

**BRESCIA UNIVERSITY COLLEGE  
DIVISION OF FOOD AND NUTRITIONAL SCIENCES  
2014 – 2015**

**FOODS AND NUTRITION 3361B: Fundamentals of Community Nutrition  
Section 533**

**Class time/location: Mondays 9:30 am – 12:30 pm, Room 136**

**Instructor:**

**Lesley Macaskill, MHSc, PHEc, RD  
Office hours: Tues. 11:00 am – 1:00 pm**

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**ext. 28065  
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**COURSE OUTLINE**

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- DESCRIPTION:** An introduction to the role of nutrition at the local, national and international levels. Emphasis is placed on nutrition education, food habits, and current topics in the broader context of population health.
- LEARNING OBJECTIVES:**
- By the end of the course, students will be able to:
1. demonstrate an understanding of community nutrition and the social determinants of health.
  2. demonstrate knowledge of 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.
  3. assess a variety of issues in community nutrition e.g. advocacy, empowerment, food security, obesity, etc.
  4. assess the determinants of health for an assigned cultural/population group in London.
  5. demonstrate leadership skills through effective and efficient group work, time management and class participation.
- PREREQUISITE(S):** Pre-requisite: Foods and Nutrition 2241A/B
- FORMAT:** Three (3) hours per week. Lectures will be enhanced by class discussions and activities.

## **DISTRIBUTION OF MARKS:**

<b>ITEM</b>	<b>% FINAL MARK</b>	<b>DUE DATE</b>
<b><u>Mid-Term Examination</u></b> 2 hour examination	<b>25 %</b>	<b>Feb. 5th, 2015</b> <b>Brescia Auditorium</b>
<b><u>Group Field Project</u></b> Team mark Individual mark Team Presentation	<b>30%</b> <b>20 %</b> <b>5%</b> <b>5%</b>	<b>April 2nd, 2015</b>
<b><u>Online quizzes</u></b>	<b>10%</b> <b>2 quizzes x 5% each</b>	<b>Quiz 1: Jan. 26</b> <b>Quiz 2: Mar. 9</b> <b>Due online by 11:00 pm</b>
<b><u>Final Examination</u></b> 3 hour cumulative examination	<b>35%</b>	<b>TBA</b>
<b><u>Total:</u></b>	<b><u>100%</u></b>	

## **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 course Instructors and students. Please direct your email to the appropriate instructor, but copy all instructors. 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.

## CLASS SCHEDULE:

Week: Date	Topic	Readings
1: Jan. 5	What determines health? Health Promotion Strategies Community vs. public health nutrition	PHAC website (1); Chapter 1 (pgs.4-12); Ottawa Charter, 1986 (2); Taking Action to Prevent Chronic Disease: Recommendations for a Healthier Ontario; executive summary/intro pages 1-7 (3)  <i>Optional: DC, 2009 (7)</i>
2: Jan. 12	Determinants of Food Choice	EFIC review on website, 2005 (4) Raine, 2005 (5); Ottawa Charter (2)
3: Jan. 19	Cultural competence  Population Groups	Chapter 16  Chapter 17 (pp 589-604)
4: Jan. 26	Understanding and achieving behaviour change	Chapter 15
5: Feb. 5	<b>No class on Feb. 2nd</b> <b>Midterm Exam – note date &amp; time : Thursday Feb. 5<sup>th</sup></b> <b>8:30 am – 10:30 am in Brescia Auditorium</b>	
6: Feb. 9	Writing for the public, social marketing  Community nutrition in the electronic age	Chapter 17 (pp 604-608)  Chapter 18
<b>Feb 16</b>	<b>Reading Week – No classes</b>	
7: Feb. 23	Community Assessment	Chapter 2 (pp. 38 – 60) Chapter 3 (pp. 68 – 82)
8: Mar. 2	Program planning & evaluation	Chapter 4
9: Mar. 9	Environmental Action  Advocacy, policy development, becoming a change agent	Chapter 6 (p. 170 - 179, p. 193 -198)

<b>Week: Date</b>	<b>Topic</b>	<b>Readings</b>
10: Mar. 16	Epidemiology	Chapter 5 (omit Hypothesis Testing and Explaining Research Observations, pgs. 149 - 151)
11: Mar. 23	Current issues: obesity, food security	Chapter 8 (omit U.S. examples, pgs. 260-265) DC, 2005 (5) DC, 2007 (6)
12: Mar. 30	<b>DUE: Group Field Projects by 9:30 am in class</b> <b><u>Field Project presentations</u></b>	
13: Apr. 6	Optional Review class	

**READING LIST in addition to text book:**

**Please review the lecture schedule for required and optional 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. Preventing and Managing Chronic Disease: Ontario's Framework. Ontario Ministry of Health and Long-term Care. May 2007.  
[http://www.health.gov.on.ca/en/pro/programs/cdpm/pdf/framework\\_full.pdf](http://www.health.gov.on.ca/en/pro/programs/cdpm/pdf/framework_full.pdf)
4. European Food Information Council. Review 04/2005. The Determinants of Food Choice.  
<http://www.eufic.org/article/en/expid/review-food-choice/>
5. Raine K. Determinants of Healthy Eating in Canada: An Overview and Synthesis. Can J Pub Health. 2005;96(S3):S8-S14.
6. Dietitians of Canada. Individual and Household Food Insecurity in Canada: Position of Dietitians of Canada. Toronto: Dietitians of Canada; 2005.  
<http://www.dietitians.ca/Downloadable-Content/Public/householdfoodsec-position-paper.aspx>
7. Dietitians of Canada. Community Food Security: Position of Dietitians of Canada. Toronto: Dietitians of Canada; 2007.  
<http://www.dietitians.ca/Downloadable-Content/Public/cfs-position-paper.aspx>
8. Dietitians of Canada. Moving Forward: The Role of the Registered Dietitian in Primary Health Care; A National Perspective. Toronto: Dietitians of Canada; 2009.  
<http://www.dietitians.ca/Downloadable-Content/Public/phc-position-paper.aspx>

## USEFUL WEBSITES:

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

Centers for Disease Control and Prevention (CDC). [www.cdc.gov](http://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.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](http://66.240.150.14/glossary/all_terms-eng.html)

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

The Health Communications Unit. <http://www.thcu.ca/>

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

## 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 on medical grounds 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. 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 under the Medical Documentation heading of the following website: <https://studentservices.uwo.ca/secure/index.cfm> . If it is not possible to have an SMC completed by the attending physician/nurse practitioner, 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. All documentation is to be submitted to an Academic Advisor.

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 statement of University policy regarding extensions of deadlines or makeup exams can be found at <http://www.westerncalendar.uwo.ca/2014/pg117.html>

## 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](http://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.

## 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.uwo.ca/univsec/pdf/academic\\_policies/appeals/scholastic\\_discipline\\_undergrad.pdf](http://www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf).

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 Academic Rights and Responsibilities in the Western Academic Calendar.

## **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 prerequisites.

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://www.brescia.uwo.ca/academics/registrar\\_services/index.html](http://www.brescia.uwo.ca/academics/registrar_services/index.html) . The Western Registrar's website is at <http://www.registrar.uwo.ca/index.cfm> . 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://www.uwo.ca/uwocom/mentalhealth/> for a complete list of options about how to obtain help.

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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.