

**University of Rhode Island
Department of Nutrition and Food Sciences
NFS 212G: Public Health Nutrition**

Instructor: Megan Fallon-Sheridan, MS RD

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Office Hours: By appointment via Zoom

Communication: Email is the best option. You can expect an email response from me within 48 hours. If email response time exceeds 48 hours, you can email me again with the exact same email communication.

Course Introduction and Description

The goal of this interdisciplinary course is to provide an introduction to the concepts and basic principles of public health nutrition and to explore one of the greatest public health challenges the U.S. faces: The obesity epidemic. (3 credits).

Course Objectives

After completion of this course, you will be able to:

1. Describe the context and scope of public health including essential services, ethics and applications to current events
2. Discuss the basic principles of epidemiology, including prevalence and incidence, disease determinants, and causation
3. Explain the concept of population health
4. Distinguish population-based approaches to nutrition intervention from methods that focus on changing the behavior of individuals
5. Describe the principal public health policies and programs designed to address food insecurity, hunger, and nutritional deficiencies, and those designed to address conditions of over nutrition and diet-related chronic disease among diverse population groups
6. Identify the interdisciplinary nature of determinants of disease: physiological, biological, cultural, socioeconomic, and nutritional determinants of diet-related disease risks among diverse population groups, and describe how such determinants affect food intake, health status, and the effectiveness of nutrition interventions
7. Describe one of the greatest public health challenges in the US and globally: obesity
8. Describe the interdisciplinary nature of obesity and risk for developing obesity
9. Describe interdisciplinary interventions to prevent and treat obesity across different populations
10. Give examples of how keeping the public healthy involves various disciplines

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

1. Describe what public health is and what the essential services associated with it are
2. Describe the basic principles of epidemiology including disease determinants and causations
3. Differentiate between a population-based approach to nutrition vs. an individual approach

4. Identify the principal biological, cultural, socioeconomic, and nutritional determinants of diet-related disease risks among diverse population groups
5. Locate, interpret, evaluate, and use professional literature to make ethical evidence-based practice decisions
6. Use current information technologies to locate and apply evidence-based guidelines and protocols
7. Describe how such determinants affect food intake, health status, and the effectiveness of obesity interventions
8. Discuss factors that influence human food systems and the impact diet has on social, political, cultural and health circumstances
9. Identify different examples of public health nutrition programs

Diversity and Inclusion Outcomes

1. Identify cultural and socioeconomic determinants of diet-related disease risks in the U.S.
2. Describe nutrition related health disparities in the U.S.
3. Describe the impact of these health disparities on certain populations in the U.S.
4. Critically think about different solutions, at different levels, of current public health nutrition problems and how they may reduce health disparities
5. Identify how your own culture influences your views on public health

Social Science and Behavioral Outcomes

1. Describe some of the most important health behavior theories used in public health nutrition
2. Describe what behaviors help explain the development of obesity
3. Describe the role of individuals and communities in preventing obesity
4. Collect data related to a public health problem that will help inform the use of theory
5. Apply theories of behavior change when coming up with a possible obesity intervention
6. Critically think and justify possible ways to integrate a health behavior theory into obesity prevention intervention
7. Demonstrates how a behavior change theory helps inform a novel solution to an obesity problem

Technology Requirements

It is expected that you have a reliable computer with high-speed Internet access and audio and video capabilities. Given that this is a virtual course, you should have a backup plan in the event of computer or Internet problems so that you are not penalized for late assignments. Brightspace is best used on any full operating system. Brightspace offers 24/7 live chat located on the main homepage. The URI helpdesk (401-874-4357) can help you with most of the problems you encounter in an online course.







Typical technical requirements for users are:



Windows 7 (XP or Vista) 64 MB Ram 28.8 kbps modem	Mac OS X or higher 32 MB Ram 28.8 kbps modem
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<p><i>(56k or higher recommended)</i> SoundCard & Speakers External headphones with built-in microphone Mozilla Firefox 9.0 or higher</p>	<p><i>(56k or higher recommended)</i> SoundCard & Speakers External headphones with built-in microphone Mozilla Firefox 9.0 or higher; Safari 5.0 or higher</p>
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Technology requirements also include Word (2007 (PC) 2011 (MAC) or newer), PowerPoint, Excel, Adobe Flash, and Adobe Acrobat Reader.

