

709:441:01 Community Nutrition (3 credit hours; Index # 02395)
Department of Nutritional Sciences
Rutgers School of Environmental & Biological Sciences
Fall 2020 TTh 3:55–5:15 PM

Prerequisites

Open to seniors only *or* by permission; prerequisite courses: 709:255 Nutrition and Health, 709:202 Introduction to Foods & Nutrition Laboratory, and 709:345 Lifespan Nutrition.

Instructor

Dr. Debra Palmer Keenan; Cell: XXX.XXX.XXXX

Email dkeenan@njaes.rutgers.edu

You are welcome to send me texts, but I cannot assure you that I will answer them on weekends, or on weekdays before 8:30 AM or after 6:00 PM.

Course Location:

Zoom:

Please download and import the following iCalendar (.ics) files to your calendar system.

Office Hours: 2:00-3:15 Tuesdays on Zoom or by appointment

Course Description

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

Required Text

Boyle, M.A. (2017) *Community Nutrition in Action* (7th edition). Boston, MA: Centgage Learning. Available online or at the Barnes & Noble Bookstore (Somerset Street).

Canvas

All course materials (other than your text) are available on Canvas. All classes should be attended through Canvas, as well. However, your best bet to access all features will be to do so through the Zoom desktop client or app, rather than the browser to access all features. To use the desktop client or app you must:
1) activate a Rutgers Zoom account; 2) log into Zoom with your Rutgers account (not a personal or employer account, etc.); and, 3) join class via your desktop or mobile app.

Course Learning Objectives (see page 2 for KRDN-Dietetics Core Knowledge standards)

After taking this course, students will be able to:

1. Incorporate evidence-based research in community assessments and grants;
2. Discuss world hunger, malnutrition, and issues in food security and sustainability;

3. Identify and appreciate cultural barriers to health promotion/disease prevention;
4. Describe US nutrition policy, monitoring, assistance and community nutrition programs for people of all ages; and
5. Describe the educational requirements, practice settings, roles, and responsibilities of community health nutritionists.

2017 Core Knowledge for the RDN (KRDN) – Standards for the Didactic Programs in Dietetics:

Rutgers University Department of Nutritional Sciences undergraduate Didactic Program in Dietetics is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics (AND). The following ACEND Core Knowledge aptitudes are included within the curriculum of this course:

- KRDN 1.1: Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions (i.e., community assessment project & community intervention grant proposal).
- KRDN 1.2: Use current information technologies to locate and apply evidence-based guidelines and protocols (i.e., community assessment project & community intervention grant proposal).
- KRDN 1.3: Apply critical thinking skills (i.e., community assessment project & community intervention grant proposal).
- KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation (i.e., homework, community assessment project & community intervention grant proposal).
- KRDN 2.3: Assess the impact of a public policy position on nutrition and dietetics practice (i.e., lecture content assessed on exam).
- KRDN 2.4: Discuss the impact of health care policy and different health care delivery systems on food and nutrition services (i.e., lecture content assessed on exam).
- KRDN 2.6: Demonstrate an understanding of cultural competence/sensitivity (i.e., homework & community assessment project).
- KRDN 3.2: Develop an educational session or program/educational strategy for a target population (i.e., community intervention grant proposal).

Course Policies

- Arrive on time and give the speaker(s) your undivided attention.
 - Do not study for other classes during class time.
 - Do not engage in side-bar chats/conversations during class.
- Remain on mute until you have been called upon to speak.
- Lectures for this course will be offered synchronously. In other words, you will attend class, as scheduled, even though it is being taught online. You will get far more out of it that way, since you will be able to ask the many speakers you will see any questions you like. This will make the class much richer for you.
- When you have a question or comment, do not use the chat box. Instead, raise your hand, just as if we were in a real class. If you do not know how to raise your hand in zoom, instructions for doing so on MACs or Windows, you can find that

information at this link: <https://support.zoom.us/hc/en-us/articles/205566129-Raising-your-hand-In-a-webinar#:~:text=The%20raise%20hand%20feature%20in,from%20the%20host%20or%20panelists>. Please remember to re-mute yourself after you speak.

- Although it is not necessary, if you would be willing to turn on your camera when you speak, I/the speaker, would love for you to do so, so we can see your face 😊

Note 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>
- Students agree that by taking this course all required papers may be subject to submission for textual similarity review to Turnitin.com for the detection of plagiarism. All submitted papers will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of Turnitin.com page service is subject to the Usage Policy and Privacy Pledge posted on the Turnitin.com site.

