

2016-9-NFS301 Nutrition Literacy: Sorting Science From Snake Oil

Course Description:

The course will help students learn to recognize the strengths and limitations of various nutrition research methods, find reliable nutrition information on the Internet and develop systematic thinking skills to critically evaluating the quality of nutrition information in both the scientific literature and popular media. *Prerequisite:* NFS284H1

Instructor:

Debbie Gurfinkel: Instructor: debbie.gurfinkel@utoronto.ca

416-978-3621

Office Hours: location: FG142 150 College St Friday 1 -5 pm Sept 16-Dec 9 inclusive. If these hours are not suitable e-mail for an appointment

Course time, location, website:

Lecture: Friday 9-12 MS2170

Course website: available on your Portal page in Blackboard

Textbook:

There is no required textbook for this course.

Course Schedule

Week	Date	Topic
1	Sept 16	Syllabus Overview: Objectives of the Course Nutrition Research: RCTs, Observational Studies, Systematic Review Concepts of Quality, Bias, Context, Fact Checking
2	Sept 23	Observational Study 1: Fretts et al 2012 Quality appraisal tool for observational studies Quality Assessment of Media Articles Discussion of ASSIGNMENT 1: Writing a Media Article
3	Sept 30	Observational Study 2: Song et al 2016 Discussion of ASSIGNMENT 2: Quality assessment of scientific papers
4	Oct 7	Systematic Review of Observational Studies: De Souza et al 2015 Development of Appraisal Tool for systematic reviews Assignment 1: Writing a media article DUE
5	Oct 14	Systematic Review of Observational Studies: Micha et al 2010 Quality Assessment of Health-based Internet Sites
6	Oct 21	TERM TEST 1: Open book MCQ: Observational Studies: Based on reading of two papers and course material (week 1-5 inclusive) <ul style="list-style-type: none">• Papers will be posted on Blackboard two weeks before test• To prepare for the term test:<ul style="list-style-type: none">○ Read papers & do answer quality appraisal analysis○ Review course content for concepts from class relevant to the papers

		Discussion of ASSIGNMENT 3: Fact Checking using PubMed
7	Oct 28	Intervention Trial 1: Jenkins et al 2003; Jenkins et al 2005; Jenkins et al 2011 Quality appraisal tool for intervention trials Development of Appraisal Tool
8	Nov 4	Intervention Trial 2: Roussel et al 2012 Assignment 2: Quality assessment of scientific papers DUE
9	Nov 11	Intervention Trial 3: Thorning et al 2015
10	Nov 18	Systematic Reviews: Intervention Trials 1: Mozaffarian et al 2010 Assignment 3: Fact Checking with PubMed DUE
11	Nov 25	Systematic Review: Interventional trials 2: Sievenpiper et al 2012
12	Dec 2	TERM TEST 2: Open book MCQ: Intervention Trials: Based on reading of two papers and course material (week 7 -11 inclusive) <ul style="list-style-type: none"> • Papers will be posted on Blackboard two weeks before test • To prepare for the term test: <ul style="list-style-type: none"> ○ Read papers & do answer quality appraisal analysis ○ Review course content for concepts from class relevant to the papers

Assessment

Assignment	Due Date	Weight (%)
Assignment 1: Writing a Media Article	Oct 7	15
Term test 1: Open book MCQ: Observational Studies: Based on reading of two papers and course material from week 1-5 Papers will be posted on Blackboard two weeks before test To prepare for the term test: Read papers & do answer quality appraisal analysis Review course content for concepts from class relevant to the papers Individual Test: 15% Group Test: 2.5%	Oct 21	17.5
Assignment 2: Quality Assessment of Scientific Papers	Nov 4	30
Assignment 3: Fact Checking with PubMed	Nov 18	12
Term test 2: Open book MCQ: Intervention Trials: Based on reading of two papers and course material week 7 -11 inclusive Papers will be posted on Blackboard two weeks before test To prepare for the term test: Read papers & do quality appraisal analysis Review course content for concepts from class relevant to the papers Individual Test: 15% Group Test: 2.5%	Dec 2	17.5
Pre-class online quizzes (8 x 1%) online by 9 AM on due date: <ul style="list-style-type: none"> • Fretts et al 2012 – practice quiz – not for credit • Song et al 2016 • De Souza et al 2015 	Sept 23 Sept 30 Oct 7	8

<ul style="list-style-type: none"> • Micha et al 2010 • Jenkins et al 2003, 2005, 2011 • Roussel et al 2012 • Thorning et al 2015 • Mozaffarian et al 2010 • Sievenpiper et al 2012 	<p>Oct 14</p> <p>Oct 28</p> <p>Nov 4</p> <p>Nov 11</p> <p>Nov 18</p> <p>Nov 25</p>	
TOTAL:		100

