



FRAN*6510
Nutrition in the Community
Winter 2014

Course Meets: Mondays 8:30a-11:20a in MACS 331

Who I am and where you can find me:

Jess Haines, RD, MHSc

MACS 226

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Office Hours: By appointment- but do come! I look forward to helping you get as much as you can out of this course.

Purpose and Overview:

Welcome to Nutrition in the Community. I hope you find this to be an interesting and valuable course. One of the primary roles of a community nutritionist is to develop, implement, and evaluate theory-based interventions aimed at changing a population's nutrition-related behaviors. This course will provide you with the theoretical and practical knowledge to develop effective behavior change interventions and the grant writing skills required for you to obtain funding for these programs.

Intended Audience:

This course is designed for graduate students in Applied Human Nutrition or other graduate students interested in developing, implementing, and evaluating theory-based community nutrition programs.

Course Text and Reading:

There is no textbook for this course. Weekly readings will be assigned for this course.

Course Objectives:

Content-specific objectives:

Upon completion of this course you should be able to:

- Demonstrate how psychosocial, organizational, and community theories can be used to design, implement, and evaluate public health programs.
- Use a program planning model to develop a community nutrition intervention.
- Create a theory-driven model of the predictive factors of a health behavior.
- Describe formative assessment and its use in designing interventions.
- Write intervention objectives.
- Choose and describe appropriate intervention strategies.
- Develop process and evaluation plans for an intervention.
- Prepare a grant proposal for a community nutrition intervention based on sound program planning, development, and evaluation strategies.

Non-content objectives:

Upon completion of this course you will:

- Learn to communicate your intervention plan to others by writing in a succinct and organized fashion and by presenting your plan orally in class.
- Gain experience in working with others.
- Further develop your skills in critical analyses.
- Gain experience in grant writing.

Methods of Instruction

This course will involve two main forms of instruction: 1) lecture; and 2) group activities. Lectures will be given by myself or a guest instructor. Group activities will supplement the lecture by providing you an opportunity to work through a “real-life” example of how the material presented could be applied in the public health arena.

Your Role in this Course

My belief regarding this class is that you “get out what you put in”. I will do my best to keep the class interesting and challenging. However, this will largely be dependent on your active involvement. Class attendance is critical to getting all you can out of this course; lectures will complement and not repeat reading material. Be sure to complete your readings prior to class. This will allow our classes to be much more interesting and conducted at a considerably higher level.

Developing a good intervention program demands a great deal of thought and hard work. When you read- take time to think about how the material applies to yourself, others, and to the program you plan to develop. In understanding factors influencing eating behaviors, it is important to be sensitive to factors influencing your own behaviors, difficulties in modifying your own behaviors, and differences across cultures. In developing effective interventions, we need to identify the perceived needs of the target population, understand the factors influencing their behaviors, and develop programs that address these factors. We need clear objectives that may be evaluated and evaluation tools to help in determining the effectiveness of our programs.

The first third of the course focuses on theory and tends to be heavy on reading assignments. The remainder of the course focuses on program development and grant proposal writing. For each segment of the program development (e.g. needs assessment, writing objectives, choosing intervention strategies) time will be given in class for small group work. There is less assigned reading for this part of the course, but I urge you to reread earlier reading and supplement your work with readings that are relevant to your particular projects.

In developing programs, community nutritionists usually work in teams. Therefore, some of the assignments in this course will be done in small groups (4 students). I strongly urge you to work together with people who have different areas of expertise than your own. This will help you to learn from your classmate’s diverse experience and knowledge.

If you are having difficulties in understanding the material or the assignments, please be proactive in letting me know. It is very likely that your classmates share your questions. In addition to the formal evaluation conducted by the department, I will conduct an informal evaluation of the course midway through the semester. I also encourage you to e-mail me at any point during the course with constructive criticisms. Please take your role as critic seriously- you can influence the character of the course.