Course Requirements/Grading		
% Final Grade	Activity	Additional Information
10	Attendance	You may miss up to 4 classes without a grade reduction. Absences can be used for religious holidays, sickness, or whatever else you need.
15	Homework Assignments	You need only do 6 of the 12 homework assignments I have designed for additional learning. That said, all must do assignment 1 or you will receive a "0" averaged into your homework score. If you like you may do all 12 assignments to receive up to 6 additional percentage points (1 per assignment so long as you receive an 8 or above). I will only use your top 6 grades in your average. There are only 6 possible grades for assignments. 10 = above and beyond, I could have written it myself; 9 = excellent; 8 = just what I asked for; 7 = really close to what I asked for; 6 = got most of it right, but...; 0 = Not turned in (or) NOT what I asked for (or) REALLY minimal effort exerted. Read each assignment VERY carefully and address all components. I expect these papers to be written at a level appropriate to a college graduate. Grammar counts!
15	Quizzes	12 Quizzes; 5-10 questions each; 20%-40% from readings, 60%-80% from lecture. All quizzes will be timed quizzes in Canvas and must be take within 10 days of where they appear on the syllabus. They may cover anything that occurred since the last Q on the syllabus. I will average your top 10 grades. If you take all 12 quizzes and receive an 8 or above on all, you will get 2 extra percentage points on your final grade (1 if you take 1 extra).
15	Community Assessment (CA)	Group project with 2 submissions. First submission: 1/3; final submission: 2/3 of final grade. Your grade will stay the same, go down by 5 points or go up by 5 points, depending on other group member input.
15	Midterm Exam	½ = take-home; ½ = questions similar to those on the quizzes.
15	Grant	Same as CA (see above).
15	Final Exam	Same as midterm (see above).

Grading Scale

90-100 A 87-89 B+ 80-86 B 78-79 C+ 70-76 C 60-69 D < 60 F

The “Plan”

#	Day	Topic Note: GS=Guest Speaker	Reading	Group Work (GW)
1		<ul style="list-style-type: none"> • Course Introduction • Basics of Community Nutrition • What is a community? • Land Grants/RCE • Group: City Assignment 	Chapter 1	Finish your group’s slides after class if you do not get them finished. Email it to me by: Wednesday, 9/2: at 11:59 PM
2	Thursday, 9/3/20	<ul style="list-style-type: none"> • Review Group Slides • Community Needs Assessment Outline & Grading Rubric • Valid Resources • Group: NB Assignment 	Chapter 4	Work on CA Section 1A
3	Thursday, 9/10/20	<ul style="list-style-type: none"> • Introduction to Cultural Competence and World Views • Group: Culture Assignment 	Chapter 15 & Watch interview videos and look over New Brunswick pictures	Your experiences vs. your target audience’s Finish Google doc slide before the next class Begin CA: Sections I D & E
4	Tuesday, 9/15/20	<ul style="list-style-type: none"> • Review Group slides • Cultural Competence (continued) • The Socio-ecological Model and Policy, System and Environmental Change 	Chapter 3 of the 2015 Dietary Guidelines for Americans: https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/chapter-3/	No Group Time
5	Thursday, 9/17/20	<ul style="list-style-type: none"> • Filling in the blanks with New Brunswick Experts 		No Group Time

#	Day	Topic	Reading	Group Work (GW)
6	Tuesday, 9/22/20	<ul style="list-style-type: none"> Socio-ecological Model and PSEs Grocery Store Initiative; GS: Nurgul Fitzgerald, PhD, RD 4:35-5:15 	What Is Policy, Systems & Environmental (PSE) Change? Chapter 11	No Group Time
7	Thursday, 9/24/20	<ul style="list-style-type: none"> WIC; GS: Susan Stephenson-Martin, MS 4:00-4:40 Head Start; GS: Ricardo Berrios 4:40-5:15 	Chapter 11	No Group Time
8	Tuesday, 9/29/20	<ul style="list-style-type: none"> Working with Adolescents GS: Geb Bastian 4:00-4:35 School Breakfast & Lunch; GS: Sarah Elkanib 4:40-5:15 	Chapter 12 and pp. 449-450	No Group Time
9	Thursday, 10/1/20	<ul style="list-style-type: none"> Sample Teen Lesson; Guest Speaker: Geb Bastian 3:55 – 4:35 Fuel Up to Play 60; GS: Anthony Singleton 	Chapter 12 https://www.fueluptoplay60.com/	No Group Time
10	Tuesday, 10/6/20	<ul style="list-style-type: none"> EFNEP; GS: Marisol Ortiz 4:00-4:35 SNAP-Ed; GS: Geb Bastian 4:40-5:15 	Chapter 10	No Group Time
11	Thursday, 10/8/20	<ul style="list-style-type: none"> Elijah's Promise (on the homeless population in NB; Michelle Wilson 4:00-4:35 Meals on Wheels: Harriet Worobey 4:40-5:15 	Chapter 13	No Group Time
12	Tuesday, 10/13/20	<ul style="list-style-type: none"> Sustainability 		No Group Time
13	Thursday, 10/15/20	<ul style="list-style-type: none"> Sustainability 		No Group Time
14	Tuesday, 10/20/20	<ul style="list-style-type: none"> Midterm Review Sustainability – Part 3: What to do? 		What To Do?
15	Thursday 10/22/20	<ul style="list-style-type: none"> Review What to Do? Nutrition Education Philosophies Introduction to Grant-writing and Discussion of the Assignment 	Chapter 19	Assemble List of Questions Email it to me by: 10/27 at noon