Reading List

Read by:	Paper
Sept 23	<p>Fretts AM, Howard BV, McKnight B, Duncan GE, Beresford SA, Mete M, Eilat-Adar S, Zhang Y, Siscovick DS.</p> <p>Associations of processed meat and unprocessed red meat intake with incident diabetes: the Strong Heart Family Study.</p> <p>Am J Clin Nutr. 2012 Mar;95(3):752-8. doi: 10.3945/ajcn.111.029942. Epub 2012 Jan 25. http://simplelink.library.utoronto.ca/url.cfm/507778</p>
Sept 30	<p>Song M, Fung TT, Hu FB, Willett WC, Longo VD, Chan AT, Giovannucci EL.</p> <p>Association of Animal and Plant Protein Intake With All-Cause and Cause-Specific Mortality. JAMA Intern Med. 2016 Aug 1. doi: 10.1001/jamainternmed.2016.4182. [Epub ahead of print] http://simplelink.library.utoronto.ca/url.cfm/507779</p>
Oct 7	<p>de Souza RJ, Mente A, Maroleanu A, Cozma AI, Ha V, Kishibe T, Uleryk E, Budylowski P, Schünemann H, Beyene J, Anand SS.</p> <p>Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies.</p> <p>BMJ. 2015 Aug 11;351:h3978. doi: 10.1136/bmj.h3978. https://www-ncbi-nlm-nih.gov/myaccess.library.utoronto.ca/pmc/articles/PMC4532752/</p>
Oct 14	<p>Micha R, Wallace SK, Mozaffarian D.</p> <p>Red and processed meat consumption and risk of incident coronary heart disease, stroke, and diabetes mellitus: a systematic review and meta-analysis.</p> <p>Circulation. 2010 Jun 1;121(21):2271-83. doi: 10.1161/CIRCULATIONAHA.109.924977. http://simplelink.library.utoronto.ca/url.cfm/507781</p>
Oct 28	<p>Jenkins DJ, Kendall CW, Marchie A, Faulkner DA, Wong JM, de Souza R, Emam A, Parker TL, Vidgen E, Lapsley KG, Trautwein EA, Josse RG, Leiter LA, Connelly PW. 2003</p> <p>Effects of a dietary portfolio of cholesterol-lowering foods vs lovastatin on serum lipids and C-reactive protein. JAMA. 290(4):502-10. doi:10.1001/jama.290.4.502 http://simplelink.library.utoronto.ca/url.cfm/443660</p> <p>Jenkins DJ, Jones PJ, Lamarche B, Kendall CW, Faulkner D, Cermakova L, Giguere I, Ramprasath V, de Souza R, Ireland C, Patel D, Srichaikul K, Abdounour S, Bashyam B, Collier C, Hoshizaki S, Josse RG, Leiter LA, Connelly PW, Frohlich J. 2011.</p> <p>Effect of a dietary portfolio of cholesterol-lowering foods given at 2 levels of intensity of dietary advice on serum lipids in hyperlipidemia: a randomized controlled trial. JAMA. 306(8):831-9. doi:10.1001/jama.2011.1202. http://simplelink.library.utoronto.ca/url.cfm/443659</p>

	Jenkins DJ, Kendall CW, Marchie A, Faulkner DA, Wong JM, de Souza R, Emam A, Parker TL, Vidgen E, Trautwein EA, Lapsley KG, Josse RG, Leiter LA, Singer W, Connelly PW. 2005. Direct comparison of a dietary portfolio of cholesterol-lowering foods with a statin in hypercholesterolemic participants. Am J Clin Nutr. 81(2):380-7. http://simplelink.library.utoronto.ca/url.cfm/376292
Nov 4	Roussel MA, Hill AM, Gaugler TL, West SG, Heuvel JP, Alaupovic P, Gillies PJ, Kris-Etherton PM. 2012. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. Am J Clin Nutr. 95(1):9-16. http://simplelink.library.utoronto.ca/url.cfm/376291
Nov 11	Thorning TK, Raziani F, Bendtsen NT, Astrup A, Tholstrup T, Raben A. Diets with high-fat cheese, high-fat meat, or carbohydrate on cardiovascular risk markers in overweight postmenopausal women: a randomized crossover trial. Am J Clin Nutr. 2015 Sep;102(3):573-81. doi: 10.3945/ajcn.115.109116. Epub 2015 Jul 15. http://ajcn.nutrition.org.myaccess.library.utoronto.ca/content/102/3/573
Nov 18	Mozaffarian D, Micha R, Wallace S. 2010. Effects on coronary heart disease of increasing polyunsaturated fat in place of saturated fat: a systematic review and meta-analysis of randomized controlled trials. PLoS Med. 7(3):e1000252. DOI: 10.1371/journal.pmed.1000252 http://www.plosmedicine.org/article/info%3Adoi%2F10.1371%2Fjournal.pmed.1000252
Nov 25	Sievenpiper JL, de Souza RJ, Mirrahimi A, Yu ME, Carleton AJ, Beyene J, Chiavaroli L, Di Buono M, Jenkins AL, Leiter LA, Wolever TM, Kendall CW, Jenkins DJ. 2012. Effect of fructose on body weight in controlled feeding trials: a systematic review and meta-analysis. Ann Intern Med. 156(4):291-304. doi:10.7326/0003-4819-156-4-201202210-00007 http://simplelink.library.utoronto.ca/url.cfm/376176

Important Course Policies:

Late submission of assignments:

A hard copy of each assignment is due **at the beginning of class** on the due date.

