

Department of Family Relations and Applied Nutrition
University of Guelph



NUTR*3110 FOOD SECURITY
Winter 2014

Sessional Lecturer: Jane Bellman, MEd, RD
LEC Location: MINS Room 103
LEC Dates: Mondays 2:30 - 5:20 pm from Jan. 6 – March 31, 2014
Office Location - MACS 335
Office hours Mondays noon-2pm and Thurs afternoons
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Teaching Assistant (TA): Christine McPhail cmcp@mail@uoguelph.ca

COURSE OUTLINE

The course involves readings, variety of speakers from in the field and discussions on food security issues. Prerequisite is NUTR*2050. This course is restricted to AHN majors. It is assumed that **all** students are familiar with Medline and other library searches. If not, students are **strongly** advised to sign up for one of the library tours.

Course Objectives

1. Literacy:

Students are required to read scientific journal articles and position/policy papers on all aspects of food security. They will communicate their understanding of food security issues in a mid-term and a final exam comprised of multiple choice, short answer and essay questions. In addition, students will write a reflective paper following at least three hours of volunteer work in a community agency engaged in emergency food provision. For activities that require a police check, it will need to be completed in January.

2. Global understanding:

Students will acquire an understanding of the social, political, agricultural and economic influences on food security in Canada and selected industrialized and non-industrialized countries. They will gain knowledge of the various strategies used to combat food insecurity in selected countries.

3. Moral maturity:

Students will develop an enhanced awareness of society's obligations to its citizens around food availability. In addition they will appreciate that many people who lack food security are not personally responsible for their circumstances.

4. Depth and breadth of understanding:

Students will develop an in depth understanding of the forces which place individuals at risk for food insecurity, and the need to assess the effectiveness of programs and policies designed to improve food security. Through their volunteer assignment and reflective paper, they will identify influences on food security, and the barriers faced by clients of specific programs.

5. Independence of thought:

Students are expected to be critical thinkers in reviewing published studies. The reflective paper will give them an opportunity to demonstrate independence of thought through sharing their experience of volunteering with a food provision agency.

6. Love of learning:

This course embraces intellectual curiosity. Students will be encouraged to question why food insecurity exists, to question the effectiveness of current policies and programs, and to suggest improved strategies.

Specific learning objectives:

Students who successfully complete the course will:

1. Have an understanding of food security and the factors that undermine it in both industrialized and non-industrialized countries.

2. Be aware of the prevalence of food insecurity among different populations.
3. Understand the nutritional consequences of food insecurity.
4. Be aware of the interaction of health, economic and agricultural policies in creating food security.
5. Be able to critique the effectiveness of various programs and interventions designed to improve food security.

Evaluation

There will be two examinations [mid-term and final], and a reflective paper. The midterm and exam will be comprised of multiple choice, short answer and essay questions.

Mid-term	30%	Date: Monday, Feb. 10, 2014
Reflective paper	30%	Due date: Friday, March 7, 2014
Final	40%	Date: April 2014 TBA

Reflective Paper: Food Security in High Risk Communities [30%]

The purpose is to gain hands-on experience working with population groups at high risk for food insecurity. In consultation with the teaching assistant (TA), select a community agency to volunteer with for at least 3 hours. This may be an afternoon or morning, or may be three separate 1-hour visits. You must be able to arrange your own transportation to the agency. **Paper is due Friday March 7, 2014 in course dropbox by 5:00 pm.**

The TA is available to help match you to an agency. If you are or have volunteered with an agency within the last 6 months, e-mail the TA by **January 20th** with the name and location of the agency and she will determine if it meets the criteria for a food security related placement. If you are interested in volunteering with one of the agencies listed on the handout on Courselink, e-mail the TA before and no later than **January 20th**. Many agencies prefer that students visit in teams of two or three and the TA will coordinate this. On Monday Jan. 6th the coordinator for Missouri Food Bank will be visiting class to describe their program. Also on Jan. 20th some placement agencies will be visiting class to meet the students and say a few words about their program. Students can sign up at this time also. Refer to the Course Syllabus below for the agencies that will be visiting class and January 20th.

