

Public Health 120

# Nutrition and Global Health

Department of Population Health and Disease Prevention  
Program in Public Health  
Susan and Henry Samueli College of Health Sciences  
University of California, Irvine

**SPRING 2023**



<b>Instructor</b>	Zuzana Bic, Dr.P.H., MUDr. Email: <a href="mailto:ZBic@hs.uci.edu">ZBic@hs.uci.edu</a>	<b>Online office</b> will be scheduled by zoom , TBA on the class website
<b>Technical Help</b>	Canvas technical issues: <a href="https://eee.uci.edu/help/faq/general/">https://eee.uci.edu/help/faq/general/</a>	
<b>TAs</b>	TBA - please see class website	
<b>Course Prerequisites</b>	<b>Official:</b> N/A <b>Unofficial:</b> <ol style="list-style-type: none"> <li>1. Self-motivated and self-disciplined</li> <li>2. Able to learn without personal, face-to-face interaction with the instructor</li> <li>3. Able to follow written instructions</li> <li>4. Not easily frustrated when there are technical problems</li> </ol>	
<b>Course Description</b>	Global issues related to nutrition and public health. Evaluation of nutritional risk factors associated with the development of chronic diseases and the role of nutritional medicine in prevention. Topics include food safety, communicable diseases, supplements, and regulatory issues. Nutrition and global health topics will help students develop a basic knowledge of nutritional medicine and to help construct nutritional profiles on individual and public level. The purpose is to inform student of recent global trends in nutrition and to investigate the eating patterns of other cultures as they relate to the prevention and treatment of chronic degenerative diseases.	
<b>Course Summary</b>	This is an online-asynchronous class. There are no meetings in the classroom. Video lectures, readings, web links, study materials, assignments, and exams are online. Communication with instructor is by e-mail, by discussion board on Canvas and Skype. All assignments are submitted, graded, and returned through Canvas.	
<b>Course Material</b>	<b>REQUIRED TEXT</b> <b>How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease</b> , Michael Greger, M.D. Available online -- used, new, paperback, hardback, and Kindle.  <b>RECOMMENDED IMPORTANT RESOURCES</b> <b>Food and Culture</b> , P.G. Kittler & K.P. Sucher, M. Nahikian Nelms 2017, 7th Edition, Wadsworth/Cengage Learning, <a href="http://www.cengage.com/c/food-and-culture-7e-sucher">http://www.cengage.com/c/food-and-culture-7e-sucher</a>  <b>Nutrition and Global Health</b> , Dr. Zuzana Bic <a href="https://books.google.com/books/about/Nutrition%20and%20Global%20Health.html?id=2KZGLwEACAAJ">https://books.google.com/books/about/Nutrition and Global Health.html?id=2KZGLwEACAAJ</a>	
<b>Course Objectives</b>	Upon successful completion of this course, students will be able to: <ul style="list-style-type: none"> <li>• Describe the role of nutrition and public health from a global perspective</li> <li>• Summarize healthy and unhealthy dietary habits that exist on the global level by analyzing topics on nutrition and society from current research and the media</li> <li>• Apply their knowledge of therapeutic uses of food for disease prevention</li> <li>• Explain the role of diets, nutritional medicine, and nutritional risk factors as they relate to disease prevention</li> <li>• Identify and evaluate eating habits related to culture and nutritional medicine</li> <li>• Synthesize and apply scientific evidence pertaining to the broad effect that nutrition has on health</li> </ul>	

