



COLLEGE OF HEALTH SCIENCES
DEPARTMENT OF FAMILY AND CONSUMER SCIENCES
FACS 3339-01 COMMUNITY NUTRITION
SPRING SEMESTER 2018 - 3 CREDIT HOURS

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Office Hours: Wednesdays 10-12 and 1-3pm;

Thursdays 9:30-11:30 or by appointment

Classroom: MLHB 302

Class Time: Thursdays 2:30-5:20 pm

Welcome to Community Nutrition.

This course will utilize the designated textbook, online resources and assigned readings. Current events and statistics that apply to the material in this course will be addressed in coursework.

Course description: Nutritional studies of groups and community resources and programs providing nutritional services. Students become familiar with public and private community nutrition venues. It involves evaluating research, conducting community-level assessments, and applies research to nutrition policies and practices. It is a traditional on site class enhanced with Blackboard where course materials are posted, and includes work outside of the classroom to complete a service learning project and volunteer hours.

Prerequisites: FACS 4395 Lifecycle Nutrition. Foundational work in writing and public speaking should be completed as FACS 3339 involves substantial writing, in-class presentations and speaking to community members.

Required Text(s), Materials, Supplies

- Text: Community Nutrition in Action, M. Boyle, 7th Edition 2016;
ISBN-13: 978- 1305637993
- Additional Readings to be posted on Blackboard.
- Materials including a binder to complete service learning project.
- Students are responsible for their own travel to complete service learning project.

Additional Online Resources:

Healthy People 2020 <https://www.healthypeople.gov/>

Dietary Guidelines 2015-2020 <https://health.gov/dietaryguidelines/2015/guidelines/>

Behavioral Risk Factor Surveillance System (BRFSS) <http://www.cdc.gov/brfss/>

National Center for Health Statistics (NCHS) <http://www.cdc.gov/nchs/>
Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov/>
Recommended Strategies to Prevent Obesity in the US (CDC/MMWR):
<http://ftp.cdc.gov/pub/Publications/mmwr/rr/rr5807.pdf>

Recommended Resources:

- Free online journal, Preventing Chronic Disease <http://www.cdc.gov/pcd/>
- www.thecochranelibrary.com Review of evidence based practices, free abstracts.

This course addresses the KRDN's listed below that are part of the 2017 ACEND requirements for earning a verification statement to become eligible to apply to supervised practice/dietetic internship programs.

KRDN 1.1: Demonstrate how to locate, interpret, evaluate and use professional literature to make ethical, evidence-based practice decisions.

KRDN 1.2: Use current information technologies to locate and apply evidencebased guidelines and protocols.

KRDN 1.3: Apply critical thinking skills.

KRDN 2.1: Demonstrate effective and professional oral and written communication and documentation.

KRDN 2.3: Assess the impact of a public policy position on nutrition and dietetics practice.

KRDN 2.4: Discuss the impact of health care policy and different health care delivery systems on food and nutrition services.

KRDN 2.5: Identify and describe the work of interprofessional teams and the roles of others with whom the registered dietitian nutritionist collaborates in the delivery of food and nutrition services.

KRDN 2.6: Demonstrate an understanding of cultural competence/sensitivity.

KRDN 2.7: Demonstrate identification with the nutrition and dietetics profession through activities such as participation in professional organizations and defending a position on issues impacting the nutrition and dietetics profession.

KRDN 3.2: Develop an educational session or program/educational strategy for a target population.

KRDN 3.3: Demonstrate counseling and education methods to facilitate behavior change for and enhance wellness for diverse individuals and groups.

KRDN 4.1: Apply management theories to the development of programs or services.

KRDN 4.2: Evaluate a budget and interpret financial data.

KRDN 4.3: Describe the regulation system related to billing and coding, what services are reimbursable by third party payers, and how reimbursement may be obtained.

KRDN 4.4: Apply the principles of human resource management to different situations.

KRDN 4.6: Analyze data for assessment and evaluate data to be used in decision-making for continuous quality improvement.

Course Policies/Expectations

Syllabus Change Policy:

Every effort has been made to set a syllabus in place that will result in an excellent learning experience for the student and the faculty will make every effort to follow the syllabus as written. However, the faculty reserves the right to change the syllabus as needed in order to be responsive to student learning needs, resource availability, and unforeseen events such as inclement weather.