After completion of the volunteer activity, write an 8-10 page (double-spaced) paper:

1. Background information: type of program; its history, purpose, objective(s) and funding source(s); and description of the clients of the agency.

2. Reflect upon what you learned about the clients; the barriers they face in trying to provide food for themselves and their families; your assessment of the effectiveness of the approach the agency uses; and your suggestions for improving their program.

Note that reflection is more than a recount of your experience. It should delve deep into details on what you are thinking - before your placement, when you got there and on what you saw and thought about how the activity is benefiting/not benefiting those who are food insecure. Your paper should end with your suggestions of some solutions/recommendations and their implementation considerations for program improvement or ways to improve the food security of its clients.

Submit your completed reflective paper by **5:00 pm on Friday March 7, 2014** via Dropbox in Courselink.

Academic Integrity:

Detailed information, including an online tutorial about the regulations governing academic misconduct is in the Graduate Calendar at: <http://www.academicintegrity.uoguelph.ca/>

Late Assignments

Late written work will be accepted up to 3 days past the due date with 10% per day penalty including weekends and holidays (unless accompanied by a medical note). Papers are NOT accepted after 3 days overdue. An extension can be negotiated if requested at least four days before the due date.

Referencing

Referencing of all resources must be in the American Psychological Association (APA) style. APA style guidelines are posted on D2L and available in the library: http://www.lib.uoguelph.ca/assistance/writing_services/resources/components/documents/apa.pdf

Total Marks	Reflective Paper Rubric: Food Security in High Risk Communities
/5	Volunteer Activity Set-Up <ul style="list-style-type: none"> • Connected with TA for placement set-up. • Police check completed before the activity, if required. • Arrived on time and participated fully in the activity. • Shared insightful feedback to the placement person where relevant.
/20	Report Part A: Overview of Volunteer Placement

	<ul style="list-style-type: none"> • Provide a short description of the volunteer placement site and the activity you are participating in (history, purpose, agency objectives, funding, clients attending) with clear reason(s) on why you selected the specific site and what you hope to get out of the experience. <p>Part B: Reflection and solutions</p> <ul style="list-style-type: none"> • Reflect on what you learned about: <ul style="list-style-type: none"> ○ the clients; ○ the barriers clients face in trying to provide food for themselves and/or their families; ○ your assessment of the effectiveness of the approach the agency uses; ○ your suggestions/recommendations for improving their program. • Integrate ideas from peers, if attending the activity with others. <p>Part C: Recommendation & Conclusion</p> <ul style="list-style-type: none"> • Support your recommendations for program improvement to the literature (2-4 studies). • Provide key points related to the activity and your personal learnings and reflection of the experience.
/5	<p>Paper Organization (5 marks)</p> <ul style="list-style-type: none"> • Clear introduction, use of transitions and subtitles. • Formatting: double spacing and 11 point Arial font, maximum 10 pages, including title page with student name, ID number, course #, name of placement site, and list of references. • Paper is legible and easy to read; writing is clear and succinct. • All statements in the report are clearly referenced (APA style), including personal communications. • Free of spelling, punctuation and grammatical errors.
Total /30	Submit your report to the D2L drop box in CourseLink by 5:00 pm Friday March 7, 2014.

COURSE SYLLABUS
NUTR*3110 Food Security

Courselink site:

Course focus is on readings provided on Courselink. There is no course textbook. The Courselink site provides copies of the course outline, readings and other information related to the course. There is a discussion forum for you to raise issues with other class members, if desired.

Two or three days prior to each lecture the respective PowerPoint slides or links to resources will be posted on Courselink, when applicable. Students are encouraged to print these out and bring them to class to annotate them during the lecture. When there are guest lecturers, sometimes slides are posted following the lecture. It is expected that student complete the readings for each lecture as outlined below.

