CHS 448
NUTRITION POLICIES AND PROGRAMS:
DOMESTIC AND GLOBAL PERSPECTIVES
Winter 2010

Time: Thursdays 12:00-2:50 p.m.
Room: CHS 41-235
Course # 840-696-200

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Course Overview:
This course is an advanced-level seminar on nutrition policy and programs in the United States and internationally. It is intended for graduate students who are interested in an in-depth analysis of community- and population-based approaches to preventing or reducing problems of hunger and malnutrition. The course assumes that students have an adequate background in nutritional sciences. (Students without this background should discuss appropriate supplemental readings with Dr. Baer or Dr. Harrison.) The course is team-taught with both instructors present for some sessions and one or the other for others depending on the topic.

An important feature of this course is that the readings, lectures and discussions will focus on approaches to reducing hunger and malnutrition both in the U.S. and internationally (particularly developing countries). An explicit aim of the course is to encourage students to compare and contrast nutrition policies and programs domestically and internationally.

The course will meet for three hours once a week and be worth 4 units of credit. Enrollment is limited to 20 students.
Books/References

Required:


Edelstein S, Gerald B, Bushell TC, Gunderson C. Food and Nutrition at Risk in America: Food Insecurity, Biotechnology Food Safety and Bioterrorism, Sudbury, MA: Jones and Bartlett, 2009.


Recommended (readings – italicized in the syllabus - assigned from these sources for some sessions)

On Reserve at the Biomedical Library under this course number:


Recommended:


Supplementary recommendations (not on reserve)


Other readings as assigned for specific class sessions.

Course Requirements and Grading

The most important requirements for this course are completion of all assigned readings before each session, regular attendance and active participation in discussions. As a part of the active participation, students will be asked to “tune in” to nutrition program or policy-related news items, both international and domestic, as they occur during the quarter and to report these to the rest of the class on a weekly basis.

A reflection/discussion question will be distributed each week relating to the topic and readings for the following week. Students should prepare and turn in at the beginning of class a short essay (up to one page double spaced) in response to this question (please include references; these can be on a separate page if needed). The reflection paper due on February 11th will be replaced by a letter that you will write to a legislator (either state or national) regarding a nutrition policy issue. More details on this letter will be provided.

In addition, each week 1-3 assigned students will lead a discussion of the readings for about the first half hour to 45 minutes of class. There are a lot of reading assignments, so those responsible for the discussion may want to divide the load ahead of time.

There are no exams in this course. There will be a 20 page (maximum) final paper on an international or domestic food policy topic, which will be turned in during the 9th week of the quarter (or earlier). More details about the final paper will be provided. Please clear your topic with one of the instructors no later than half-way through the quarter.

Grades will be determined on the following basis: weekly response to reflection/discussion question 45%, leadership of discussion on assigned day 5%, general class participation (including sharing current nutrition news) 10%, final paper 40%.

References on line

Governmental Organizations:

Food and Drug Administration: www.fda.gov
Center for Nutrition Policy and Promotion, USDA: www.usda.gov/cnpp
USDA Food & Nutrition Service: www.fns.usda.gov/fns
Centers for Disease Control and Prevention: www.cdc.gov
Cancer Information Service, Office of Cancer Communications: http://cis.nci.nih.gov/
National Heart, Lung, and Blood Institute Information Center: www.nhlbi.nih.gov
National Institute on Alcohol Abuse and Alcoholism: www.niaaa.nih.gov
National Institute of Diabetes and Digestive and Kidney Diseases, Office of Communications and Public Liaison: http://www.niddk.nih.gov/
healthfinder®-Gateway to Reliable Consumer Health Information, National Health Information Center: www.healthfinder.gov

Information regarding legislation:

California Legislature/Assembly Bills: www.leginfo.ca.gov
California State Government website: www.ca.gov
U.S. Government information (Federal Register, Congressional bills, GAO reports, Public laws): http://www.access.gpo.gov/su_docs/aces/dcff001.html
http://www.thomas.loc.gov
Professional Associations:

