

NFS 1201 – PUBLIC HEALTH NUTRITION

2021

Instructor: Valerie Tarasuk - valerie.tarasuk@utoronto.ca

Synopsis:

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 evolution and current applications of Dietary Reference Intakes
- Canada's Dietary Guidelines
- population-level dietary assessment
- current issues and controversies in food policy and dietary guidance
- individual vs population-based intervention strategies to support nutritional health
- food insecurity measurement and surveillance in Canada
- household food insecurity as a public health problem.

Class hours:

Wednesdays 10:10 - 12:00, September 8 - December 1, 2021

Course design:

- Live lectures and in-class discussions will be held on **ZOOM** during the class hours. Lectures will begin at 10:10, but typically end well before noon, taking into account the time that students need to spend watching the prerecorded lecture material.
- The course content for each week is organized as a **Page**.
 - The PowerPoint slides used for the lectures will be uploaded as a pdf file to the corresponding **Page** before each class. You will be able to annotate this file during the class. The recordings of the live lecture will be added to the **Page** after the class.
 - Shorter segments of lecture content will be prerecorded and posted on the associated **Pages** for your review in advance of the classes. The slides for these lectures will also be posted there.
 - A core list of readings intended to provide background for the lectures in this course is posted in **Library Reading List**. Additional articles, video and audio material of particular relevance will be flagged during the term. All reference

materials used in this course are available online. The work for each week will be listed in the *Page* for that week.

- In order to keep pace with the course content, it is critical that you do the readings and watch any prerecorded lecture material in advance of the live classes.
- *Assignments* will be posted and submitted online.
- The *Discussion* board in Quercus will be used as a space to discuss course logistics and specific issues related to the course content.
- To meet with Dr Tarasuk outside class hours, send an email to her. Private or small group meetings can be scheduled via Zoom or telephone. Regular 'drop-in' office hours can also be scheduled online, depending on students' interest and availability.

Grading:

Assignment 1:

- an application of basic principles in population-level dietary assessment (assigned)
- written in short answer/essay format
- 25% of final grade
- posted on September 22, due on October 8th.

Assignment 2:

- an examination of a current controversy related to dietary guidance and nutrition policy in Canada (assigned)
- written in essay format
- 40% of final grade
- posted on October 13th, due on November 8th.

Assignment 3:

- a critical examination of intervention related to food insecurity
- completed in the form of a narrated PowerPoint presentation
- 35% of final grade
- posted on November 10th, due on December 8th.

Video recording and sharing:

This course, including your participation, will be recorded on video and will be available to students in the course for viewing remotely and after each session.

Course videos and materials belong to your instructor, the University, and/or other source depending on the specific facts of each situation and are protected by copyright. In this course, you are permitted to download session videos and materials for your own academic use, but you should not copy, share, or use them for any other purpose without the explicit permission of the instructor.

For questions about recording and use of videos in which you appear please contact Valerie Tarasuk.

Academic Integrity:

All suspected cases of academic dishonesty will be investigated following procedures outlined in the *Code of Behaviour on Academic Matters*. If you have questions or concerns about what constitutes appropriate academic behaviour or appropriate research and citation methods, please reach out to me. Note that you are expected to seek out additional information on academic integrity from me or from other institutional resources (for example, the [University of Toronto website on Academic Integrity](#)).