Assignments:

Assignments should be submitted according to the directions provided for each one. You will be submitting assignments primarily via Blackboard. Late assignments, for whatever reason, will result in a lowered grade of 10% per day after the due date. Computer/technology problems are not an excuse for a late assignment. Work ahead, rather than up to the last minute. Familiarize yourself with blackboard. All assignments must be completed to complete this course regardless of earned points. **You must submit an assignment even if you do not earn points due to a late submission in order to pass this course.**

Lap Tops and tablets:

Lap tops and similar electronic devices may be used during class if the use is specific to this class. No cell phones are allowed. If there is an emergency situation, please discuss with the faculty prior to class. No recordings or taking of photos of any kind are allowed in class.

Participation and Attendance:

SHSU attendance policy applies to this course. You are responsible for any missed material if you do not attend class. If you miss a class session, it is your responsibility to arrange with a fellow student in advance to collect any handouts for you, inform you of announcements and to provide you with copies of notes.

Make-up exams will not be given unless appropriate documentation is presented to the instructor as soon as possible after the missed exam. The student must initiate exam make-up plans. If you know you will not be able to attend a class, please inform the instructor via email.

The participation and attendance score you earn reflects the quality of your participation in Class/ Blackboard, as well as your attendance.

Assigned readings:

It is expected that all *readings are completed prior to class dates*. Coming to class unprepared may limit your understanding of the class discussion and will limit your contribution, ultimately affecting your participation grade. Class time should be used to expand upon and clarify the material, practice some of the skills, engage in discussion of the material, etc.

Blackboard

The syllabus, some Power point lectures, assignments, and articles will be posted on Blackboard. The Blackboard gradebook will be utilized. Some exams or quizzes may be administered via Blackboard. It is expected that students check Blackboard announcements several times per week.

Classroom Etiquette:

1. Come to class on time. If you happen to come to class late, please quietly take a seat near the door to not disrupt the class.
2. Be prepared (do the reading and assignments)
3. **Turn off ALL phones before class.**
4. Do not hold conversations during class when someone is speaking, whether it is the instructor or a fellow student speaking. This is disrespectful and disrupting. You may be asked to leave.
5. Use communication, such as email, **professionally (no “hey’....) – remember this your “academic career”**.
6. Read instructions carefully for assignments and follow them.
7. Review the syllabus and **check email and blackboard frequently** for any updates.
8. Contribute in class by answering and asking questions, participating.
9. No gum chewing.

University Policies and Resources

***Student Absences on Religious Holy Days (AP 861001)**

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. Section 51.911 (a) (2) defines a religious holy day as: “a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20....” A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious

holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

<http://www.shsu.edu/dotAsset/0953c7d0-7c04-4b29-a3fc-3bf0738e87d8.pdf>

***Students with Disabilities (AP 811006)**

It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Students with disabilities that might affect their academic performance should register with the Office of Services for Students with Disabilities located in the Lee Drain Annex (telephone 936-294-3512, TDD 936-294-3786, and e-mail disability@shsu.edu). They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. NOTE: No accommodation can be made until a student registers with the Services for Students with Disabilities.

<http://www.shsu.edu/dotAsset/187f9029-a4c6-4fb4-aea9-2d501f2a60f3.pdf>

***Class Attendance (AP 800401)**

Each instructor is obligated to clarify her/his classroom policy regarding absences in writing to each student enrolled in class at the beginning of the semester. Each faculty member will announce to her/his class the policies for accepting late work or providing make-up examinations.

A student shall not be penalized for three or fewer hours of absences when examinations or other assigned class work have not been missed. Class absences will be counted only from the actual day of enrollment for the individual student in that specific class.

<http://www.shsu.edu/dotAsset/b719129b-9593-424f-9d5a-920e2eda6890.pdf>

Student Absence Notification Policy (Dean of Students)

Distinction between non-emergency and emergency absences; included in this link is the Absence Notification Request Form: <http://www.shsu.edu/dept/dean-of-students/absence.html>

***Use of Telephones and Text Messengers in Academic Classrooms and Facilities (AP 100728)**

Each course syllabus must contain a policy statement as to the disposition of telephones and text messages (1) in the classroom, (2) during testing periods, and (3) for emergency considerations.