Classroom Policies and Protocols

	<p>This is an asynchronous, fully online course. Each day you'll have tasks to complete, unless otherwise specified. Although you can work at your own pace, you will need to adhere to the set deadlines.</p>
	<p>Brightspace will be used as our online course platform. The use of Brightspace is a course requirement as it will be used as a means of communication between all of us. Please refer to the Brightspace YouTube tutorials before you get started and refer back to them as a resource as needed while you complete this course.</p>
	<p>Email me with questions! I am here to help. Your emails should always include NFS 212G in the subject and your full name in the body. Check our Brightspace page and syllabus before asking a question as many answers can be found there.</p>
	<p>In a virtual learning environment, "attendance" is measured by your <i>presence</i> and <i>contributions</i> in the classroom and on the course site. The importance of regular log-ins and active participation cannot be overstated. Also, you will need to be <i>self-motivated</i> and <i>accountable</i> to stay on track and participate actively and productively. To ensure your success in this course, please visit the Academic Enhancement Center's Academic Success Modules: https://web.uri.edu/aec/academic-success-modules/</p>
	<p>Treating others, including the instructor and your fellow classmates, with respect is expected from all students. This includes, but is not limited to, responding to discussion forums respectfully and answering questions thoughtfully and without judgement.</p> <p>All written forms of communication should be presented in a professional manner using proper spelling and grammar.</p>
	<p>In the event of a university cancellation for emergencies, there will be no change in due dates, unless communicated by your instructor.</p>

	<p>Grades of incomplete will be given only in extenuating circumstances and must be approved by the Department Chair and Dean; see the University Manual for more.</p>
	<p>Any student who has difficulty affording or accessing enough food to eat, or who lacks a safe and stable place to live, and believes that this may impact their performance in the course, is urged to contact the Dean of Students or the Rhody Outpost for support. If you are comfortable, please also contact me so that I can provide any resources I possess.</p>

Course Evaluation

Student Deliverables	Points
Student Orientation Quiz	20 points
Weekly Discussions (5 total at 20 points each)	100 points
Dietary Guidelines for Americans Discussion Topic	10 points
A Day in Public Health Assignment	35 points
SNAP Challenge Assignment	40 points
Application of Health Belief Model Assignment	45 points
Environmental Factors Assignment	40 points
Case Study: Baltimore Health Carry Outs	20 points
“Final” – Debate	60 points

Assignment Submission

All assignments must be submitted via Brightspace under the “Assignments” tab. Adhere to the set deadlines outlined in the Course Schedule (see pages 7-9 of Syllabus). No assignments will be accepted via email. All assignments received after the stated due date and time will receive a 25% grade deduction per calendar day late up to a maximum of 2 days. After this time, assignments will receive a grade of zero. The last day of this class is January 19th, 2024. No work will be accepted after 11:55PM on this date.

Grading Scale

Grades will be calculated by determining the percentage of total points earned. The following scale will be used to determine the grade:

A 93-100%	B 83-86%	C 73-76%	D 60-66%
A- 90-92%	B- 80-82%	C- 70-72%	F 59% and below
B+ 87-89%	C+ 77-79%	D+ 67-69%	

Make Up Material:

Make up of missed material will be permitted only in the case of an excused absence, as defined by the [University Manual](#). I reserve the right to change the format of the make-up material. Failure to coordinate the make-up material appropriately results in the forfeiture of the assignment score.

COVID-19

The University is committed to delivering its educational mission while protecting the health and safety of our community. While the University has worked to create a healthy learning environment for all, it is up to all of us to ensure our campus stays that way. As members of the URI community, students are required to comply with standards of conduct and take precautions to keep themselves and others safe. Visit <https://web.uri.edu/coronavirus/> for the latest information about the URI COVID-19 response.