Assignments will be accepted after class, **on the due date**, but there will be a **10% penalty** (Initial grade 85%-10% penalty = 75% final grade). Submit the assignment directly to Dr G (FG142) or leave your assignment in the main office of the Department of Nutritional Sciences (FG 316), no later than 4:45 pm on the due date. Have it stamped "received" and dated.

The **hard copy** of your assignment is the only version which will be graded; submitting your assignment to Turnitin or by e-mail as "proof" of its timely completion is **NOT** acceptable; timely completion includes the budgeting of travel time to ensure you can submit your hard copy.

NO ASSIGNMENT WILL BE ACCEPTED after the due date except for compelling reasons such as illness or personal distress. Please contact Dr G by e-mail (debbie.gurfinkel@utoronto.ca) to request an extension, prior to the due date. You will be asked to provide a reason for the request. This can be a written explanation from you or a medical certificate

<http://www.illnessverification.utoronto.ca/getattachment/index/Verification-of-Illness-or-Injury-form-Jan-22-2013.pdf.aspx>

Verbal explanations can also be provided. All discussions are treated as confidential. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, may be asked for additional documentation and are advised to discuss their situation with their college registrar.

Please note that poor time management, having several assignments due at the same time, having to study for term tests, etc are generally NOT compelling reasons for an extension. Students are expected to complete their assignments as best they can, hand them in on time, even if incomplete, and accept that they may not get as high a grade as they would like.

If you feel you have a compelling reason that cannot be easily documented or are uncertain if your reasons are compelling, you should ideally discuss this with Dr G before the assignment due date. If this is not possible then **FIRST** hand-in as much of the assignment as you possibly can on the due date and **THEN** contact Dr G to discuss your situation. All discussions are kept confidential.

Policy for missed term tests: Except for compelling reasons such as those described in the policy regarding late assignments, all students will be given a grade of ZERO if they miss a term test. When compelling reasons are provided, a test alternative will be arranged. Contact Dr Gurfinkel as soon as possible after a missed test.

Assignment re-reads: If you have concerns about your grading, a re-read can be requested. Instructions are given in the respective assignment handouts.

Turnitin

"Normally students will be required to submit their assignments to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their assignments to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin.com service are described on the Turnitin.com web site."

A link to Turnitin, for submission of assignments, will be available in Blackboard.

If you have problems that prevent you from submitting to Turnitin, please contact Dr Gurfinkel to discuss alternatives. All students are expected to either submit to Turnitin, which is voluntary, or provide an alternative. Failure to do so could result in **a grade of ZERO for the assignment**. For those who do not submit to Turnitin, as an alternative you will be expected to meet with Dr Gurfinkel for a short **oral test** during which you will be asked questions about the writing of the assignment and its content. Your assignment grade may be changed based on how well you answer these questions.

Lecture material, audio recordings, and intellectual property

Lecture presentations and course materials are the intellectual property of the instructor. All students enrolled in NFS301 are permitted to use the material for personal study. You may also make audio recordings of the lecture for personal use. Note that if you bring a recording device to the front of the classroom, you do so at your own risk. These devices do get lost or stolen.

Academic Integrity

Students are expected to conduct themselves with academic integrity. The Code of Behaviour clearly describes activities that are considered academic misconduct:

<http://www.governingcouncil.utoronto.ca/policies/behaveac.htm> Student are urged to regularly review the code as ignorance of the rules is not an acceptable excuse.

Help with Academic Skills:

Academic Success Centre: The Academic Success Centre provides workshops, peer mentoring, and other resources to help all students improve their academic skills. Check out the available services at:

<http://www.asc.utoronto.ca/>

English Language Learning: Provides support to students for whom English is a second language. It also supports native speakers who would like to improve their language skills. Check out available services at:

<http://www.artsci.utoronto.ca/current/advising/ell>

Writing Centres: Writing Centres provide assistance with writing assignments for all students. Check out available services at: <http://www.writing.utoronto.ca/writing-centres>

Accessibility Needs:

The University of Toronto is committed to accessibility. If you require accommodations for a disability, or have any accessibility concerns about the course, the classroom or course materials, please contact Accessibility Services as soon as possible: <http://www.accessibility.utoronto.ca/>