class for full credit. Absences are the responsibility of the student--the instructor is not required to provide make-up assignments or tutoring on the material covered during the student's absence. Make-up exams are permitted **ONLY** for students excused for: your severe illness, funerals of close family members, or legal proceedings at which you must appear. Written documentation of the absence is required.

COMMUNITY NUTRITION PROJECT & PRESENTATION:

Based on the assessment of Oakland County's population, resources, and needs, each team will select a nutritional issue to address from the *Healthy People 2020* nutrition objectives & identify the target population. The team will then develop an eight-week nutrition program for the target population & present a PowerPoint summary of the program plan to the class. The nutrition program will include the following components:

1. Identify *Healthy People 2020* objectives related to selected nutrition issue. (PA1)
2. Community needs assessment, **including specific** demographic and related nutrition issue **data** for target population (PA2)
3. Mission statement, goals, and objectives including **all four components of specific objectives (PA3)**
4. Program plan – design the **eight-week** intervention plan and the nutrition education component, including all plan details (PA4)
5. Introductory handout – program flyer to introduce program (PA5)
6. Lesson plans – create lesson plans **with all identified components and educational handouts** for each of the eight sessions (PA6)
7. Marketing strategy including the 4 P's of marketing (PA7)
8. Sample organizational structure with a minimum of three levels of responsibility & ten staff to meet program needs at all levels and activities, include market rate salaries for each identified position (PA8)
9. Detailed time line, or time and activity chart, for determining the critical path for the project (PA9)
10. Sample budget – **include revenue sources**, direct & indirect expenses; salaries & benefits (assume 20%), supplies, rent, materials (PA10)
11. Potential collaborative partners in the project and potential sources of funding – **research funding sources (PA11)**
12. Program evaluation tool to determine whether the goals and objectives have been met on completion of the project's presentation to the public, minimum 10 questions (PA12)
13. Sample quiz questions – three multiple choice questions to test knowledge of information presented in the program (PA13)
14. PowerPoint presentation that incorporates information from components #1-13. (PA14)

Each of the components (identified as PA assignments) will be submitted individually by the group and then incorporated into one final presentation. PowerPoint slides will be created and presented in a twenty-minute overview of your program that includes a sample lesson plan from one of the educational sessions in your program and components #1-13. Additional information and elements (charts, videos, etc.) should also be incorporated in the final presentation to create interest. Be creative.

Teams will consist of four students. Each partner is expected to contribute equally to the project work to create the program. Project assignments (PA on Class Schedule) must be completed together. One copy of each PA assignment will be submitted with a sign off list included at the top of the assignment. Each member must sign off on each PA assignment to confirm their participation. If any member does not contribute, they should not be allowed to sign off on the assignment and they will not receive credit. **For lesson plans, each member should create two of the eight required lesson plans and submit their plans individually. Group must agree upon and use same lesson plan format.** For group presentations, all members should present an equal amount of information. Be sure to time your presentation in advance.

CLASS SCHEDULE: (overview only and subject to change)

Week	Class Topics	Assignments Due Next Class
<p>1 1/3</p>	<p>Syllabus review; Opportunities & Challenges in Community Nutrition (1); <i>Healthy People 2020</i></p>	<ol style="list-style-type: none"> 1. Read chapters 1-2-4 2. Familiarize yourself with the <i>Healthy People 2020</i> website. Identify objectives related to your assigned topic for group projects. Submit numbered list of <i>HP 2020</i> objectives. (PA1) 3. Review health data for Michigan and Oakland County on the CDC, HHS, SOM, and Oakland County websites. 4. Review current nutrition information articles in the media (newspapers, magazines, web sites). Analyze <u>nutrition articles</u> for local content – that is, whether it describes local nutrition issues, national, or even international issues. Summarize your findings, indicating whether you believe the article provides an accurate indication of the nutrition problems in your community. Complete Current Topics in Nutrition Worksheet and include copy of article with assignment. Be prepared to present in class.
<p>2 1/10</p>	<p>Principles of Epidemiology (2); Community Needs Assessment (4)</p>	<ol style="list-style-type: none"> 1. Read chapters 3-5 2. Complete Current Topics in Nutrition Worksheet. (See description week 1, assignment 4) 3. Complete Community Needs Assessment Worksheet (PA2). Include specific population data.
<p>3 1/17</p>	<p>Understanding and Achieving Behavior Change (3); Program Planning for Success (5)</p>	<ol style="list-style-type: none"> 1. Survey 10 Oakland County residents using the Food Policy Council Survey provided, analyze results. Individual assignment, NOT a PA assignment. 4. Study for Quiz #1 (chapters 1-5)
<p>4 1/24</p>	<p>Quiz #1 Chapters 1-5</p>	<ol style="list-style-type: none"> 1. Read chapters 6-7 2. Complete Current Topics in Nutrition Worksheet. (See description week 1, assignment 4)
<p>5 1/31</p>	<p>Art-Science of Policy Making (6); National Nutrition Agenda for the Public’s Health (7);</p>	<ol style="list-style-type: none"> 1. Read chapters 8-9 2. Write a letter to your congressman about the community need that you have identified and request support through public policy. Use guidelines for “Writing Effective Letters” in textbook. Individual assignment, NOT a PA assignment. 3. Write specific mission statement, goals and <u>measurable</u> objectives for your nutrition issue. (PA3)