Evaluation

Class grades will be based on the following assignments:

% Final	Assignment	Due Date
10	<p>Grant Review <i>Purpose:</i> The purpose of this assignment is to help you be a critical reviewer of grant proposals and to assist you in preparing your own proposals. <i>Description:</i> Individually, you will prepare a brief review (2 pages) of a grant distributed in class. Include a brief description of the project (1 paragraph) that shows the applicant that you understood the proposal. Review the key strengths and weaknesses of the proposal. Take into account significance (does it address an important problem), innovativeness, clarity of presentation, feasibility, strength of study design, and relevance to funder. Provide 3 suggestions for improvements for the proposal.</p>	January 27
10	<p>Development of Community Nutrition Intervention: Epidemiology, Rationale, and Predictive Factors <i>Purpose:</i> The purpose of this assignment is to have you identify modifiable eating patterns that are contributing to a population risk for disease and to develop a rationale for intervening on that behavior. <i>Description:</i> In your working group of 4 individuals select a health behavior on which to intervene. As a group you will conduct a literature review to: 1) describe the epidemiology of the behavior; 2) provide a rationale for attempting to influence the target behavior; and 3) identify predictive factors of the behavior. The paper should be approximately 4 pages, double-spaced.</p>	February 10
10	<p>Development of a Community Nutrition Intervention: Formative Assessment <i>Purpose:</i> The purpose of this assignment is to demonstrate your understanding of the role of formative assessment methods in better understanding your target audience. <i>Description:</i> In your working group, describe the methods that you would choose for formative assessment and questions that you would like answered through your formative assessment. Include the following: 1) Who you would want to obtain information from; 2) Methods you would use to obtain the information; and 3) Questions to be used (in focus groups, interviews, or surveys). The paper should be approximately 4 pages, double-spaced.</p>	February 24

- 10 **Development of a Community Nutrition Intervention: Theoretical Model and Study Objectives** March 3
- Purpose:* The purpose of this assignment is to give you experience developing a theoretical model and writing study objectives that target specific predictive factors identified in the **Epidemiology, Rationale, and Predictive Factors** assignment.
- Description:* You will do this assignment with your working group. For theoretical model:
Prepare a diagram showing outcome behaviors to be addressed in intervention program (i.e. increased fruit and vegetable intake) and factors associated with these behaviors (identified in assignment 1) that will be addressed in your program. Indicate the theory your intervention is based upon. Your objectives should flow from this model and should be specific, measureable, achievable, realistic, and time-sensitive (SMART). This paper should be approximately 4 pages, the theoretical model will not be double spaced.
- 10 **Development of a Community Nutrition Intervention: Intervention Strategies** March 10
- Purpose:* You will gain experience in creating intervention strategies to reach intervention objectives.
- Description:* In your working group create intervention strategies that you will use to positively influence predictive factors of the chosen health behavior. The intervention strategies should flow from the theoretical model you developed in the previous assignment. This paper should be approximately 4 pages, double spaced.
- 10 **Development of a Community Nutrition Intervention: Evaluation and Logic Model** March 17
- Purpose:* To give you experience in planning process and impact evaluation methods and developing logic models for your program.
- Description:* In your working group identify: 1) process evaluation measures that will be collected to assess the fidelity and completeness of the delivery of the intervention; and 2) outcome evaluation measures that will be conducted to assess changes in the predictive factors and the behavioral target. You will also construct a logic model for your program. The paper should be approximately 6 pages long, the logic model will not be double spaced.

Policies and Procedures:

1. Any students who need course adaptations or accommodations because of a disability, please come speak with me as early as possible.

2. 40th class day is Friday, March 7th - this is the last day to drop without academic penalty. Refer to the Graduate Calendar for the schedule of dates:

<http://www.uoguelph.ca/registrar/calendars/graduate/current/sched/sched-dates-f10.shtml>

3. If you are unable to meet a course requirement because of illness or compassionate reasons, please advise me as soon as possible via email. See the graduate calendar for information on regulations and procedures for Academic Consideration:

http://www.uoguelph.ca/registrar/calendars/graduate/current/genreg/sec_d0e1400.shtml

4. Late assignments are accepted up to 5 days past the due date with a 15% penalty (3% each day including weekends). After 5 days assignments will not be accepted unless compassionate or extenuating circumstances are brought to my attention.

5. For group assignments each member of the group will receive the same grade. Please let me know if there are any problems with group members not pulling their weight. Together we will develop a plan to deal with the issue.

