Community Nutrition

Course: FSN 232
Faculty: Nayef Y. Bumaryoum, Ph.D.
Office Hours: Shweikh Campus Tuesday, 12 pm – 2 pm or by appointment
Department of Food Science and Nutrition
College of Health Sciences
Class Meeting: Monday (Shweikh) 8:00am - 11:50 am
RM # 108
Hours: 4

Tentative Schedule:

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<th>Days</th>
<th>Activities/Assignments</th>
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<td>19/9</td>
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<td>Introduction to Community Nutrition</td>
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<td>Changes in eating habits and chronic diseases</td>
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<td>7/11</td>
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<td>Nutrition claims</td>
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<td>Community nutrition programs planning</td>
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<td>Barriers to healthy lifestyle</td>
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<td>23/12- 6/1/2018</td>
<td>Comprehensive Final Exam Week … GOOD LUCK ☺</td>
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COMMUNITY NUTRITION

This course is designed to equip nutrition and dietetics students with written and oral skills to use in community nutrition programs. The purpose of health promotion and disease prevention interventions, related to food and nutrition, is to facilitate healthy changes in food behaviors. Students will learn how community-based nutrition programs focus on multiple populations in Kuwait and how public health nutrition policy evolves into community food and nutrition programs. Students will apply their knowledge through the development of a community nutrition assessment and the presentation of their review of successful interventions.

COURSE GOALS

Related to issues of community nutrition, nutrition-related disease prevention, food security, food safety, and food and nutrition relevant legislation, the instructor of this course seeks to enhance and expand your:

- Research capabilities so that you can find data and information relevant to mortality, morbidity, nutrition status and health status, and jobs
- Critical thinking skills so that you can review the data and the information in the list above to make educated decisions about people, policy and programs
- Skills in public discourse both orally and through written media so that you can express yourself confidently and advocate for healthy options
- Understanding and working-knowledge of legislative process and policy making so that you can develop support for nutrition policy and programs
- Awareness of current events and their implications for nutrition professionals so that you can improve your ability to benefit from ‘chance’ and respond meaningfully in a professional setting

COURSE OBJECTIVES

By the end of the semester, you will get the opportunity to:

1. Demonstrate effective, professional oral and written communication and documentation through weekly work and term projects
2. Use current information technologies to locate and apply evidence-based guidelines and protocols
3. Use current information technologies when communicating with individuals, groups and the public
4. Identify and describe the roles of others with whom the Registered Dietitian collaborates in profession of community nutrition
5. Explain the impact of a public policy position on dietetics practice
6. Explain the impact on food and nutrition services of health care policy and administration, health care delivery systems, and current reimbursement issues, policies and regulations
7. Apply the nutrition care process to community nutrition-related cases
8. Follow the steps involved in writing a report on the resources and needs of a community as part of a Community Nutrition Assessment
9. Apply knowledge of the role of environment, food and lifestyle choices to develop
nutrition interventions to affect change in diverse groups  10. Review a successful nutrition intervention and present the information to the class

CLASS POLICIES:

- Attendance is very important. Unexcused absences will result in lowering your grade. Students who have four unexcused absences will be prohibited from attending further classes.

- Exam questions will be taken from class notes and lectures.

- THERE WILL BE NO MAKE-UP TESTS. Students who miss a midterm exam and provide a VERIFIABLE EXCUSE WITH-IN ONE WEEK of the date of the test will be able to make up for it through doubling the grade percentage of their other midterm grade.

- Quizzes will not be announced. Be prepared for a quiz every lecture on the material of the previous lecture.

- Missed quizzes cannot be made up. The two lowest quiz scores will be dropped.

- Late assignments will automatically lose 2 point of the total mark and will not be accepted after the next day.

- Academic misconduct of any kind will not be accepted. An example of academic misconduct includes but is not limited to, cases of dishonest practices with assignments and/or examinations.

GRADING, EVALUATION POLICIES AND PROCEDURE:

- Attendance 5%
- Midterm Exam 15%
- Community assignments/Quizzes 20%
- In class activities/participation 10%
- Final Exam 50%

- **Recommended Textbook:** no. Note provided by professor

- Students are expected to **attend and participate in all class sessions.** According to college regulations, a student who is absent, for any reason, **THREE** class will not receive credit. A total grade of 60% is required to successfully pass this course.

The instructor reserves the right to change the above schedule and procedures for this course. Students will be notified of any changes during class time. Absent students are responsible for any announced changes.