If you have a Question:

It is best if questions are saved for class, as quite often if one student has a question someone has the same question and will benefit from hearing the answer. The course instructor will also be available to answer questions before and after each class and during office hours. If these routes do not work, questions can also be emailed to the course instructor or TA if related to the placement activity.

Week	Date 2014	Topic	Readings / Student Activities
1	Jan. 6	<p>Course Overview</p> <ul style="list-style-type: none"> • Review of Course Outline and Syllabus, expectations and instructor's office hours/availability • Review setting up your volunteer placement and writing the reflective paper <p>Definitions and Measurements of Food Security / Insecurity</p>	<p>All materials for the course will be posted on Courselink, including all lecture readings and volunteer program information. There are a number of speakers that will be invited to class and their slides will be posted as soon as possible on Courselink. The material covered by guest speakers will be on the mid-term and exam.</p> <p>Volunteer Placement: Students need to pick three (3) food secure places to volunteer at (unless currently volunteering or have done so in the last six months). Pick the three places no later than Jan. 20th and let the Teaching Assistant (TA) know of your choices. You will be assigned one (1) of your choices. For agencies that require a police check, apply as soon as possible. There is no cost as it is for a volunteer activity. Two pieces of ID are required at registration.</p>

			<p>Readings for this class: Dietitians of Canada. Individual and Household Food Insecurity in Canada: Position of Dietitians of Canada. Can J Diet Pract Res. 2005;66(1):43-6. Available at: http://www.dietitians.ca/Downloadable-Content/Public/householdfoodsec-position-paper.aspx</p> <p>Food Security Module. Available from: http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/insecurit/hfssm-mesam-eng.php and http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/income_food_sec_sec_alim-eng.php#appa</p> <p><i>Key Websites:</i> Food Banks Canada. Hunger Count. 2013. Available from: http://www.foodbankscanada.ca/getmedia/2e459b4d-f501-4e4f-aeb1-d7403a4af7da/HungerCount2013.pdf.aspx?ext=.pdf</p> <p>PROOF - Research to Identify Policy Options to Reduce Food Insecurity: http://nutritionalsciences.lamp.utoronto.ca/</p>
2	Jan 13	<p>Food Insecurity in North America:</p> <ul style="list-style-type: none"> • Individual, Household and Community Food Insecurity: Overview, Monitoring and Challenges with Measurement • Prevalence and Related Factors 	<p>Readings for this class: Coates J, Frongillo E, Rogers B, Webb P, Wilde P, Houser R. Commonalities in the Experience of Household Food Insecurity Across Cultures: What are Measures Missing? J Nutr 2006; 136:1438S-1448S. Full text available from: http://www.ncbi.nlm.nih.gov/pubmed/16614441</p> <p>Dietitians of Canada. Community Food Security: Position of Dietitians of Canada. Can J Diet Pract Res. 2007. Available from: http://www.dietitians.ca/Downloadable-Content/Public/cfs-position-paper.aspx</p> <p>Health Canada. Canadian Community Health Survey, Cycle 2.2, Nutrition (2004): Income-related Household Food Security in Canada. 2007.</p>

