

CHS 130
Nutrition and Health
Spring Quarter, 2014
T/R 8:00-9:50 a.m.
Room CHS 51-279

Instructor: Janet Leader, MPH, RD
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Teaching Assistant: Natasha Adams
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Office Hours: Ms. Leader: Mondays/Wednesdays 1:00 pm-3:00 pm
Ms. Adams: Tuesdays /Thursdays 10:00 am-11:00 am

Course Description

The goal of this course is to provide an overview of nutritional sciences and public health nutrition. Students will learn basic concepts of nutrition, and apply them to their own lives and real-world issues through lectures, diet analysis, hands-on activities, group projects, in-class discussion of film and reading assignments, and visits and reviews of community programs that apply nutrition and behavior theory to improve the public's health.

Course Objectives and Competencies

By the end of the course, students should have adequate understanding and ability to:

- Describe the components of a diet and food sources, including proteins, fats, carbohydrates, vitamins and minerals, and their role in maintaining health in the body
- Explain the concept of energy balance as it applies to maintaining a healthy weight
- Plan a healthful diet for people at all stages of the lifecycle
- Assess the quality and quantity of their own diet
- Explore some aspects of social, behavioral & environmental causes of chronic disease
- Identify a number of government programs that support nutrition and nutrition education for different populations
- Review local community nutrition programs designed to improve the health of the public

The course will meet the following MPH competencies as outlined by the Association of Schools of Public Health:

1. Identify basic theories, concepts and models from a range of social and behavioral disciplines that are used in public health research and practice.
2. Identify the causes of social and behavioral factors that affect health of individuals and populations.
3. Identify individual, organizational and community concerns, assets, resources and deficits for social and behavioral science interventions.
4. Describe the role of social and community factors in both the onset and solution of public health problems.

Required Text

M. McGuire and K. Beerman, Nutritional Sciences, From Fundamentals to Food, 3rd edition. Publishers: Wadsworth, Cengage Learning, 2013, bundled with Table of Food Composition for Nutritional Sciences 3, and with Diet Analysis Plus 2: Semester Printed Access Card

Or to buy access to Diet Analysis Plus 2 separately, for \$48, go to:
<http://www.cengagebrain.com/shop/isbn/978-0-538-49509-7>

Additional readings and videos to be posted on CCLE.

Statement of Academic Integrity

Please see, UCLA Office Dean of Students: <http://www.deanofstudents.ucla.edu/integrity.html>

Students with Disabilities

If you wish to request an accommodation due to a suspected or documented disability, please inform your instructor and contact the Office for Students with Disabilities as soon as possible at A255 Murphy Hall, (310) 825-1501, (310) 206-6083 (telephone device for the deaf). Website: www.osd.ucla.edu. This information will be treated as confidential.

Grading

1. Ten class quizzes on assigned readings/videos: 20% of grade
 - a. Maximum 2 missed classes. Minus 1 point each additional class missed without a valid excuse
2. Participation in class discussions: 10%
3. Ten class activities: 20%
4. Dietary Analysis report and paper: 20%
5. Final Dietary Guidelines 2015 group comment paper = 30% of grade. This 30% is distributed as follows: (outline = 5%; final draft peer review=5%; peer participation = 5%, final paper=75%)

Last day of class: **Thursday, 06/05/14.**

Please note: If students want CHS130 to count as an elective, it must be taken for a letter grade.

Note: Extra reading or video assignments may be added during the course. Objectives and selected portions of chapters will be assigned.

Assignments		Class Topic
4/1/14		Food's role in life and society; basic nutrient terminology and roles in the body; overview of course logistics; class activities: Personal Nutrition Shield, calculating energy
4/3/14	Chapters 1 & 2 Dietary Guidelines Key Consumer points	Quiz on dietary assessment and dietary guidance; class activity: portion distortion and determining portion sizes
4/8/14	Chapter 4	Carbohydrates: simple vs. complex CHO, CHO storage in the body, lactose intolerance; Activity: How to use Diet Analysis Plus with standardized person
4/10/14	Chapter 5	Proteins: complementary proteins, using Diet Analysis to assess protein intake, Class activity: calculating a healthy vegan diet
4/15/14	Chapter 6	Lipids: Am Heart Assoc. recommendations; reading food labels; Activity: using Diet Analysis to assess food sources of fats
4/17/14	Chapter 3 Submit 3-day food record and report	Digestion and absorption: case studies; common clinical syndromes
4/22/14		3-day food record; discuss common barriers to healthy eating; Dietary Guidelines
4/24/14	Chapters 10 & 11	Vitamins: Myths vs. reality
4/29/14	Chapter 12	Minerals and Water: planning diets that meet mineral requirements; group work on Dietary Guidelines outline
5/1/14	Chapter 8	Energy Balance: personal and environmental influences of weight; choosing low fat meals from menus;
5/6/14	Choose Health activity due	Choose Health LA site visit and activity , guest speaker, Lauren Dunning, LA PHD
5/8/14	Chapter 14, part 1 & 2	Work on DGA outline; Nutrition in Pregnancy and Lactation: guest speaker: Dr. Marion Taylor Baer
5/13/14	Chapter 14, part 2 review Dietary Guidelines outline due	Guest speaker: Kim Kessler, Resnick Food Law and Policy Program, local level policies to promote healthy eating; Nutrition in Infancy and Childhood: Guest Speaker: Dr. Wendy Slusser
5/15/14	Chapter 14, part 3 AND position paper: Nutrition for seniors	Nutrition and Seniors; food assistance programs; activity; work on final project

	Diet Analysis Summary paper due	
5/20/14	Chapter 9	Eating Well on a Budget activity; Nutrition and Athletics: Guest speaker, Eve Lahajani, RD, UCLA Wellness program
5/22/14	Watch "Weight of the Nation: How Can I prevent Type II Diabetes?"	Diet and disease prevention: Cardiovascular disease, Diabetes; Corner Store Project presentation by Dr. Deborah Gilk
5/27/14	Read "Can we Say What Diet is Best for Health?" D.L. Katz	Diet and disease Prevention diets: DASH and Mediterranean; class activity
5/29/14	Dietary Guidelines final draft paper due	Peer review of final draft papers YMCA diabetes prevention program , Guest speaker: Alissa Singer
6/3/14	To be assigned	Food Sustainability: Natasha Adams
6/5/14	DGA final papers due	Class presentations on DGA papers