

Foods & Nutrition 3364A
Section 530

Nutrition, Aging and Health

Instructor	Professor Elena Usdenski, MScFN, RD
Email	eusdens@uwo.ca Email Policy: If you need to contact me please email me at eusdens@uwo.ca. I will respond within 48 hours during the week days. I do not check my email on weekends; if you email me on the weekend I will get back to you by the end of the day (6:00pm) on Tuesday. When emailing, please put the course code (FN3364A) in the subject heading and a quick description of your question/concern. For example: “FN3364A – final exam question”
Office Location	Ursaline Hall 207 (UH 207)
Office Hours	By appointment only (book via email): after lecture
Lecture Details	3.0 hours per week Thursdays, 6:30 PM - 9:30 PM Room 204, Mother St. James Building, Brescia University College (BR-204)
Course Prerequisites:	Foods and Nutrition 1030E or Foods and Nutrition 1021 (with a mark of at least 70%) or Foods and Nutrition 2121 (with a mark of at least 70%). <i>Registration in the Foods and Nutrition or Nutrition and Families modules (Honors Specialization, Specialization, Major, Minor in Foods and Nutrition).</i>
Course Pre- or Corequisite:	Food and Nutrition 2241A/B or Foods and Nutrition 2245A/B

COURSE DESCRIPTION:

A study of the relationships among nutrition, aging and health including the current and projected aged Canadian population, their nutritional needs, limitations (economic, physical, behavioral, etc) to meeting those needs, nutrition/age related health issues and program/services available or needed.

OBJECTIVES:

Upon successful completion of this course, the 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 by

1. Describing the current demographics of the senior population
2. Identifying the common changes that occur with age and the role of specific nutrients in the process of physiologic aging
3. Identifying risk factors for poor nutritional status in older adults
4. Discussing the role of nutrition education, physical activity and related interventions on health promotion and maintenance of older adults
5. Interpreting current issues related to geriatric nutrition and health care
6. Developing leadership skills through efficient and effective group work

REQUIRED MATERIALS:

Bernstein M & Munoz N. (2016). *Nutrition for the older adult* (2ND Edition). Burlington, MA: Jones and Bartlett.

TENTATIVE SCHEDULE OF LECTURES AND TOPICS:

	Date (2016)	Topics covered	Chapter (s)
1	September 8	<ul style="list-style-type: none"> ➤ Student Information Sheet ➤ Course overview ➤ Demographics of aging population ➤ Nutritional guidelines for older adults 	Demography Division, Statistics Canada [Internet]. Canadian Demographics at a Glance.[cited 2016]. Available from: http://www.statcan.gc.ca/pub/91-003-x/91-003-x2007001-eng.htm .
2	September 15	<ul style="list-style-type: none"> ➤ Physiological changes & nutritional implications 	Chapters 2
3	September 22	<ul style="list-style-type: none"> ➤ Nutrient metabolism in older individuals ➤ Nutrient considerations in older individuals 	Chapters 3, 4 and 5
4	September 29	<ul style="list-style-type: none"> ➤ Dementia and brain health 	<p>Chapter 12</p> <p>Morris MC, Tangney CC, Wang Y, Sacks FM, Bennett DA, Aggarwal NT. MIND diet associated with reduced incidence of Alzheimer's disease. <i>Alzheimer's & Dementia</i> 2015;11(9):1007-14.</p> <p>Morris MC, Tangney CC, Wang Y, Sacks FM, Barnes LL, Bennett DA, et al. MIND diet slows cognitive decline with aging. <i>Alzheimer's & Dementia</i> 2015;11(9):1015-22.</p>
5	October 6	<ul style="list-style-type: none"> ➤ Dysphagia ➤ Oral health and dehydration ➤ Guest Speaker re: Nutritional Supplements for Dysphagia - Lauren Murch, RD from Nestle Nutrition 	Chapter 13
6	October 13	<ul style="list-style-type: none"> ➤ Pressure ulcers ➤ Guest Speaker re: Nutritional Supplements - Sergio Nocent, RD from Abbott Nutrition 	Chapter 14
7	October 20	<p>MID-TERM EXAM (in class) (30%) During Lecture Covers lectures 1-6, assigned readings and in-class discussions</p>	

8	October 27	➤ FALL STUDY BREAK	
9	November 3	➤ Guest Speaker re: Polypharmacy- Moumita Bhattacharya , Clinical Pharmacist, Certified Diabetes Educator, MOAT and TEACH certified from Thames Valley Family Health Team	Chapter 17
10	November 10	➤ Nutrition screening in the community ➤ Community Care Access Centre (CCAC) ➤ Guest Speaker re: LTC and RAI - Julie Urbshott , BSc RD, Director of Barker Blagrove & Associates Assignment 1 DUE (15%) at beginning of lecture	TBA
11	November 17	Guest Speaker - Gillian Fish , Occupational Therapist from Thames Valley Family Health Team ➤ Role of the Occupational Therapist ➤ Falls and gait disturbances ➤ Assistive devices ➤ Vision problems ➤ Physical Activity	Community Health Research Unit. (2004). Active Independent Aging: A community guide for falls prevention and active living. Ottawa. • Section 3. Falls and Fall Prevention 1. Physical activity in older women. Journal of Aging and Physical Activity, 2010, 201-218 2. Exercise and Physical Activity for Older Adults. Medicine & Science in Sports & Exercise, 2009. 3. Older Adults Perceived Barriers and Enablers to Physical Activity. Journal of Aging and Physical Activity, 2010,18, 119-140.
12	November 24	➤ Eliminating poverty, abuse, and neglect ➤ Ethical decision-making ➤ Palliative and end-of-life care	1. Cohen, D. (2009, Fall). Managing conflict between RDs & Substitute Decision-Makers. Resume. pp. 6-8. 2. Galanos, Neff, Heuberger, & Bales. (2010). What is 'optimal nourishment' for older adults at the end of life? A conversation. Journal of Nutrition for the Elderly, 29:286-392. 3. 24 – 31 in Canada's Aging Population

13	December 1	Assignment 2 DUE (20%) at beginning of lecture ➤ In-class discussions of major projects	In-class discussions of major projects
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****Other required readings will be posted on OWL****

METHODS OF EVALUATION:

Item	% Final Mark	Due Date
Assignment 1*	15%	November 10 th , 2016; Beginning of lecture
Mid-term exam (in-class)	30%	October 20, 2016; During lecture
Assignment 2*	20%	December 1, 2016; Beginning of lecture
Final Exam	35%	Date TBA during examination period

***Detailed instructions for assignments will be provided separately.**

Note: The date and location of the exams will be scheduled by the Registrar's Office and will be posted as well as announced in class. Students who miss exams because they have assumed dates and time incorrectly will not be permitted to reschedule them.

DIVISIONAL POLICIES:

Late Assignments: Assignments are due at the beginning of class on the date specified on the course outline. The mark will be automatically reduced by 20% on assignments submitted late. Assignments submitted after this seven (7) day period will not be accepted for marking. Up to 10% of marks on each assignment and examination can be deducted for lack of proper English communication skills, including errors in spelling or grammar.

Documentation for Late Assignments: Assignments submitted late will only be accepted for marking with documentation of confirmed personal illness or death in the student's immediate family.

IMPORTANT: You must meet with an **Academic Advisor** from your undergraduate department to obtain proper documentation to submit a late assignment. *Emails and in-class requests made to the professor will not be accepted. See page 4 of the course outline for further details.*

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 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, 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.