<http://www.shsu.edu/dotAsset/6d35c9c9-e3e9-4695-a1a1-11951b88bc63.pdf>

***Procedures in Cases of Academic Dishonesty (AP 810213)**

Students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials.

<http://www.shsu.edu/dotAsset/728eec25-f780-4dcf-932c-03d68cade002.pdf>

Allegations of **student misconduct**, as defined in paragraph 5.2, Chapter VI of the *Rules and Regulations*, Board of Regents, The Texas State University System, and Sam Houston State University *Student Guidelines*, published by the Dean of Students' Office, will be referred to the Dean of Students' Office for necessary action. Dean of Students: <http://www.shsu.edu/dept/dean-of-students/>.

Academic Grievance Procedures for Students (AP 900823)

Recommended for inclusion on syllabi. Academic grievances include disputes over course grades, unauthorized class absences/tardiness, suspension for academic deficiency, instructor's alleged unprofessional conduct related to academic matters, graduate comprehensive and oral exams, theses and dissertations, and withdrawal or suspension of privileges related to degree-required clinical rotation, internships, or other clinical service delivery in professional degree programs.

If the dispute is determined to be based upon professional judgment, the aggrieved student is entitled to have, as appropriate and in turn, the department/school chair, College Academic Review Panel, academic dean, Dean of Graduate Studies (for graduate student issues), and Provost and Vice President for Academic Affairs form an opinion about the dispute and so advise the individual(s) involved.

<http://www.shsu.edu/dotAsset/0bb1346f-b8d6-4486-9290-dba24123d0d8.pdf>

Visitors in the Classroom

Only registered students may attend class. Exceptions can be made on a case-by-case basis by the professor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

Additional Resources:

All SHSU Policies: <http://www.shsu.edu/intranet/policies/>

Student Guidelines <http://www.shsu.edu/students/guide/>

Assignment Format and useful resources:

All submissions should be typed, double spaced in a 12 point readable font. **Utilize APA format.** Most assignments will be submitted via Blackboard, however, those submitted in hard copy should be stapled and **not in folders except for the service learning project.** Detailed instructions and grading rubrics for assignments will be provided on Blackboard and/or during classroom discussion.

Brief Descriptions of Assignments

- **Poverty Simulation – Friday March 2, 2018**

All students will participate in a poverty simulation on March 2, 2018. You will be assigned either to the morning or the afternoon group that day. Please make arrangements for work and discuss with faculty from other courses. Report if you will be needing a letter to be excused from another course for that day.

- **Community Assessment and Education Project - Service Learning**

The Service Learning Project is completed as a team. Students are required to complete 12 hours of volunteer work each at a community site for the Service Learning Project. These hours should be completed **prior** to planning the service learning program that you will implement. More detail and lists of available projects will be provided. If you have a contact with an agency that meets faculty approval and an affiliation agreement can be executed in time you may be able to utilize an agency of your choice. All agency **sites require a signed affiliation agreement before you can engage in a project.** If you are volunteering already at a suitable site, let me faculty know asap. It is not necessarily acceptable to just do what you already have been doing – this will not expand your knowledge. It is preferable that you pick another site to get a more varied experience. The purpose of the project is to gain experience in a community agency, develop your community nutrition skills, and provide a needed **nutrition-related services and an educational program** for that agency. You will be following the 7 steps of program planning for this project.

- **Grant writing Project:**

You will be writing a mini- grant application related to the community and/or the community agency you are working with for the service learning project. You will use the assessment data you collected on your community, goals and objectives, budget and any other portion of the service learning project necessary when you write the grant application. A format will be provided or you may use a “real” grant application if applicable.

- **Policy Assignment:**

There are 2 parts to this assignment:

1. You will **view or attend** a legislative meeting and write a short summary of your observation. You may consider issues related to the ethical implications of current policy or programs being discussed, the perspectives of those who spoke at the meetings, and the facts presented. Meeting topics must be nutrition-related. Ask for approval if you are unsure. Additional instructions will be provided in class. Length is approximately 2 pages.
2. Throughout the course of the semester, you will also send two advocacy letters to political leaders of your choice regarding a current nutrition/dietetics- related legislative initiative. One letter should be related to a health care **delivery** policy and one general health policy. If you are a member of the Academy of Nutrition and Dietetics, you may utilize their Grassroots Manager to assist with this assignment. Submit evidence of the letter and indicate the policy’s impact on dietetics practice.

