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Fall 9-1-2022

### PUBH 380.01: Public Health Nutrition

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## **Public Health Nutrition – PUBH 380 (3 credits); CRN 74282**

**Course Format:** Class meets 8:00 AM – 9:20 AM Tuesdays and Thursdays in Skaggs Building room 174 beginning August 30, 2022. In-person format. In-person means all students attend the class in-person at the meeting time listed above.

### **Instructor:**

Blakely Brown (she/her), PhD, RD  
Professor – School of Public and Community Health Sciences  
Email: [Blakely.brown@umontana.edu](mailto:Blakely.brown@umontana.edu)  
Office hours: Wednesdays, 11:00-12:30 most weeks or by appointment

### **Teaching Assistant:**

Ali Manuel (she/her) MPH-CHPS student/candidate  
Email: [ali.manuel@umconnect.umt.edu](mailto:ali.manuel@umconnect.umt.edu)  
Office Hours: Thursdays, after 12pm by appointment only

**Course Website:** To access this course visit Moodle online. To use the site, enter your NetID username and password. Check the website often, at least prior to class meeting times for any updates, notices, etc., Class materials, assignments, MindTap, resources, and announcements will be posted on this website.

**Required Text:** Boyle MA, Community Nutrition in Action – An Entrepreneurial Approach. Wadsworth, Belmont, CA, 8<sup>th</sup> edition, 2022. ISBN 978-0-357-36795-7. This text includes the MindTap learning tool and resources.

**Required Online Learning Tool:** MindTap for the required text. Please use this information to access MindTap information and resources to help you access this course and learn how to troubleshoot common issues.

Cengage Virtual Office Hours for Students, Fall Semester, 2022

- August 15 – October 15  
1:00 – 3:00 PM, Mountain Time  
Join here: [https://info.cengage.com/DTS\\_OfficeHours\\_West](https://info.cengage.com/DTS_OfficeHours_West)

**Question: How do I purchase the text and access to MindTap?**

**Answer:** You may purchase the printed text with the MindTap access code at the UC bookstore on campus, or you may purchase the MindTap access code which includes the ebook, or Cengage Unlimited, right from the course on Moodle.

**Course Format and Description:** This course is offered as an in-person-only format. This course will examine the role of nutrition in promoting, maintaining, and improving health in the community. The course will investigate the financial, legislative, political, socioecological, and scientific aspects of public and community health. Students will identify nutrition programs and policies for various stages of the life cycle and develop skills needed to solve nutrition and health problems in community settings. Students are strongly encouraged to complete NUTR 221 - Basic Human Nutrition, or comparable undergraduate lower division nutrition course, before enrolling in this course.

Phones, laptops and tablets are not allowed during lectures for social or non-course related purposes. Devices may be used in ways that help you process course information or contribute to group discussion/understanding. For example, if you want to look up a website referenced in class or check the most recent data, that would be a valuable contribution. However, texting friends, checking email, looking at social media, etc. should be done outside of class time.

The course uses Moodle to organize the course and materials. [UMOnline](#) has made available an interactive tutorial for using Moodle as a student, Moodle 101 for Students. The course is organized in weekly modules that may consist of readings, class discussions, course activities, and assignments.

### Competencies and Assessment

B.S. Public Health Program competencies	Assessment activities
The concepts of population health, and the basic processes, approaches and interventions that identify and address the major health-related needs and concerns of populations.	<ul style="list-style-type: none"> <li>List the major nutrition and nutritional educational needs of special population groups.</li> <li>Describe national, regional and local public health agencies/programs and experts in areas related to nutrition and community health.</li> </ul>
The basic concepts of legal, ethical, economic and regulatory dimensions of health care and public health policy and the roles, influences and responsibilities of the different agencies and branches of government.	<ul style="list-style-type: none"> <li>Identify major federal agencies and programs in the U.S. that contribute to the practice of public health nutrition.</li> <li>List the major steps of the legislative process as it applies to procurement of funds for community nutrition programs.</li> </ul>
The socioeconomic, behavioral, biological, environmental and other factors that impact human health and contribute to health disparities.	<ul style="list-style-type: none"> <li>Apply the socio-ecological and the social determinants of health frameworks for</li> </ul>