			<p>Available from: http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/income_food_sec-sec_alim-eng.php</p> <p>Household Food Insecurity, 2007-2008. Available from: http://www.statcan.gc.ca/pub/82-625-x/2010001/article/11162-eng.htm</p> <p>Household Food Insecurity in Canada Report 2011. Available from: http://nutritionalsciences.lamp.utoronto.ca/wp-content/uploads/2013/07/Household-Food-Insecurity-in-Canada-2011.pdf</p> <p>Kirkpatrick S, Tarasuk V. Food Insecurity in Canada: Considerations for Monitoring. Can J Public Health. 2008;99(4):324-327. Full text from: http://journal.cpha.ca/index.php/cjph/article/download/1661/1845</p> <p>Webb P, Coates, Frongillo E, Rogers B, Swindale A, Bilinsky P. Measuring Household Food Insecurity: Why it's So Important and Yet So Difficult to Do. J Nutr 2006; 136:1400S-1408S. Full text available from: http://www.ncbi.nlm.nih.gov/pubmed/16614437</p>
3	Jan. 20	<p>Placement set-up confirmation for completion of reflection paper.</p> <p>Food Insecurity in North America:</p> <ul style="list-style-type: none"> • Programs to Address Food Insecurity 	<p>A variety of food security placement sites will attend class and each will present on their program. Following the presentations, students who are interested can sign up for their placement. Sites that will present include:</p> <ul style="list-style-type: none"> • School Nutrition Programs • Food Bank • Better Beginnings/Better Futures • Drop-in Centre <p>Readings for this class:</p> <p>Irwin J, Ng V, Rush T, Nguyen C, He M. Can Food Banks Sustain Nutrient Requirements? Can J Public Health. 2007; 98(1):17-20. Available from: http://journal.cpha.ca/index.php/cjph/article/download/802/802</p> <p>Kirkpatrick SI, Tarasuk V. Food Insecurity and Participation in Community</p>

			<p>Food Programs Among Low-income Toronto Families. Can J Public Health. 2009;100(2):135-9. Article available from: http://journal.cpha.ca/index.php/cjph/article/download/1771/1955</p> <p>Williams AJ, Henley WE, Williams CA, Hurst AJ, Logan S, Wyatt KM. Systematic Review and Meta-analysis of the Association Between Childhood Overweight and Obesity and Primary School Diet and Physical Activity Policies. Int J Behav Nutr Phys Act. 2013;10(1):101. Article available from: http://www.ijbnpa.org/content/10/1/101</p> <p><i>Community-based programming:</i> McCullum C, Desjardins E, Kraak V, et al. Evidence-based Strategies to Build Community Food Security. J Am Diet Assoc. 2005;105(2):278-283. Article available from: http://www.yrfn.ca/pdf/Building%20Food%20Security.pdf</p> <p>Provincial Health Services Authority. Perspectives on Community Based Food Security Projects. A Discussion Paper. 2006. Available from: http://www.phsa.ca/NR/rdonlyres/C72FCE36-9DCD-4A9C-B001-8635509D26C0/0/PerspectivesonCommunityBasedFoodSecurityProjectsDiscussionPaper.pdf</p>
4	Jan. 27	<p>Food Insecurity in North America:</p> <ul style="list-style-type: none"> • Consequences of Food Insecurity • Overview of Community Level Interventions to Improve Food Security 	<p>Readings for this week: Bronte-Tinkew J, Zaslow M, Capps R, Horowitz A, McNamara M. Food Insecurity Works Through Depression, Parenting, and Infant Feeding to Influence Overweight and Health in Toddlers. J Nutr. 2007; 137:2160-2165. Full text available from: http://jn.nutrition.org/content/137/9/2160.long</p> <p>Carmichael SL, Yang W, Herring A, Abrams B, Shaw GM. Maternal Food Insecurity is Associated with Increased Food Risk of Certain Birth Defects. J Nutr. 2007;137(9):2087-92. Abstract and full text available from: http://www.ncbi.nlm.nih.gov/pubmed/17709447</p>