American Dietetic Association: www.eatright.org
American Public Health Association: www.apha.org
National Alliance for Nutrition & Activity (NANA):
    http://cspinet.org/nutritionpolicy/nana.html
School Nutrition Association (formerly American School Food Service Association):
    http://198.65.153.140/Index.aspx

Advocates/Think Tanks:

American Enterprise Institute: www.aei.org
Food First: www.foodfirst.org
Food Research Action Center: www.frac.org
Center on Hunger and Poverty: www.centeronhunger.org
Community Food Security Coalition: www.foodsecurity.org
International Food Policy Research Institute: www.ifpri.org
Bread for the World Institute: www.bread.org
Action Against Hunger: www.aah-usa.org
American Farmland Trust: www.farmland.org
American Farm Bureau Federation: www.fb.org
Center for Science in the Public Interest: http://www.cspinet.org/
Strategic Alliance for Healthy Food & Activity Environments: www.eatbettermovemore.org
California Food Policy Advocates: www.cfpa.net
The National Agricultural Law Center: www.nationaglawcenter.org
Sustainable Agriculture Research and Education (SARE): www.sare.org
Sustainable Agriculture Coalition: www.msawg.org
National Sustainable Agriculture Information Service: www.atra.ncat.org
Farm and Food Policy Project: www.farmandfoodproject.org

United Nations Organizations:

United Nations: www.unsystem.org
United Nations System Standing Committee on Nutrition: www.unsystem.org/scn
The International Bank for Reconstruction and Development: www.worldbank.org
Food and Agriculture Organization: www.fao.org
UNICEF: www.unicef.org
World Food Program: www.wfp.org
The World Health Organization: www.who.org
United Nations University: http://www.unu.edu/
## Schedule of Class Sessions

**January 7, 2010 – Session 1**

- **Introductions: Purpose and Scope of course**
  - Taylor- Baer
- What is nutrition policy and who makes it?

**Domestic Reading:**
- Pollan, M. *Chapter 1: The Age of Nutritionism*, pp. 19-81.
- Gibney, MJ et al.: *Chapter 1, An Overview of Public Health Nutrition (BM Marretts)*, pp.4-12 only.

**International Reading:**
- World Bank, Chapters 1 and 2

**Recommended:**
- *Edelstein, S (ed.) Ch. 1 (Edelstein): Understanding the role of nutrition in public health service*, pp. 3-15
- *Edelstein, S (ed.), Ch. 7 (Rengers): Creating Public Policy*, pp. 233-250

**Background reading:**

**January 14, 2010 – Session 2**

- **Food insecurity, hunger and the right to food**
  - Taylor-Baer
- The global food crisis; famines: how did we get where we are today?  
  - Harrison

**Reading:**
- Gunderson C. (in Edelstein text). *Chapter 6: The Measurement of Food Insecurity in the US.* pp. 93-112,
- Gunderson C. (in Edelstein text). *Chapter 7: The Determinants of Food Insecurity in the US.* pp. 113-129.
- Gunderson C. (in Edelstein text). *Chapter 8: The Consequences of Food Insecurity in the US.* pp. 131-147.

**Domestic Reading:**
• Harrison GG. Impact of poverty and food insecurity on use of preventive medical services in the California Health Interview Survey. Available on-line at: http://www.ccpr.ucla.edu/ccprwpseries/ccpr_002_06.pdf

Recommended:

International Reading:
• Chapters 1-5 in the Clapp and Cohen text

January 21, 2010 – Session 3
• Changing dimensions of the nutrition problem Taylor-Baer
• Domestic nutrition agencies and programs
• The nutrition transition globally Harrison

Domestic Reading:
• Gunderson C. (in Edelstein text). Food Assistance Programs in the US pp. 149-167.
• Gibney MJ et al. Chapter 2, Dietary Guidelines, (MJ Gibney, P Wolmorans) pp. 133-144

Nestle, M. Part 1: Undermining Dietary Advice
• Chapter 3: “Deconstructing” dietary advice. pp. 67-92

Nestle, M. Part 2: Working the System
• Chapter 4: Influencing government: food lobbies and lobbyists. pp. 95-110.
• Chapter 5: Co-opting nutritional professionals. pp. 111-136.
• Chapter 7: Playing hardball: legal and not. pp. 159-172.