B.S. Public Health Program competencies	Assessment activities
	planning effective dietary behavior change strategies. <ul style="list-style-type: none"> <li>• Discuss the cultural and contextual factors that affect food and nutrition behaviors in the community or specific target group.</li> </ul>
The fundamental concepts and features of project implementation, including planning, assessment, and evaluation.	<ul style="list-style-type: none"> <li>• Describe the process of developing a nutrition needs assessment of a target population.</li> <li>• Describe the planning, implementation and evaluation processes applicable to community nutrition programs.</li> <li>• Identify study designs commonly used in nutritional epidemiologic research.</li> </ul>

### **COVID and Other Viruses Mitigation Information**

While COVID-19 still exists within our community and new variants of concern are identified, there are also tools to mitigate its effects. COVID-19 is now managed on a regular basis, much like other common viruses and illnesses. At the same time, UM continues to monitor how COVID-19 is impacting our campus and the Missoula community. Should UM need to share timely updates regarding COVID-19, UM will send campus-wide emails and post updates on [UM's Curry Health Center website](#).

The same goes for other viruses that could impact us such as monkeypox. UM is monitoring cases in Montana and, if warranted, will issue additional guidance should there be an increase of cases in our community. You are encouraged to learn about [monkeypox symptoms and prevention](#).

Below is the current campus guidance for the fall semester as it relates to COVID-19.:

- The University encourages COVID-19 vaccines and boosters, which are offered for both students and employees at the Health Services Pharmacy inside Curry Health Center.
- Masks are only required inside Curry Health Center and in some medical/research laboratories on campus. This requirement will be clearly posted. Required or not, we respect those choosing to wear a mask to reduce spread of respiratory viruses.
- COVID-19 testing for students is available at Curry Health Center. For employees, contact your primary care provider or visit a walk-in clinic. [Free at-home tests can be ordered online](#), or there may be tests available through the Health Services Pharmacy by calling 243-5171.
- UM Housing is no longer operating separate quarantine/isolation spaces for students in the residence halls. UM Housing will provide guidance for students isolating in place in the residence halls.

- Students who test positive for COVID-19 need to isolate for at least five days, which includes not attending in-person classes. During isolation, students should stay home or follow UM Housing guidance for isolation in place, and, if they must leave for food, medicines or other essentials, wear a high-quality mask.
- After five days students can leave isolation if they are symptom-free. If symptoms persist, isolation should continue until students are symptom-free for 24 hours (without use of medications to alleviate the symptoms).

## Assignment Policies and Descriptions

Service Learning Project: Select an agency or organization that provides food or nutritional care as part of its services – see List of Programs below and in the Assignment section of Moodle. **Send an email to Blakely and Ali by September 6** to obtain agency or organization approval for that agency – First Come/First Serve. After your approval, visit the agency or organization and interview the individual who is responsible for the delivery of the nutrition/food support program services or educational program. Who are the individual(s) overseeing the nutrition/food support program and what are their credentials (RD, BS, home economist, other...)? How is this individual employed? Arrange to volunteer a minimum of 8 hours for this agency/program or organization. Submit a two-page report (12 point font, double-spaced) containing an overview of the agency/program, its clientele and services, and the results of the interview and your volunteer experiences. Also include your impressions of the agency or organization and their ability to accomplish its mission. Prepare a brief presentation (10 minutes, no more than 5 slides) about the agency/program or organization and your experience to share with the class.

Due Dates: Report **Due November 22**. Student presentations during last week of class – **December 6 and 8** (100 points total).

- Missoula County Public Schools – National School Breakfast and Lunch programs. <https://www.mcpsmt.org/domain/841>
- Missoula Women, Infants and Children Program <https://www.missoulacounty.us/government/health/health-department/healthy-people-healthy-families/wic>
- Missoula Community Food and Agriculture Coalition. <https://cfacmontana.org/>
- Garden City Harvest <https://www.gardencityharvest.org/>
- Child and Adult Care Food Program <https://dphhs.mt.gov/ecfsd/childcare/cacfp/>
- Missoula Food Bank and Community Center <https://www.missoulafoodbank.org/>

Federal Legislation Assignment: One way to search for federal legislation is to go to the Academy of Nutrition and Dietetics Advocacy website for information about current legislation and public policy issues being legislated at the federal level (U.S. Congress), and locate an Act/Bill that you want to use for this assignment and the legislator letter.

