

NFS 1201 - Public Health Nutrition 2015

Instructor: Sarah Orr (sarah.orr@utoronto.ca)
Room 340, FitzGerald Building.

Class hours: Wednesdays 10:10 - 12:00, September 16 - December 9, 2015

Location: FG 139

Course outline:

The course is designed to provide students with i) a basic understanding of theoretical and practical issues underpinning population-level assessment and intervention; and ii) an appreciation of nutrition within the broader context of public or population health.

Topics to be discussed include:

- the derivation, interpretation, and application of Dietary Reference Intakes for individuals and population groups
- population-level dietary assessment
- current issues and controversies in food policy
- individual- vs population-based intervention strategies to support nutritional health
- food security measurement and surveillance in Canada
- household food insecurity as a public health problem.

Readings:

A core list of readings intended to provide background for the lectures in this course is posted on Blackboard. Additional articles of particular relevance will be flagged during the term. All of the readings used in this course are available online either through the UofT library or on the websites of Health Canada and the National Academy of Sciences.

Grading:

Assignment 1: a problem related to the interpretation of dietary requirements.

- 25% of final grade
- distributed in class on September 30th, due on October 14th

Assignment 2: an application of key principles in population-level dietary assessment and planning to critically appraise some aspect of nutrition policy in Canada.

- 40% of final grade
- distributed in class on October 21th, due on November 11th

Assignment 3: applying a population health intervention approach to address food insecurity.

- 35% of final grade
- distributed in class on November 18th, due on December 16th