			<p>Jyoti D, Frongillo E, Jones S. (2005). Food Insecurity Affects School Children's Academic Performance, Weight Gain, and Social Skills. <i>J Nutr.</i> 2005;135(12):2831-9. Full text available from: http://www.ncbi.nlm.nih.gov/pubmed/16317128</p> <p>Kirkpatrick S, et al. Child Hunger and Long-term Adverse Consequences for Health. <i>Arch Pediatr Adolesc Med.</i> 2010;164(8):754-62. Abstract and article available from: http://www.ncbi.nlm.nih.gov/pubmed/20679167</p> <p>Gucciardi E, Vogt JA, DeMelo M, Stewart DE. Exploration of the Relationship Between Household Food Insecurity and Diabetes Care in Canada. <i>Diabetes Care</i> 2009;32(12):2218-24. Abstract and full text available from: http://www.ncbi.nlm.nih.gov/pubmed/19720843</p> <p>Vozoris N, Tarasuk V. Household Food Insufficiency is Associated with Poorer Health. <i>J Nutr</i> 2003; 133, 120-126. Abstract and full text available from: http://www.ncbi.nlm.nih.gov/pubmed/12514278</p> <p>Vozoris N, Tarasuk V. An Examination of Canada Prenatal Nutrition Programs and Child Nutrition Programs in Relation to Household Food Insecurity. <i>Can J Diet Pract Res</i> 2003;51:67-86. Full text available from: http://www.yorku.ca/crsp/issue51/issue51-5.pdf</p> <p>Whitaker R, Sarin A. Change in Food Security Status and Change in Weight are Not Associated in Urban Women with Preschool Children. <i>J Nutr</i> 2007;137:2134-2139. Abstract and full text available from: http://www.ncbi.nlm.nih.gov/pubmed/17709454</p> <p>Wilde P, Peterman J. Individual Weight Change is Associated with Household Food Security Status. <i>J Nutr</i> 2006;136(5):1395-1400. Abstract and full text available from: http://www.ncbi.nlm.nih.gov/pubmed/16614436</p>
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5	Feb. 3	Food Insecurity in North America: Community Level Interventions to Improve Food Security <ul style="list-style-type: none"> • Programs and Policies to Address Food Insecurity Mid-term Review	Guest speakers from the Guelph Food Round Table Readings for this class: Loopstra R, Tarasuk V. Perspectives on Community Gardens, Community Kitchens and the Good Food Box Program in a Community-based Sample of Low-income Families. Canadian J Public Health. 2013;104(1):e55-e59. Abstract from: http://www.ncbi.nlm.nih.gov/pubmed/23618120 . Article from: http://journal.cpha.ca/index.php/cjph/article/download/3528/2746 Recommendations Report: Emergency Food Services in Guelph-Wellington. Available at: http://www.theresearchshop.ca/sites/default/files/Emergency%20Food%20Services%20in%20Guelph-Wellington.pdf The Cost of Healthy Eating in Wellington and Dufferin Counties: http://wdgpublichealth.ca/sites/default/files/wdgpfiles/BH_01_OCT0213_R33%20-%20Ontario%20Nutritious%20Food%20Basket.pdf 2013 Food Access Guide: http://gwpoverty.ca/wp-content/uploads/2013/07/03.-Food-Access-Guide-2013-Updated-July.pdf
6	Feb. 10	Mid-term Food Insecurity in North America: Community Level Interventions to Improve Food Security: <ul style="list-style-type: none"> • Programs and Policies to Address Food Insecurity 	First hour of the class will be the mid-term. Following the mid-term there will be a short break, then guest lecturers from University of Guelph food secure programs will present.
7	Feb. 17	No Class	

