

709:441:01 **Life Span Community Nutrition** (4 credit hours)  
MTh 9:15–10:35 AM, Ruth Adams Building 206  
F 9:30–10:25 AM Heldrich Science Building 106  
Department of Nutritional Sciences

Fall 2016  
Index # 02615  
Douglass Campus  
SEBS – Rutgers University

### **Instructors**

Barbara L. Tangel (BLT) MS, RDN  
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Office Hours: MTThF 10:45-noon

John Worobey (JW) PhD  
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Office Hours M, Th, F 11AM–12:30 PM and by appointment

### **Prerequisites**

Open to seniors only *or* by permission; prerequisite courses: 709:255 Nutrition and Health, 709:202 Introduction to Foods & Nutrition Laboratory

### **Course Description**

The teaching, science, and philosophy of community nutrition and the programs and agencies designed to improve the nutritional status of various populations.

### **Required Text**

Nnakwe, N.E. (2013) *Community nutrition: Planning health promotion and disease prevention* (2<sup>nd</sup> edition). Sudbury, MA: Jones & Bartlett Publishers. Available at the Barnes & Noble Bookstore (Somerset Street) and New Jersey Books (Easton Avenue).

### **Learning objectives**

After taking this course, students will be able to:

1. describe US nutrition policy, monitoring, and assistance programs;
2. discuss world hunger, malnutrition, and issues in food security;
3. determine nutrient and program needs for different segments of the lifespan;
4. identify and appreciate cultural barriers to health promotion/disease prevention;
5. incorporate evidence-based research into grant-writing and program assessment;
6. describe the educational requirements, practice settings, roles, and responsibilities of community health nutritionists.

### **Course Requirements**

1. Attendance at all class meetings, participation encouraged
2. Community assessment project (100 points), due October 14, 2016
3. Mid-term examination (100 points), October 24, 2016
4. Grant proposal project (100 points), due December 9, 2016
5. Final examination (100 points), December 19, 2016

## Course Policies

Regular attendance is required and you are expected to be attentive, participate, stay the entire period, and arrive on time. Attendance will be taken at each meeting and will be considered by the instructors when asked to comment on a student's punctuality and reliability (e.g., DI letters of recommendation). Our morning sessions begin at 9:15 AM, so arrange your travel accordingly—late entry is distracting to your instructors and your fellow students. To further eliminate distractions, laptop computers are to be used only for lecture slides or note taking. Cell phones should be in the “off” mode, and texting or using a BlackBerry or iPad during class is prohibited.

**Regarding absences**, if you expect to miss one or two classes, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence (An email will automatically be sent to us). In cases where you must miss classes or recitations for periods longer than one week, please contact a Dean of Students for assistance to help verify your circumstances.

## Note to Students re: Academic Integrity

Each and every year, numerous Rutgers students are suspended, expelled, or receive failing grades due to violations of academic integrity. Many of the students who are caught cheating were not aware of the consequences or even unaware that their actions constituted cheating at all. For your own protection please read the university's Academic Integrity Policy. <http://academicintegrity.rutgers.edu/integrity.shtml>

		Tentative Topic	Reading
<i>September</i>			
9/8	Thursday	What is Community Nutrition? (BLT, JW)	Ch 1
9/9	Friday	Community Assessment guidelines (BLT)	
9/12	Monday	Nutrition screening and assessment (JW)	Ch 2
9/15	Thursday	US nutrition monitoring Guest Speaker – Dr. Nurgül Fitzgerald, RD	Ch 4
9/16	Friday	Academy of Nutrition & Dietetics resources (BLT)	
9/19	Monday	Nutritional epidemiology Guest Speaker – Dr. Daniel Hoffman	Ch 3
9/22	Thursday	Culture, race and health disparities (BLT)	Ch 5
9/23	Friday	Community Assessment workshop I (BLT)	
9/26	Monday	Cultural considerations in health promotion (BLT)	

## ***September***

9/29 Thursday Spotlight: Rutgers Cooperative Extension  
Guest Speaker – Daryl Minch, MEd

9/30 Friday Community Assessment workshop II (BLT)

## ***October***

10/3 Monday Planning effective community programs (BLT) Ch 12

10/6 Thursday Food assistance programs I (BLT) Ch 4

10/7 Friday Community Assessment workshop III (BLT)

10/10 Monday Food assistance programs II (BLT)

10/13 Thursday Nutrition and food policy I – US (BLT) Ch 6

10/14 Friday Spotlight: US and New Jersey SNAP–Ed  
Guest Speaker – Dr. Debra Palmer  
(*Community Assessment Project due*)

10/17 Monday Nutrition and food policy II – NJ (JW)

10/20 Thursday Hunger and malnutrition (JW) Ch 7

10/21 Friday Spotlight: New Brunswick Community Farmer’s Market  
Guest Speaker – Lauren Errickson, MS

10/24 Monday \*\*\* Mid-term Examination \*\*\*

10/27 Thursday Research methods and ethics (JW) Ch 3, 15

10/28 Friday Grant Proposal guidelines (JW) Ch 14

10/31 Monday Life span human development (JW)

## ***November***

11/3 Thursday Nutrition during pregnancy Ch 8  
Guest Speaker – Dr. Carol Byrd-Bredbenner, RD

11/4 Friday Spotlight: WIC Supplemental Nutrition Program  
Guest Speaker – Simi Kaur, BS

**November**

11/7	Monday	Early feeding issues (JW)	
11/10	Thursday	Nutrition for infants and toddlers (JW)	Ch 8
11/11	Friday	Grant Proposal workshop I (JW)	
11/14	Monday	Nutrition in early childhood Guest Speaker – Harriet Worobey, MA	Ch 9
11/17	Thursday	Childhood obesity (JW)	
11/18	Friday	Grant Proposal workshop II (JW)	
11/21	Monday	Spotlight: National School Lunch Program Guest Speaker – Danielle Blanco, BS	
11/22	Tuesday ( <i>Thursday</i> )	Nutrition in adolescence (BLT)	Ch 9
11/23	Wednesday ( <i>Friday</i> )	No class– <i>Happy Thanksgiving</i>	
11/28	Monday	Body image and eating disorders (JW)	

**December**

12/1	Thursday	Nutrition in adulthood (BLT)	Ch 10
12/2	Friday	Grant Proposal workshop III (JW)	
12/5	Monday	Dieting (JW)	
12/8	Thursday	Nutrition for the elderly Guest Speaker – Dr. Joshua Miller	Ch 11
12/9	Friday	Spotlight: Meals on Wheels Guest Speaker – Harriet Worobey, MA ( <i>Grant Proposal Project due</i> )	
12/12	Monday	Wrap-up and review (BLT, JW)	
12/19	Monday	*** Final Examination 9–11 AM ***	