“Nutrition & Health in Developing Countries” (11:709:364)
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Description
This course will provide you with a thorough education in the physiological and socio-political issues surrounding nutrition in developing countries. We will explore the fundamental causes and consequences of nutrient and energy deficiencies as well as social and political issues that promote nutrition problems. In addition, we will study factors that influence famine and resources available to address food security at different levels.

Pre- and Co-requisites
The only prerequisite for this course is an Introductory Biology course that will allow you to better understand some of the physiology and pathology discussed.

Course Objectives
The overall objective of this course is to allow each student to successfully:

1. Demonstrate knowledge of nutrition and health issues in developing and transitional countries.
2. Demonstrate ability to critically evaluate a research paper on nutrition and health in developing countries.
3. Demonstrate knowledge of primary and secondary social and environmental factors that underlie dietary patterns and behavior in low-income communities.
4. Demonstrate the ability to analyze a current global event as it relates to nutrition and health problems.
5. Demonstrate the ability to integrate various disciplines as potential solutions to nutrition and health problems in developing countries by writing a critical analysis of specific topics.

Required Readings
Readings will be assigned for each unit and include a variety of book chapters, research papers, newspaper articles, and policy reports.
Class Schedule

Week 1 (7/7-13/7)

Class Activities for Online Units 1 and 2

- Introductions / Orientation
- Syllabus Review
- Introductions discussion
- Readings and videos on global nutrition and health
- Discussions on key topics
- Assessment of material covered

**Unit 1: Introduction to Global Health**

Objective: To develop an understanding of the main issues related to global health, such as population differences in mortality, nutritional deficiencies, and food policy.

*Readings: TBD*

**Unit 2: Global Nutrition Part 1**

Objective: To understand how maternal nutrition influences both maternal health and the growth of a fetus with a special emphasis on growth during early childhood.

*Readings: TBD*

**What’s Due:**

- Threaded discussion for Unit 1, post and reply by 10 July
- Assessment by 10 July
- Threaded discussion for Unit 2, post and reply by 13 July
- Assessment by 13 July

**Week 2**

**Global Nutrition Part 2**

5 FF Growth
6 FF Undernutrition
7 FF Famine
8 FF EXAM

**Week 3**

**Online Unit 4: Deficiencies**

9 H Iron and Zinc Deficiency
10 H Iodine Deficiency

**Online Unit 5: Monitoring**

11 H Nutrition Monitoring
12 H Problems in nutrition monitoring

**Week 4**

**Global Nutrition Part 3**

13 FF Nutrition Transition
14 FF Food Policy
15 FF Research in international nutrition
16 FF Research in international nutrition

**Week 5**

**Online Unit 5: Case studies**

17 H Developmental origins of adult health & disease
18 H Food aid and assistance
19 H Micronutrient supplementation
20 H Research in global health
21 FF Presentations
22 FF Presentations
23 FF EXAM