6. The University of Guelph is committed to upholding the highest standards of academic integrity and it is the responsibility of all members of the University community – faculty, staff, and students – to be aware of what constitutes academic misconduct and to do as much as possible to prevent academic offences from occurring. University of Guelph students have the responsibility of abiding by the University's policy on academic misconduct regardless of their location of study; faculty, staff and students have the responsibility of supporting an environment that discourages misconduct. Students need to remain aware that instructors have access to and the right to use electronic and other means of detection. The Academic Misconduct Policy is detailed in the Graduate Calendar:

http://www.uoguelph.ca/registrar/calendars/graduate/current/genreg/sec_d0e1687.shtml

Class Outline and Reading List

Date	Topic	Readings
January 6	<p>Introduction to the course.</p> <p>Funding Community Nutrition Interventions: Preparing a Grant Proposal</p>	<p>Eaves GN. Preparation of the research-grant application: Opportunities and pitfalls. <i>Grants Magazine</i>. 1984;7(3):151-157. Available at: http://www.pkal.org/documents/PreparationOfTheResearchGrantApplication.cfm</p>
January 13	<p>How does community nutrition differ from individual diet counseling?</p> <p>Identifying Targets for Change: Epidemiology, Rationale, and Creating a Model of Predictive Factors</p>	<p>Rose G. Sick individuals and sick populations. Available at: http://ije.oxfordjournals.org/content/14/1/32.full.pdf+html</p> <p>Jeffrey RW. Risk behaviors and health: Contrasting individual and population perspectives. <i>American Psychologist</i>. 1989;44:1194-1202. Available at: http://journals1.scholarsportal.info/tmp/6493184796891770851.pdf</p> <p>Doyle YG, Furey A, Flowers J. Sick individuals and sick populations: 20 years later. <i>J Epidemiol Community Health</i>. 2006; 60(5): 396–398. Available at: http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2563964/</p> <p>Baranowski T, Cullen KW, Baranowski J. Psychological correlates of dietary intake: Advancing Dietary Intervention. <i>Annual Review of Nutrition</i>. 1999;19:17-40 Available at: http://www.annualreviews.org/doi/abs/10.1146/annurev.nutr.19.1.17</p>
January 20	Using theory to understand behavior and planning programs.	<p>Glanz K, Bishop DB. The Role of Behavioral Science Theory in Development and Implementation of Public Health Interventions. <i>Annual Review of Public Health</i>. 2010; 31: 399-418. Available at:</p>

	<p>Stimulus-Response Theory Health Belief Model</p> <p>Transtheoretical Model of Behavior Change</p>	<p>http://www.annualreviews.org/doi/full/10.1146/annurev.publhealth.012809.103604</p> <p>Aboud DA, Black DR, Feral D. Nutrition Education Worksite Intervention for University Staff: Application of the Health Belief Model. <i>Journal of Nutrition Education and Behavior</i>. 2003;35:260-267 Available at: http://journals1.scholarsportal.info/subzero.lib.uoguelph.ca/details-sfx.xqy?uri=/14994046/v35i0005/260_newifuaothbm.xml</p> <p>Kristal AR, Glanz K, Curry SJ, Patterson RE. How can stages of change be best used in dietary interventions? <i>Journal of the American Dietetic Association</i>. 1999;99(6):670-684. Available at: http://journals1.scholarsportal.info/details-sfx.xqy?uri=/00028223/v99i0006/679_hcsocbbuidi.xml</p> <p>*Grant review due today</p>
January 27	<p>Theory of Planned Behavior</p> <p>Self-Determination Theory</p>	<p>Kim K, Reicks M, Sjoberg S. Applying the Theory of Planned Behavior to Predict Dairy Product Consumption by Older Adults. <i>Journal of Nutrition Education and Behavior</i>. 2003; 35 (6): 294-301. Available at: http://journals1.scholarsportal.info/details-sfx.xqy?uri=/14994046/v35i0006/294_attopbdpcboa.xml</p> <p>Gillison FB, Standage M, Skevington SM. Relationships among adolescents' weight perceptions, exercise goals, exercise motivation, quality of life and leisure-time exercise behaviour: a self-determination theory approach. <i>Health Education Research</i>. 2006;21: 836-847. Available at: http://her.oxfordjournals.org/content/21/6/836.full.pdf+html</p> <p>Markland D, Ryan RM, Tobin VJ, Rollnick S. Motivational Interviewing and Self-Determination Theory. <i>Journal of Social and Clinical Psychology</i>. 2005; 24:811-831. Available at: http://web.ebscohost.com/subzero.lib.uoguelph.ca/ehost/pdfviewer/pdfviewer?sid=d7e300cb-680e-4377-ba48-6f4c1a14c939%40sessionmgr111&vid=1&hid=128</p>
February 4	Social Cognitive Theory	<p>Lytle LA, Perry CL. Applying research and theory in program planning: An example from a nutrition education intervention. <i>Health Promotion Practice</i>. 2001;2(1):68-80. Available at:</p>

