

**NUTR*4900 (Section 03): Selected Topics in Human Nutrition
Prevention and Treatment of Obesity in Children - What's the Evidence?**

Course schedule

I reserve the right to revise the schedule of classes as needed, as long as you are given adequate notice. If class is cancelled (e.g., bad weather), all remaining presentations will be shifted (e.g., cancelled presentation will be the next presentation).

Date	Required readings and presentations	Deadlines	Presenter(s)	Discussant(s)
Foundation Sessions				
Tues. Jan. 9	Overview of the course Importance of evidence to applied nutrition Hierarchy of evidence Obesity Prevention and Management in Children – Rationale for Section 1 papers Terminology: BMI z scores	Choose partners for section 1 presentations and discussants	Paula Brauer	NA
Thurs. Jan. 11	Searching the research literature – bring laptop – 3 sections together		Jacqueline Kreller-Vanderkooy Crop Science (CRSC) 116	
Tues. Jan. 16	Selecting studies Quality assessment of studies vs risk of bias– different study designs – strengths and limitations of different tools; detailed review of Cochrane’s risk of bias tools Practice articles <ul style="list-style-type: none"> • Quick, V., et al., Personal, behavioral and socio-environmental predictors of overweight incidence in young adults: 10-yr longitudinal findings. Int J Behav Nutr Phys Act, 2013. 10: p. 37. • de Ruyter, J.C., et al., A trial of sugar-free or sugar-sweetened beverages and body weight in children. N Engl J Med, 2012. 367(15): p. 1397-406. 	Complete schedule for presentation times - section 1	Paula Brauer	
Thurs. Jan. 18	Assessing statistics as part of Quality Assessment <ul style="list-style-type: none"> • Quick, V., et al., Personal, behavioral and socio-environmental predictors of overweight incidence 		Lucia Costanzo Crop Science (CRSC) 116	

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	in young adults: 10-yr longitudinal findings. Int J Behav Nutr Phys Act, 2013. 10: p. 37. • de Ruyter, J.C., et al., A trial of sugar-free or sugar-sweetened beverages and body weight in children. N Engl J Med, 2012. 367(15): p. 1397-406.			
Tues. Jan. 23	Developing skills in describing and critiquing the literature – go through process for single study Oral presentation of single studies Oral peer review of single studies • Quick, V., et al., Personal, behavioral and socio-environmental predictors of overweight incidence in young adults: 10-yr longitudinal findings. Int J Behav Nutr Phys Act, 2013. 10: p. 37. • de Ruyter, J.C., et al., A trial of sugar-free or sugar-sweetened beverages and body weight in children. N Engl J Med, 2012. 367(15): p. 1397-406.		Paula Brauer	
Thurs. Jan 25	Summarizing and presenting study results from multiple studies Focus on peer communication Writing - Shorter and longer descriptions, using tables and graphs to compare studies. Oral presentation for multiple studies Peer review of a review paper	Lottery for section 2 presentation dates	Paula Brauer	
Section 1 Presentations				

Date	Required readings and presentations	Deadlines	Presenter(s)	Discussant(s)
Tues. Jan 30 infant	<ul style="list-style-type: none"> • Campbell KJ, Lioret S, McNaughton SA et al. A parent-focused intervention to reduce infant obesity risk behaviors: a randomized trial. <i>Pediatrics</i> 2013;131:652-60. • Byrne, R., E. Jansen, and L. Daniels, Perceived fussy eating in Australian children at 14 months of age and subsequent use of maternal feeding practices at 2 years. <i>Int J Behav Nutr Phys Act</i>, 2017. 14(1): p. 123. • Daniels LA, Mallan KM, Battistutta D, Nicholson JM, Perry R, Magarey A. Evaluation of an intervention to promote protective infant feeding practices to prevent childhood obesity: outcomes of the NOURISH RCT at 14 months of age and 6 months post the first of two intervention modules. <i>Int J Obes (Lond)</i> 2012;36:1292-8. 		<p>Melanie/Hannah</p> <p>Kelsey/Melissa</p> <p>Donna/Uzaiba</p>	<p>Sarah/Christianne</p> <p>Anna/Brooklyn</p> <p>Katie/Gabrielle</p>
Thurs. Feb 1 Infant Pre-school	<ul style="list-style-type: none"> • de Beer, M., et al., Associations of infant feeding and timing of linear growth and relative weight gain during early life with childhood body composition. <i>Int J Obes (Lond)</i>, 2015. 39(4): p. 586-92. • French GM, Nicholson L, Skybo T et al. An Evaluation of Mother-Centered Anticipatory Guidance to Reduce Obesogenic Infant Feeding Behaviors. <i>Pediatrics</i> 2012;130:e507-e517. • Haines J, McDonald J, O'Brien A et al. Healthy Habits, Happy Homes: randomized trial to improve household routines for obesity prevention among preschool-aged children. <i>JAMA Pediatr</i> 2013;167:1072-9. 	Final term topic outline submitted –need approval	<p>Anna/Brooklyn</p> <p>Vanessa/Kristen</p> <p>Danielle/Irene</p>	<p>Rachael/Annette</p> <p>Donna/Uzaiba</p> <p>Kelsey/Melissa</p>