Here is the link for that website:

<https://www.eatrightpro.org/advocacy/legislation/current-legislation>

**Another way to search for federal level legislation**, is to look at bills that have been introduced by members of Congress for the following:

- 1) updating the **Child Nutrition Reauthorization (CNR) Act**.  
<https://frac.org/action/child-nutrition-reauthorization-cnr>
- 2) reauthorizing the SNAP/Farm Bill: <https://frac.org/action/snap-farm-bill>
- 3) the Universal School Meals Program Act of 2021: <https://frac.org/healthy-school-meals-for-all>

When you decide on a bill go to the actual bill and read the about the legislation including any actions or amendments taken on the legislation. Present your findings in a two page report that is organized using the grading rubric posted on Moodle.

**Due October 13 by 11:59 PM** (40 points). See grading rubric on Moodle.

Legislator Letter Assignment: Create a letter to a legislator who is NOT a cosponsor of the bill to advocate for the legislation you chose in the National Legislation assignment. See grading rubric posted on Moodle for all the items that should be included in the letter. **The letter is due on November 3 at 11:59 PM**. Send the letter directly to Blakely or Ali. We will review and grade the letter and send any suggested revisions back to you by November 10th. Then, revise the letter and **send the letter to the legislator by November 15<sup>th</sup>**. Save the confirmation (e.g., sent email, letter submission or response from the legislator) as a pdf file and send it to Blakely or Ali by **November 17<sup>th</sup>**.

**Due Dates: Letter due on Nov 3** (30 points). **Confirmation of letter sent to legislator due on Nov 17<sup>th</sup>** (5 points). See grading rubric on Moodle.

In-class Discussion: Questions will be posted for three in-class discussion, via Moodle in the Assignments topic area. There may also be a reading/paper required for the discussion. Points will be awarded for active participation in the discussion and the quality of the contribution to the discussion. Discussion participation grade (25 points each; 75 points total). Dates: Discussion 1: **Sept 29**; Discussion 2: **October 27**; Discussion 3: **Dec 1**.

Quizzes: There will be four on-line quizzes offered via Moodle at various dates during the semester. Each quiz is worth 30 points. See Course Schedule for when these quizzes are open and close on Moodle.

Final Exam: The final exam will be offered on-line via Moodle during final exam week. See Course Schedule for when the final exam will open and close on Moodle. 100 points.

<b>Evaluation</b>	<b>Points</b>
Class attendance and participation	40
Federal Legislation assignment	40
Legislator Letter assignment	35
Student Service-Learning Project	100

In-class Discussions	75 (25 points each)
Quizzes (4)	120 (30 points each)
Final exam	100
<b>Total points</b>	<b>510</b>

### **Assignment of Final Grades**

Grades of A, B, C, D and F will be assigned based on percentage of possible points earned (not a plus/minus grading system).

**A: >89.5 – 100**

**B: >79.5 – 89.5**

**C: >69.5 – 79.5**

**D: >59.5 – 69.5**

**F: ≤59.5**

**NOTE:** All students retain the Traditional grade option unless they request Credit/No credit grading. All standard approvals for a grade option change are required by the last day of instruction on Dec 9, 2022. Students initiate these requests via the [Course Add/Change/Drop](#) link in CyberBear.

### **University of Montana Student Conduct Code:**

All students are expected to practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. The Student Conduct Code, embodying the ideals of academic honesty, integrity, human rights and responsible citizenship, governs all student conduct at The University of Montana-Missoula. Student enrollment presupposes a commitment to the principles and policies embodied in this Code. Copies of the Student Conduct Code can be obtained from the offices of the Vice President for Student Affairs, the Provost and Vice President for Academic Affairs, Residence Life, and Associated Students of The University of Montana-Missoula (ASUM). The Student Conduct Code also can be accessed from the internet.