<p>6 2/7</p>	<p>Addressing the Obesity Epidemic (8); Health Care Systems and Policy (9);</p>	<ol style="list-style-type: none"> 1. Read chapter 16 2. Complete Current Topics in Nutrition Worksheet. (See description week 1, assignment 4) 3. Develop a program plan and summary of your eight-week overall nutrition intervention strategy, refer to textbook, exclude marketing plan and partnerships. (PA4) 4. Study for Quiz # 2 (chapters 6-9)
<p>7 2/14</p>	<p>Principles of Nutrition Education (16); Quiz #2 Chapters 6-9</p>	<ol style="list-style-type: none"> 1. Read chapters 17-18 2. Create a one-page introductory handout related to the project topic written in language appropriate for the general population. Use pictures where appropriate to help convey the message. (PA5) 3. Develop lesson plans for your project including all the components (PA6) 4. Assignments due 2/28
<p>2/21</p>	<p>Winter Break</p>	<p>No Class</p>
<p>8 2/28</p>	<p>Marketing Nutrition and Health Promotion (17); Managing Community Nutrition Programs (18)</p>	<ol style="list-style-type: none"> 1. Read chapters 19-10 2. Complete Current Topics in Nutrition Worksheet. (See description week 1, assignment 4) 3. Develop a marketing strategy for your project including the 4 P's, refer to textbook. (PA7)
<p>9 3/7</p>	<p>Building Grantsmanship Skills (19); Food Insecurity & the Food Assistance Programs (10);</p>	<ol style="list-style-type: none"> 1. Read chapter 11 2. Create an organizational structure for the fictional organization sponsoring your project. (PA8) 3. Identify a food assistance program in your community (preferably one that relates to the community need that you have identified). Collect the following data: What is the purpose of the program, who is eligible, where the program is located, how is it funded, how many people participate, what are the programs strengths & weaknesses. Submit summary. Individual assignment, NOT a PA assignment. 4. Study for Quiz # 3 (chapters 16-17-18-19)
<p>10 3/14</p>	<p>Mothers & Infant Programs (11); Quiz #3 chapters 16-17-18-19</p>	<ol style="list-style-type: none"> 1. Read chapters 12-13 2. Complete Current Topics in Nutrition Worksheet. (See description week 1, assignment 4) 3. Create a time line or time and activity chart for determining the critical path for your project, refer to textbook for format. (PA9) 4. Develop a budget for your project. Include revenue, all direct and indirect expenses. Account for salaries for each position on your organization chart. Itemize supplies needed and cost. (PA10)

11 3/21	Children & Adolescent Programs (12); Healthy Aging (13)	<ol style="list-style-type: none"> 1. Research and identify potential funding sources, actual grants, companies or organizations (public or private) that might sponsor the project. (PA11) 2. Create program evaluation tool to measure whether or not objectives have been met. (PA12) 3. Email assignments for Week 11 prior to class time for Week 12.
12 3/28	Project Day	<ol style="list-style-type: none"> 1. Each project team write three sample multiple choice questions (PA13) for HS 3120 class based on information to be presented on this nutritional issue and the impact on the local community. 2. Create PowerPoint presentation (PA14). 3. Email multiple choice questions (PA13) and PowerPoint presentation (PA14) to instructor prior to class time for Week 13.
13 4/4	Program Presentations	<ol style="list-style-type: none"> 1. Study for Quiz #4 (chapters 10-11-12-13)
14 4/11	Program Presentations	<ol style="list-style-type: none"> 1. Study for Quiz # 4
15 4/18	Study Day	No Class
16 4/25	Program Presentations Quiz #4 - Final	<ol style="list-style-type: none"> 1. Scheduled for 7:00 pm. Will plan to start at regular class time of 6:30 pm. Please notify me prior to 4/4 if an earlier start creates schedule conflicts.