#	Day	Topic	Reading	Group Work (GW)
16	Tuesday, 10/27/20	<ul style="list-style-type: none"> Answers to Your Grant Questions; Review GW from 10/22 Teaching Techniques 	Chapter 19	
	Thursday 10/29/20	<ul style="list-style-type: none"> Program Evaluation; GS: Geb 	Chapter 5	
17	Tuesday 11/3/20	Midterm Exam		
18	Thursday 11/5/20	<ul style="list-style-type: none"> Program Planning: Writing Goals and SMART Objectives Creating Timelines 	Chapter 5	
19	Tuesday 11/10/20	<ul style="list-style-type: none"> Grant Goals, Objectives and Plans Presentations & Discussion Remaining Steps in Program Planning SWOT Analyses 	Chapter 5	Create and prepare presentation: Goals, Objectives and Plans (with Timelines)
20	Thursday 11/12/20	<ul style="list-style-type: none"> Logic Models 		Create Project Logic Model
21	Tuesday 11/17/20	<ul style="list-style-type: none"> Logic Model Presentations and Discussion 		
22	Thursday 11/19/20	<ul style="list-style-type: none"> Global Food Insecurity 	Chapter 14	
23	Tuesday 11/24/20	<ul style="list-style-type: none"> No class– Happy Thanksgiving 		
24	Tuesday 12/3/20	<ul style="list-style-type: none"> U.S. Nutrition Policy 	Chapter 6	
25	Thursday 12/5/20	<ul style="list-style-type: none"> Policymaking 	Chapter 6	
26	12/8/20	<ul style="list-style-type: none"> Requirements for Community Nutrition Positions Professional Orgs 		
27	12/10/20	<ul style="list-style-type: none"> Course Wrap-Up 		
	12/17/20	Final Exam		8:00-11:00 AM

Graded Assignment Due Dates (and) Quiz and Exam Dates

If you have any doubts that your assignment posted, email it to me immediately.

Due by Midnight Date	Individual Assignments (10 points each)	Group Assignments	Quizzes: lectures covered
9/8	1. Bravo Tour		
9/10		CA Section 1: A	
9/10	2. Hunger in America		
9/11	3. Generation at Risk		Q1
9/15	4. What I Still Need to Know		
9/20			Q2
9/25			Q3
9/28		CA Section 1: E-F	
9/30			
10/3			Q4: 9/22
10/5	5. WIC Assignment 7		
10/8	6. School Lunch Assignment	CA Section 1: B-D	
10/9			
10/12			Q5: 9-24 Q6: 9-29 Q7: 10-1
10/13	7. EFNEP Assignment		
10/14		CA Section 2: A-D	
10/18			Q8: 10-6
10/21		CA Section 2: E	
11/3	Midterm Exam		
11-8	8. SNAP-Ed Toolkit		Q9: 10-13 to 10-20
11/8	9. Eating Sustainably		
11/8		Final CA	

Due Date	Individual Assignments (10 points each)	Group Assignments	Quizzes: lectures covered
11/10		G3A and G3B	Q10: 10-29
11/17		G3C and G3D	
11/22			Q11: 11-5 and 11-10
11/24		G4	
12/3	10. Community Nutrition Class Observation	G2	
12/7	11. Position Papers		
12/10		Final Grant	
12/12	12. About This Year's Class		Q12: 11/12, 12-3 and 12-5
12/17	Final Exam		