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Tues. Feb. 6 prevention	<ul style="list-style-type: none"> De Bock F, Breitenstein L, Fischer JE. Positive impact of a pre-school-based nutritional intervention on children's fruit and vegetable intake: results of a cluster-randomized trial. <i>Public Health Nutr</i> 2012;15:466-75. Jouret B, Ahluwalia N, Dupuy M, Cristini C, Negre-Pages L, Grandjean H et al.: Prevention of overweight in preschool children: results of kindergarten-based interventions. <i>Int J Obes (Lond)</i> 2009, 33: 1075-1083. Nyberg, G., et al., Effectiveness of a universal parental support programme to promote health behaviours and prevent overweight and obesity in 6-year-old children in disadvantaged areas, the Healthy School Start Study II, a cluster-randomised controlled trial. <i>Int J Behav Nutr Phys Act</i>, 2016. 13: p. 4. 	Give back approval for term topic	<p>Katie/Gabrielle</p> <p>Rachael/Annette</p> <p>Sarah/Christianne</p>	<p>Melanie/Hannah</p> <p>Vanessa/Kristen</p> <p>Danielle/Irene</p>
Thurs. Feb. 8	Work on Term project			
Tues. Feb. 13 Treatment	<ul style="list-style-type: none"> Taveras, E.M., et al., Comparative Effectiveness of Clinical-Community Childhood Obesity Interventions: A Randomized Clinical Trial. <i>JAMA Pediatr</i>, 2017. 171(8): p. e171325. Resnicow, K., F. McMaster, A. Bocian, D. Harris, Y. Zhou, L. Snetselaar, R. Schwartz, et al. "Motivational Interviewing and Dietary Counseling for Obesity in Primary Care: An Rct." [In eng]. <i>Pediatrics</i> 135, no. 4 (Apr 2015): 649-57. Nicolucci, A.C., et al., Prebiotics Reduce Body Fat and Alter Intestinal Microbiota in Children Who Are Overweight or With Obesity. <i>Gastroenterology</i>, 2017. 153(3): p. 711-722. 	These studies can be reviewed as part of the 3 article review for section 1 and/or can be used for the term project	NO CLASS – PB available for appointment – MINS 235	

Date	Required readings and presentations	Deadlines	Presenter(s)	Discussant(s)
Thurs. Feb. 15	Writing reviews - 3 sections together – Room TBD Overall writing skills		Sarah Gibbons, writing specialist CRSC 116	
Reading Week Feb 19-23				
Tues. Feb 27	Individual appointments – last minute questions, interpretation issues in term topic papers	Hand in Section 1 critique paper		
Term Topic Student Presentations				
Thurs. Mar. 1	Irene Melissa			
Tues. Mar. 6	Danielle Hannah	Give back Section 1 critique paper		
Thurs. Mar. 8	Sarah Donna			
Tues. Mar. 13	Brooklyn Gabrielle			
Thurs. Mar. 15	Anna Vanessa			
Tues. Mar. 20	Kelsey Annette			
Thurs. Mar. 22	Christi Katelyn			
Tues. Mar 27	Rachael Uzaiba			
Thurs. Mar 29	Kristen Melanie			
Tues. Apr 3	Complete peer review in class and hand in by midnight	Peer review handed in		
Thurs. Apr 5	<i>The evidence in child obesity</i>	Submit paper to Courselink April 6	Jess Haines	