### **University of Montana Accessibility:**

Disability modifications: The University of Montana assures equal access to instruction through collaboration between students with disabilities, instructors, and Office for Disability Equity (ODE). If you think you may have a disability adversely affecting your academic performance, and you have not already registered with the Office for Disability Equity, please contact this office in Lommasson Center 154 or call 406-243-2243.

Students with disabilities will receive reasonable accommodations in this online course. To request course modifications, please contact the instructor as soon as possible. The instructor will work with you and Disability Services in the accommodation process.

## Course Schedule

<u>Dates</u>	<u>Topics</u>	<u>Readings and Assignments</u>
<u>Week 1</u> Aug 30, Sept 1	<u>Introduction; Moodle and Cengage Orientation; Review of syllabus</u> <u>Opportunities in Community Nutrition</u>	<u>Chapter 1</u>
<u>Week 2</u> Sept 6, 8	<u>National Nutrition Agenda for Today's Public Health</u>	<u>Chapter 3</u>
<u>Week 3</u> Sept 13, 15	<u>Art and Science of Policy Making</u> Review the Federal Legislation Assignment	<u>Chapter 7</u>
<u>Week 4</u> Sept 20, 22	<u>Principles of Epidemiology</u> <b>Quiz 1 – covers chapters 1, 2, 3, 7</b>	<u>Chapter 2</u> Quiz 1
<u>Week 5</u> Sept 27, 29	<u>Understanding and Achieving Behavior Change</u> <b>Discussion 1</b>	<u>Chapter 4</u> Discussion 1
<u>Week 6</u> Oct 4, 6	<u>Community Needs Assessment</u> <u>Program Planning for Success</u>	<u>Chapters 5, 6</u>
<u>Week 7</u> Oct 11, 13	<u>Obesity Epidemic – An Issue for Public Health Policy</u> <b>Federal Legislation Assignment Due</b>	<u>Chapter 8</u> Federal Legislation Due 10/13
<u>Week 8</u> Oct 18, 20	<u>Health Care Systems and Policy</u> Review the Legislator Letter Assignment <b>Quiz 2 – covers chapters 4, 5, 6, 8</b>	<u>Chapter 9</u> Quiz 2
<u>Week 9</u> Oct 25, 27	<u>Food Insecurity and the Food Assistance Programs</u> Missoula Food Bank and Community Center Guest Speaker <b>Discussion 2</b>	<u>Chapter 10</u> Discussion 2
<u>Week 10</u> Nov 1, 3	<u>Mothers and Infants: Nutrition Assessment, Services, Programs</u> Missoula WIC and Nutrition Services Program Guest Speakers <b>Legislator Letter Assignment Due</b>	<u>Chapter 11</u> Legislator Letter Due: 11/3
<u>Week 11</u> Nov 8: No class Nov 10	<u>Children and Adolescents: Nutrition Issues, Services, Programs</u> Missoula City-County Public Schools Nutrition Services Guest Speaker <b>Quiz 3 – covers chapters 9, 10, 11, 12</b>	<u>Chapter 12</u> Quiz 3
<u>Week 12</u> Nov 15, 17	<u>Healthy Aging: Nutrition Assessment, Services and Programs</u>	<u>Chapter 13</u>
<u>Week 13</u> Nov 22 Nov 24: No class	<u>Global Food and Nutrition Security: Challenges and Opportunities</u> <u>Community Food and Agriculture Coalition Guest Speaker</u> <b>Student Service Learning Report Due</b>	<u>Chapter 14</u> <u>Student Service Learning Report: 11/22</u>



<u>Dates</u>	<u>Topics</u>	<u>Readings and Assignments</u>
<u>Week 14</u> Nov 29, Dec 1	<u>Gaining Cultural Competency</u> <b>Discussion 3</b> <b>Quiz 4 – covers chapters 13, 14, 15</b>	<u>Chapter 15</u> Quiz 4 Discussion 3
<u>Week 14</u> Dec 6, 8	<b>Student Service Learning Presentations</b>	Service Learning Presentations
Final Exam Dec 14	<b>Final Exam</b>	Final Exam: 12/14