

PUB HLTH 413 Public Health Nutrition
Winter Quarter 2008

Time: Monday, 6:15-9:00 pm

Location: McGaw 2-322

Course Directors:

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I. Course Description

This course introduces students to nutrition from the perspective of the community, rather than the individual. The course consists of readings, lecture, class discussion and classroom presentations.

II. Course Objective

After completing the course students will be able to:

- 1) identify and utilize sources of information on the nutritional status of U.S. populations
- 2) describe the epidemiologic and basic science research on which current nutrition recommendations are based,
- 3) analyze new information in the field of public health nutrition and nutritional epidemiology,
- 4) describe the influence of diet on nutritional status and thus on the health of populations including populations with special needs

III. Grading Policies

Class participation: 30%, Written Assignments: 40%, Oral Presentation: 30%

IV. Course Materials

Optional Text Book

Shils ME, Shike M, Ross AC, Caballero B, Cousins RJ. *Modern Nutrition in Health and Disease*, 10th edition. Philadelphia: Lippincott Williams & Wilkins, 2005. (also available online through the Galter Library e-books).

Readings will be posted on Blackboard.

V. Course Workload

Class attendance and participation in problem based learning with annotated bibliographies, completion of two exercises, three oral presentations.

Special Note

Academic integrity is expected of every student enrolled in this course. Any evidence of a violation of academic honesty will be handed in accordance with the procedures adopted by the Graduate Faculty. Violations of academic honesty include the use of another's words, ideas, or creative productions without citation in either the text or the footnotes. (See <http://www.northwestern.edu/graduate/current/csethics.html> for more information).

Course Evaluation

The MPH Program administers web-based course evaluations to students for each course near the end of the quarter. ***Your completion of both the unit (course) and faculty evaluation components is required; failure to complete either of the evaluations will result in an incomplete grade until the evaluations are submitted.*** You will be sent the web link and instructions via email later in the quarter. You will have about two weeks time to complete the evaluations before grades are submitted.

Class Schedule

Measurement Issues

January 7 – Dr. Archer

- Dietary Intake Assessment of Individuals and Populations
 - Measuring Intake
 - Validity
 - Reliability
 - Under-reporting/Over-reporting

January 14 – Dr. Archer

- Assessment of Nutritional Status
 - Anthropometric Measurements
 - Biomarkers
 - Physiological Measurements

January 21 – Martin Luther King Day – No Classes

January 28 – Professor Moran

- Evidence for Setting Requirements During the Lifecycle

Role of Nutrition in the Epidemiology of Chronic Disease

February 4 – Dr. Archer

- Nutrient Value of Foods and Development of Nutrient Databases

February 11 -- Professor Moran
Epidemiology of Selected Deficiency Diseases
Pellagra
Anemia of Childhood
Goiter

February 18 – Professor Moran
Cardiovascular Disease

February 25 –Professor Moran
Obesity and Nutrition Transition

March 3 – Dr. Archer
Cancer

Evidence into Action

March 10 – Professor Moran
What we know and how this translates into recommendations and public policy

Written assignment due today. Instructions will be posted on Blackboard and distributed in class.

March 17
Student Presentations (Legislative Committee Hearing Format)
Copy of written remarks to be submitted.