

**16:709:521 Community Nutrition: The Work and Related-Research Revised
(3 credits)**

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202 Davison Hall; Tuesdays 3:00 – 6:00**

REQUIRED TEXT

None; all readings are available on Canvas

BEHAVIORAL EXPECTATIONS

Please:

- arrive to class on time
- turn off all pagers and cell phones, blackberries, and other electronic devices before class
- do not hold conversations during class, etc.

CANVAS

In addition to the readings, course grades, various materials needed for the course, and announcements will be posted at: **Canvas.rutgers.edu**.

COURSE AIM

This course uses discussions and numerous case studies to introduce students to: the principles of effectively teaching nutrition in the community; community nutrition programs; Federal Nutrition Policies; and, a range of qualitative and quantitative research that support research-based education. Research techniques used to develop, perform process evaluation, and assess outcomes for community nutrition endeavors will be covered. Emphasis is placed on the critical analysis of community nutrition research; the integration and overlapping use of multiple strategies and techniques; how data is appropriately analyzed and reported; and, how findings are used to support Community Nutrition programming.

COURSE OBJECTIVES

Upon completion of the course, the student will be able to:

- A. Explain the practical, theoretical, political, and research underpinnings of effective community nutrition endeavors.
- B. Describe the nation's foremost community nutrition programs and the policy(ies) that supports them and the nutrition education they offer.
- C. Identify areas of inquiry for which qualitative and/or quantitative research is appropriate for the support of community nutrition programs.
- D. Demonstrate an understanding of social, ethical and cultural issues in community nutrition and how they may be (or are) addressed in the research that supports it.
- E. Explain the research methods covered and their application in community nutrition.

GRADING

10% Attendance and class participation

60% Assignments/Quizzes

30% Final Exam

Class #	Topic
1	Course Introduction Community Nutrition Programs <ul style="list-style-type: none">• Who are you, what have you done and what do you know?• Adult and youth nutrition education
2	Qualitative Research in Community Nutrition & Conducting Focus Groups <ul style="list-style-type: none">• Use of focus group research to support program/materials development and review• How focus groups operate and the role of the moderator and assistant moderator• Group dynamics, the introduction and ice-breaker• Developing focus group content questions• Focus group reporting for various levels purposes, i.e., levels of rigor
3	Independent Focus Group Practice and Critiques <ul style="list-style-type: none">• https://www.bing.com/videos/search?q=krueger+focus+group+training&&view=detail&mid=77BE3CFC09F9A3D844CF77BE3CF
4	Discussion: <ul style="list-style-type: none">• Dietary Guidelines for Americans• 2008 Physical Assignments Guidelines Qualitative Research in Community Nutrition Statistical Analyses 101
5	Case Study: Palmer-Keenan Works/Highlights
6	Food and Nutrition Policy in the U.S.
7	Case Study: WIC and the Loving Support Campaign
8	Broadcast from Washington: Case Study: Qualitative Data Analysis
9	No Class – Spring Break

Date	Topic
10	<p>Case Study: North Carolina's Faithful Families' Eating Smart and Moving More Program, Its Implementation and Associated Research</p> <p>Introduction to Scale Development</p>
11	NEFS Conference
12	<p>Case Study: Guest Speaker on Scale Development</p> <p>The Healthy Eating Index and the Food and Physical Activity Questionnaire, Their Implementation and Associated Research</p>
13	<p>Case Study: EFNEP's Eating Smart ▪ Being Active Curriculum, Its Implementation and Associated Research</p> <p>Share Our Strength's Cooking Matters Program, Its Implementation and Associated Research Smarter Lunchroom</p>
14	<p>Case Studies: Smarter Lunchroom</p> <p>Exam Review</p>
15	<p>Case Studies: Select Works of Other Department Community Nutrition Professors</p>
16	Class Wrap-Up
	Final Exam