Additional Community Nutrition Education Opportunities provided by outside organizations will be taken advantage of during this semester – so flexibility is a must! It is likely the course calendar will be adjusted for these.

Assessment of Student Performance:

Student overall performance will be measured based on exams, quizzes, assignments, and participation. The grading scale is as follows:

A = 90-100%, **B** = 80-89%, **C** = 70-79%, **D** = 60-69%, **F**= below 60

Student Assessment	Possible Points
Comprehensive Final (online)	125
Online Exams	250
Cultural Competence Quiz	50
Health Care Delivery and Policy Quiz	50
Community Health Statistics Assignment	35
Community Assessment and Education Project:	
a. Community Assessment and Education Project (group binder)	200
b. Community Assessment and Education - Service Learning Project (individual sections)	75
c. Community Assessment and Education Project Presentations (2)	50
d. Grant Writing Project Component	20
Public Policy Assignment	80
Peer Evaluation	30
Class Participation	15
TOTAL possible points	980

Syllabus and Change Policy: This is a tentative course calendar. Changes will be posted in advance on Blackboard and/or will be emailed via blackboard in advance.

<u>Date</u>	<u>Topic</u>	<u>Chapters</u>	<u>Exams / DUE Dates</u>	<u>Service Learning Project Progression</u>
Jan 18	Introduction to course Concept of Community Community Nutrition Practice Epidemiology Assignments & Service Learning Project Discussion	Ch 1 Ch 2	Homework: State and County Health Statistics, DUE Jan 24th - Blackboard	

Jan 25	National Nutrition Agenda Community Needs Assessment Assessing Community Resources Mapping Tools	Ch 7 Ch 4	Health Statistics Due Jan 24th	Begin Assessing your Community/ Target Population
Feb 1	Program Planning Gaining Cultural Competence	Ch 5 CH 15	<u>Online Exam 1:</u> Ch 1-2, 7 Jan 29th	
Feb 8	The Art and Science of Policymaking The Meaning of Food	Ch 6	Policy Assignment (2 Parts) DUE 4/26 Online Cultural Competence Quiz - CH 15 – DUE Feb 12th	
Feb15	Health Care System and Policy	Ch 9	<u>Online Exam 2:</u> Ch 4, 5, 6 DUE – Feb 19	
Feb 22	Understanding and Achieving Behavior Change Principles of Nutrition Education	Ch 3 Ch 16	**Community Assessment Group Presentations (Steps 1,2,3) Health Care Delivery and policy- Quiz- Ch 6,9 – DUE Feb 26th	Step 1: Community Assessment Findings Step 2: Program Goals and Objectives
March 1-2 Poverty Simulation	Poverty Simulation Week No class meeting – Group Project Meetings		<u>Online Exam 3:</u> Ch 3, 16 Due March 5	Step 3: Program Plan Step 4: Develop a Management System
March 8	<u>Delivering Programs:</u> Food Insecurity and Food Assistance Programs Film	Ch 10		Step 5: Identify Funding Sources
Spring break				

March 22	<u>Delivering Programs:</u> Mothers & Infants: Assessment, Services & Programs	Ch 11	<u>Online Exam 3:</u> Ch 17, 15, 18	
March 29	Children & Adolescents Healthy Aging: Assessment, Services, and Programs	Ch 12 Ch 13		<u>Program Planning Steps 6 & 7</u> Implement and Evaluate your Program
April 5	Global Food and Nutrition Security and Challenges	Ch 14		
April 12 TX- AND Meeting	No Class Meeting Group Meetings for Program Evaluation, Development of Binders & Presentation			
April 19	Sustainability Module		<u>Online Exam 5:</u> Ch 13,14 Sustainability DUE 4/26	
April 26	Presentations of Projects		Policy Assignment (2 Parts) DUE 4/26	Complete Reflection Section of Community Project <u>Complete Peer Evaluation</u>
May 3	Wrap-Up		Service Learning Project Binders and all components due May 4	
May 7-10 Finals	Comprehensive Final per University Schedule (not online)			