

**FDNS 4540/6540 Public Health Dietetics  
Spring Semester 2005**

**Purpose of the Course and Course Overview**

Undergraduate Prerequisite: FDNS 4050/6050 or FDNS 4510/6510

Nutrition in public health care and tools for successful management and delivery of nutrition services, including knowledge of community assessment, planning, implementation and evaluation as related to nutrition care

**Instructor Information**

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Office Hours: Most Mondays, Wednesdays 1:15 –2:30 p.m. or by appointment

**Course Objectives**

1. To relate the social, economic, psychological, behavioral and environment factors to food availability and the health and nutritional status of populations
2. To recognize populations groups at risk and those with special needs
3. To understand the role and skills needed to work with diverse population groups
4. To define the roles and responsibilities of a public health/community nutritionist
5. To identify the components of successful delivery of quality nutrition services
6. To discuss public health programs and policies involved in the delivery of nutrition services for individuals, groups and populations throughout the life cycle
7. To learn effective nutrition assessment, data collection and evaluation strategies, demonstrated skills and document an effective community nutrition plan
8. To learn how to conduct a community nutrition assessment
9. To understand public policy and legislation influencing nutrition programs and practice and how to shape that policy
10. To understand the importance of networking and working in groups for facilitating communication of nutrition programs
11. To discuss and demonstrate basic nutrition screening, monitoring and assessment techniques used in community health setting
12. To summarize social, behavioral and educational theories and techniques and apply these theories to the development of community nutrition approaches

**Methods of Instruction**

We want you to experience the excitement, challenge, possibilities, demands and potential associated with Public Health/Community Nutrition. We will introduce you to public health/community nutrition policy, programs, issues and methods and to some of the most innovative, cutting edge public health professionals in our region. We will introduce topics, ideas and questions, always welcoming and encouraging your critical review, thoughts, questions and reactions. Expert and committed speakers will describe their work and aspirations. You will have opportunities and responsibilities to perform community assessments, discuss public health/community nutrition issues with professionals and apply principles of cultural diversity, intervention and evaluation.

## Student Responsibilities

- Learn what public health nutrition is, national nutrition policies and programs, current issues and and best practice methods of public health/community nutrition
- Engage instructor and guest speakers in exploration of relevant issues and possibilities
- Complete a group community assessment project
- Complete grant writing project – present the intervention component in class
- Evaluate the contributions of your peers – members of your teams and presentations in class
- Pass tests during the quarter and a comprehensive final

## Evaluation

- Community Assessment Project – as part of team 20% of grade
  - A report summarizing the assessment
  - Evaluation of each individual's contribution by other team members
- Intervention Grant Writing Project – as part of team 20% of grade
  - Written proposal following format provided in class
  - Presentation of the intervention piece to the class, graded by the class and instructors
  - Evaluation of each individual's contribution by other team members
- Four highest test scores out of five tests during the quarter 40% of grade
- Final test 20% of grade

## Course Outline

<b>Date</b>	<b>Topic</b>	<b>Reading</b>
Week 1 Jan 13	Introduction to Course  Introduction to Public Health and Community Nutrition	Chap 1 pp. 1 – 22 Chap 3 pp. 74-110
Week 2 Jan 20	Public policy and public health nutrition <ul style="list-style-type: none"> <li>▪ Funding</li> <li>▪ Recommendations</li> <li>▪ Populations served</li> <li>▪ Services offered</li> </ul>	Chap 5 pp. 151-194
Week 3 Jan 27	<b>Test 1</b> (45 minutes for test. Class after test) Public Health Nutrition Programs <ul style="list-style-type: none"> <li>▪ Hunger, Food and Insecurity</li> </ul>	Chap 4 pp. 113-149
Week 4 Feb 3	Programs, continued <ul style="list-style-type: none"> <li>▪ Programs for Mothers and Infants</li> </ul>	Chap 8 pp. 267-273; 291-302
Week 5 Feb 10	<ul style="list-style-type: none"> <li>▪ Programs for Children and Adolescents</li>   <li>▪ Programs for the Elderly</li> </ul>	Chap 9 pp. 307-309; 318-333  Chap 10 pp. 337-344; 357-370

Week 6 Feb 17	<b>Test 2</b> Doing the Work of Public Health Nutrition ▪ Community Assessment	Chap 12 pp.413-435
Week 7 Feb 24	▪ Assessing Community Nutritional Status  ▪ Using Epidemiology	Chap 13 pp. 439-461 Chap 7 pp. 238-263
Week 8 March 3	<b>Test 3</b> (Planning for community assessment assignment after test)	
Week 9 March 10	<b>Community Assessment Lab Day</b> (a day to go to the community – no class)	
Week 10 March 17	<b>Spring Break</b>	
Week 11 March 24	Designing Interventions ▪ Cultural Diversity  ▪ Using Intervention Models	Chap 2 pp.39-71  Chap 15 pp. 492-513
Week 12 March 30	▪ Innovative Nutrition Education  Community Assessment Assignment is due	Chap 16 pp. 515-538
Week 13 April 7	<b>Test 4</b> Introduction to Grant Writing	Chap 19 pp. 588-623
Week 14 April 14	Evaluating public health nutrition programs – so what?  Marketing public health nutrition programs – if you offer it ...	Chap 14 pp. 476-488  Chap 17 pp.540-561
Week 15 April 21	<b>Test 5</b> Presentations of interventions from grant (5 presentations)	
Week 16 April 28	Presentation of interventions from grant (7 presentations)  Summary of course and review	
Week 17  May 5	<b>Final Exam – 3:30 – 6:30</b>	

**Grades will be assigned as follows, based on a total of 1000 points.**

- 900 – 1000 points = A
- 800 – 899 points = B
- 700 – 799 points = C
- 600 – 699 points = D
- 599 points or below = F