Recommended:
• Edelstein, S. (ed.), Chapter 9 (McCabe-Sellers; Bogle). The Role of the USDA in Public Health Nutrition, pp. 267-285. (USDA agencies)

International Reading:
• Harrison G and Hamide S. Overweight, obesity and related diseases. Chapter 9 (pp. 129-

- Galal OM, Harrison GG. Goals for preventive nutrition for developing countries. Forthcoming in A Bendich and R Deckelbaum (eds), Preventive Nutrition, 4th edition. Totawa NJ: Humana Press. (This will be e-mailed to the class as a pdf file).

**January 28, 2010 – Session 4**

- Changing dimensions of the nutrition problem globally
- Globalization of the food supply
- Nutrition monitoring and surveillance
- Nutrition in crisis situations: an emerging and urgent need

**Domestic Reading**

- Edelstein, S (ed.), Ch. 2 (O’Neil; Nicklas). Applying Nutrition Science to the Public’s Health, pp.17-35. (Nutrition monitoring and surveillance in the US)

**International Reading:**


**February 4, 2010 – Session 5**

- Intervention strategies: Income and food price support
  Food subsidies
  Food Stamps (Supplemental Nutrition Assistance Program)

**Domestic Reading:**

- Edelstein S. (ed.), Ch. 4 (Callio; Colchamiro). Reaching out to those at highest nutritional risk, pp.113-130.
February 11, 2010– Session 6

- **Intervention Strategies:**
  - Targeted maternal and child nutrition programs
  - Conditional cash transfer programs
  - Why does WIC work?
  - Revising the WIC food packages and school meals: the policy process

**Domestic Reading:**


**International Reading:**

  - Preventing Low Birthweight, pp. 25-42
  - Improving Child Growth, pp. 43-62

**Recommended:**


February 18, 2010 – Session 7

- **Intervention strategies:**
  - Nutrition education; labeling
Micro-nutrient supplementation and food fortification
Outsourcing food security

Handout: Credit with Education

Domestic Reading:

International Reading:
  - Preventing and Treating Anaemia, pp. 63-74
  - Preventing and Treating Iodine Deficiency, pp. 75-80
  - Preventing and Treating Vitamin A Deficiency (VAD) pp. 81-87
- Rice A. Is there such a thing as agro-imperialism? New York Times Magazine, November 22, 2009

Recommended:

February 25, 2010 – Session 8 (Final paper due) Taylor-Baer

- Functional foods and genetically modified foods
- Food technology and food safety
- Food Safety and Bioterrorism
- Nutrigenetics/Nutrigenomics

Domestic Reading:
- Edelstein (text) Chapter 3: Safety Issues in the US Food System (Gerald, BL), pp. 41-52
- Edelstein (text) Chapter 4: Food Safety Regulations and Programs (Gerald, BL), pp. 57-65.
- Edelstein (text) Chapter 5: Future Food Safety Initiatives and Biotechnology (Gerald, BL), pp. 71-84.
- Nestle M., Chapter 14: Beyond fortification, making foods functional. pp. 315-337.
- Nestle M., Chapter 15: Selling the ultimate techno-food. pp. 338-357.

**International Reading:**


**March 4, 2010 – Session 9**

**Climate Change: Effects on Global Food Supply and Food Safety**

**Guest lecturer:** Nelida Duran


Chapter 10 in the Clapp and Cohen text

**March 11, 2010 – Session 10**

**Taylor-Baer**

• How can we make it better? **Harrison**

• Designing an ideal food and nutrition system

• Course Evaluation

**Reading:**

• Nestle M. Conclusion: The politics of food choice. pp. 358-74.

• Nestle M. Afterward: Food Politics five years later and beyond, pp. 375-394

• Pollan M. *Chapter III, Getting over Nutritionism*, pp.139-201.

• Chapters 13-17 in the Clapp and Cohen text.

**Recommended:**