Disability Accommodations

Any student with a documented disability is welcome to contact me as early in the term as possible so that we may arrange reasonable accommodations. Disability Services is able to work with online students via email, dss@etal.uri.edu, or phone, 401-874-2098. The Learning Online Website offers information on registering: <https://web.uri.edu/teachonline/disability-services/>

Academic Honesty

All submitted work must be your own. Unless otherwise noted, it is expected that your work is to be completed independently. If you consult other sources (class readings, articles or books from the library, articles available through internet databases, or websites) these must be properly documented, or you will be charged with plagiarism and will receive an F for the paper. In some cases, this may result in a failure of the course as well. In addition, the charge of academic dishonesty will go on your record in the Office of Student Life. If you have any doubt about what constitutes plagiarism, visit the following websites: the URI Student Handbook, and Sections 8.27.10 – 8.27.21 of the University Manual: <https://web.uri.edu/manual/>

Any good writer's handbook as well as reputable online resources will offer help on matters of plagiarism and instruct you on how to acknowledge source material. If you need more help understanding when to cite something or how to indicate your references, please ask.

Getting Help

Academic Enhancement Center

This is a challenging course! Your success requires that you keep pace with the work, understand course concepts, and study effectively. The Academic Enhancement Center helps students succeed. They offer three services: Academic Coaching, Tutoring, and The Writing Center.

URI Library Support

You do not have to feel cut off from library resources even though you are not on campus. The URI Info & Research Help Desk hears from students searching for articles for class assignments as well as those at internships and practicums who need reliable, scholarly information to support their work. Check the [library website](#) for virtual service desk hours for the current session and email urilibrarian@gmail.com for assistance when the virtual service desk is closed.

Anti-Bias Statement

We respect the rights and dignity of each individual and group. We reject prejudice and intolerance, and we work to understand differences. We believe that equity and inclusion are critical components for campus community members to thrive. If you are a target or a witness of a bias incident, you are encouraged to submit a report to the [URI Bias Repose Team](#). There, you will also find people and resources to help.

Course Schedule

The course schedule is listed below and is subject to change. The instructor reserves the right to change this schedule as needed. Any changes will be communicated as far in advance as possible.

Module	Dates	Readings	Day	Assignments All due by 11:59 EST
1	1/2 – 1/5	Start Here on Brightspace Evidence-Based Public Health	Tuesday	Read, watch, listen to all provided materials
		Applying Nutrition Science to the Public's Health Public Health: The Population Health Approach	Wednesday	Read, watch, listen to all provided materials Week 1 Discussion Thread
			Thursday	Student Orientation Quiz
			Friday	Week 1 Discussion Replies A Day in Public Health Assignment
2	1/6 – 1/9	Serving Those at Highest Nutritional Risk	Saturday	Read, watch, listen to all provided materials
		Dietary Guidelines for Americans	Sunday	Read, watch, listen to all provided materials Week 2 Discussion Thread about 'In Sickness and In Wealth' Documentary
			Monday	Dietary Guidelines for Americans Discussion Topic
			Tuesday	Week 2 Discussion Replies SNAP Challenge Assignment

NFS 212G Winter 2024 Course Schedule continued below

Module	Dates	Readings	Day	Assignments All due by 11:59 EST
3	1/10 – 1/13	Role of the Federal Agencies in Public Health Nutrition	Wednesday	Read, watch, listen to all provided materials
		Food Security and Adequate Food Access for the Public		
		Theories of Behavior Change and Their Application to Public Health Nutrition	Thursday	Week 3 Discussion Thread about SNAP Challenge Assignment
			Friday	Application of Health Belief Model Assignment
			Saturday	Week 3 Discussion Replies SNAP Challenge Assignment - Final submission
4	1/14 – 1/17	Cultural Influences and Public Health Nutrition	Sunday	Read, watch, listen to all provided materials Week 4 Discussion Thread
		The Food Environment and Prepared Food		
			Monday	Martin Luther King Jr. Day
			Tuesday	Environmental Factors Assignment
		Wednesday	Week 4 Discussion Replies Case Study: Baltimore Health Carry Outs	
5	1/18 – 1/19	Intervening to Change the Public’s Eating Behavior	Thursday	Read, watch, listen to all provided materials Week 5 Discussion Thread
		Creating Public Policy and Advocating for Nutrition Policies		
		Sugar-Sweetened Beverages Debate Resources		

			Friday	Week 5 Discussion Replies “Final” – Debate
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