8	Feb 24	Food Insecurity in Less Industrialized Countries: <ul style="list-style-type: none"> • State of Food Insecurity in the World • Millennium Development Goals • Prevalence and Monitoring of Food Insecurity 	<p>Reflective Paper Due Friday March 7, 2013 by 5:00 pm on dropbox in Courselink.</p> <p>Readings for this class: <i>Executive Summaries and Key Messages</i> for the State of Food Insecurity in the World reports from the Food and Agriculture Organization (FAO) of the United Nations:</p> <ul style="list-style-type: none"> • 2013: The multiple dimensions of food security http://www.fao.org/docrep/018/i3458e/i3458e.pdf • 2012: Economic growth is necessary but not sufficient to accelerate reduction of hunger and malnutrition http://www.fao.org/docrep/016/i2845e/i2845e00.pdf • 2011: How does international price volatility affect domestic economies and food insecurity? http://www.fao.org/docrep/014/i2330e/i2381e00.pdf • 2010: Addressing food insecurity in protracted crises http://www.fao.org/fileadmin/templates/publications/pdf/i1683e_flyer.pdf • 2009: Economic crises - impacts and lessons learned ftp://ftp.fao.org/docrep/fao/012/i0876e/i0876e00.pdf • 2008: High food prices and food security – threats and opportunities ftp://ftp.fao.org/docrep/fao/011/i0291e/i0291e00a.pdf
9	March 3	Poverty and Social Determinants of Health	<p>Bridges Out of Poverty Workshop https://www.wdgpUBLICHEALTH.ca/?q=bridges</p> <p>Reading for this class: Mikkonen J, Raphael D. <i>Social Determinants of Health. The Canadian Facts. Introduction and Chapter 8: Food Insecurity.</i> Toronto (ON); York University School of Health Policy and Management; 2010.</p>

			Available from: http://www.thecanadianfacts.org/The_Canadian_Facts.pdf
10	March 10	Food Insecurity in Less Industrialized Countries: <ul style="list-style-type: none"> • Consequences of Food Insecurity <ul style="list-style-type: none"> - Nutrient Deficiencies - Nutrition Paradox and Transition • Programs and Policies to Address Food Insecurity <ul style="list-style-type: none"> - World Food Programs - United Nations Programs [WFP, FAO, UNICEF etc] and - Non-UN International Agencies [IFAD, CIAD, IFPRI, etc] 	<p>Hidrobo M, Hoddinott J, Peterman A, Margolies A, Moeira V. Cash, Food or Vouchers? Evidence From a Randomized Experiment in Northern Ecuador. IFPRI; Dec 2012. Available at: http://www.ifpri.org/sites/default/files/publications/ifridp01234.pdf</p> <p>Mendez M, Monteiro C, Popkin B. Overweight Exceeds Underweight Among Women in Most Developing Countries. Am J Clin Nutr 2005;81:713-721. Abstract and full text available at: http://www.ncbi.nlm.nih.gov/pubmed/15755843</p> <p>Popkin B. Global Nutrition Dynamics: The World is Shifting Rapidly Toward a Diet Linked with Noncommunicable Disease. Am J Clin Nutr 2006;84:289-298. Abstract and full text available from: http://www.ncbi.nlm.nih.gov/pubmed/16895874</p> <p>Rosen S, Shapouri S. Obesity in the Midst of Unyielding Food Insecurity in Developing Countries. Economic Research Service, USDA: Amber Waves; Sept. 2008. Available at: http://ageconsearch.umn.edu/bitstream/124026/2/ObesityCountries.pdf</p> <p>Shafique S, et al. Trends of Under- and Overweight Among Rural and Urban Poor Women Indicate the Double Burden of Malnutrition in Bangladesh. Int J Epidemiol. 2007;36:449-457. Abstract and full text available at: http://www.ncbi.nlm.nih.gov/pubmed/17242024</p> <p>World Food Program. World Hunger Series 2007. Hunger and Health. Available at: http://www.wfp.org/sites/default/files/WHS_leaflet_English_2007.pdf</p>
11	March 17	Food Insecurity in Less Industrialized Countries	Guest lecturer

		<ul style="list-style-type: none"> • Food Insecurity in Community-based Nutrition Programs 	
12	March 24	Food Systems	Reading for this class: Tagtow A, Hinkle A. A Vision for "Good Food" for Public Health. 2008. Available from: http://www.apha.org/NR/rdonlyres/85D628FE-2C5A-486E-8B2D-F47336613708/10825/AVisionforGoodFoodforPublicHealthAPHATagtowHinkleO.pdf
13	March 31	Implications for Dietetic Practice Wrap-up and exam review	
	April TBA	Exam	