	Social Ecological Models	http://journals1.scholarsportal.info/details-sfx.xqy?uri=/15248399/v02i0001/68_aratipefanei.xml Stokols D. Translating social ecological theory into guidelines for community health promotion. <i>American Journal of Health Promotion</i> . 1996;10(4):282-298. Available at: https://webfiles.uci.edu/dstokols/Pubs/Translating.PDF
February 11	Formative Assessment: What is it? Why do we need it?	Haines J, Neumark-Sztainer D, Thiel L. Addressing Weight-Related Issues in an Elementary School: What do Students, Parents, and School Staff Recommend? <i>Eating Disorders</i> . 2007;15:5-21. Available at: http://journals1.scholarsportal.info/details-sfx.xqy?uri=/10640266/v15i0001/5_awiiaepassr.xml Haines J, Mayorga AM, McDonald J, et al. Embedding weight-related messages within a general parenting programme: development and feasibility evaluation of Parents and Tots Together. <i>Early Child Development and Care</i> . 2012;182 (8): 951-965. Available at: http://journals2.scholarsportal.info/details-sfx.xqy?uri=/03004430/v182i0008/951_ewmwageopatt.xml Goldberg J, Rudd RE, Dietz W. Using 3 data sources and methods to shape a nutrition campaign. <i>Journal of the American Dietetic Association</i> . 1999;99:717-722. Available at: http://journals2.scholarsportal.info/details-sfx.xqy?uri=/00028223/v99i0006/717_u3dsamtsanc.xml *Epidemiology, rationale and predictive factors due today
February 17	No Class	WINTER BREAK
February 24	Writing Objectives: The Principles	*Formative assessment due today
March 3	Choosing Appropriate Intervention Strategies	Swinburn B, Egger G. Preventive strategies against weight gain and obesity. <i>Obesity Reviews</i> . 2002;3: 289–301. Available at: http://onlinelibrary.wiley.com/doi/10.1046/j.1467-789X.2002.00082.x/full Perry CL, Lytle LA, Feldman H, et al. Effects of the Child and Adolescent Trial for Cardiovascular

		<p>Health (CATCH) on Fruit and Vegetable Intake <i>Journal of Nutrition Education</i>. 1998;30 (6): 354-360. Available at: http://journals1.scholarsportal.info/details-sfx.xqy?uri=/00223182/v30i0006/354_eotcaahofavi.xml</p> <p>*Theoretical model and objectives due today</p>
March 10	Evaluation: Process and Outcome Logic Models	<p>Perry CL, Sellers DE, Johnson C. The Child and Adolescent Trial for Cardiovascular Health (CATCH): Intervention, Implementation, and Feasibility for Elementary Schools in the United States. <i>Health Education and Behavior</i>. 1997; 24: 716-735. Available at: http://heb.sagepub.com/content/24/6/716</p> <p>The Health Communications Unit, Creating a Logic Model. Available at: http://www.thcu.ca/infoandresources/publications/logicmodel.wkbk.v6.1.full.aug27.pdf</p> <p>*Intervention strategies due today</p>
March 17	Developing Budgets Sustaining Change in Community Intervention	<p>Osganian SK, Hoelscher DM, Zive M, Mitchell PD, Snyder P, Webber LS. Maintenance of effects of the Eat Smart school food service program: results from the CATCH-ON study. <i>Health Education and Behavior</i>. 2003;30(4):418-433. Available at: http://journals1.scholarsportal.info/details-sfx.xqy?uri=/10901981/v30i0004/418_moeoteprftcs.xml</p> <p>*Evaluation and logic model due today</p>
March 24	Work session	
March 31	Group presentation and class wrap-up	