<b>Email Info</b>	<ul style="list-style-type: none"> <li>• Check your uci.edu email on a regular and consistent basis!</li> <li>• Configure your UCI email account to forward your emails to your personal email account if you do not usually check your UCI email.</li> <li>• On all emails, always include your first and last name, put “PH 120” in the message or subject line, and include the original email(s) if necessary.</li> <li>• Allow 24 hours for a response from your instructor or TAs - over the weekend 48 hours</li> <li>• Include both the instructor and the TAs on any emails.</li> </ul>
<b>Course Requirements</b>	<ul style="list-style-type: none"> <li>• Watch class videos</li> <li>• Read class materials</li> <li>• Participate in discussion forums</li> <li>• Prepare a short presentation (plus a peer review evaluation of a classmate’s presentation)</li> <li>• Prepare a research paper based on a specific local or global nutritional case</li> <li>• Create a nutritional portfolio (2 nutritional surveys, 7-day food diary, evaluation, peer review)</li> <li>• Take quizzes</li> <li>• Take final exam: take-home exam with essay questions</li> <li>• You can earn extra credit</li> <li>• Note: Online classes should take the SAME amount of time as traditional classroom</li> </ul>
<b>Due Dates</b>	<p>Add these course deadlines to your calendar. Do NOT rely on reminders from your instructor!! All times are Pacific Time.</p> <p><b>Week 1</b></p> <p>Discussion Forum                      Wednesday (post 1) and Sunday (post 2) at 11:00 p.m.  Quiz 1    Sunday: at 11:00 p.m.</p> <p><b>Week 2</b></p> <p>Discussion Forum                      Wednesday (post 1) and Sunday (post 2) at 11:00 p.m.  Quiz 2    Sunday at 11p.m.  Extra Credit Syllabus Quiz              Sunday at 11:00 p.m.  Nutritional Survey #1                      Sunday at 11:00 p.m.</p> <p><b>Week 3</b></p> <p>Discussion Forum                      Wednesday (post 1) and Sunday (post 2) at 11:00 p.m.  Quiz 3    Sunday at 11:00 p.m.</p> <p><b>Week 4</b></p> <p>Quiz 4    Sunday at 11:00 p.m.  7-Day Food Diary                              Friday at 11:00 p.m.  Mandatory Peer Review                      Sunday at 11:00 p.m.</p> <p><b>Week 5</b></p> <p>Discussion Forum                      Wednesday (post 1) and Sunday (post 2) at 11:00 p.m.  Quiz 5    Sunday at 11:00 p.m.</p> <p><b>Week 6</b></p> <p>Quiz 6    Sunday at 11:00 p.m.  Presentation                                      Friday at 11:00 p.m.  Mandatory Peer Review                      Sunday at 11:00 p.m.</p> <p><b>Week 7</b></p> <p>Discussion Forum                      Wednesday (post 1) and Sunday (post 2) at 11:00 p.m.  Quiz 7    Sunday at 11:00 p.m.</p> <p><b>Week 8</b></p> <p>Quiz 8    Sunday at 11:00 p.m.  Research Paper                                      Friday at 11:00 p.m.</p> <p><b>Week 9</b></p> <p>Quiz 9    Sunday at 11:00p.m.  Nutritional Survey #2                      Friday at 11:00 p.m.</p>

	<p>Evaluation of Surveys      Sunday at 11:00 p.m.</p> <p><b>Week 10</b></p> <p>Discussion Forum      Wednesday (post 1) and Sunday (post 2) at 11:00 p.m.</p> <p>Quiz 10      Sunday at 11:00 p.m.</p> <p><b>Week 11</b></p> <p>Final exam      Take-home exam with essay questions; exam will be open on Friday, June 3 at 6:00 p.m. It is due Monday, June 6 at 11:00 p.m.</p>																
<b>Late Policies</b>	<ul style="list-style-type: none"> <li>• Discussion forum: 2 points will be deducted if late. Posts submitted after 24 hours will receive no points.</li> <li>• Late quizzes will NOT be accepted.</li> <li>• Research paper: 2 points will be deducted if late. Papers submitted after 24 hours will receive no points.</li> <li>• Presentation and peer review: 2 points will be deducted if late. Presentations/peer review submitted after 24 hours will receive no points.</li> <li>• Nutritional portfolio: 2 points will be deducted if late. Assignments submitted after 24 hours will receive no points.</li> </ul>																
<b>Grading System</b>	<table> <tr> <td>6 Discussion Forums (15%):</td> <td>60 points (10 points each forum)</td> </tr> <tr> <td>Research Paper - Cases (15%):</td> <td>60 points</td> </tr> <tr> <td>10 Quizzes (15%):</td> <td>100 points (10 points each week)</td> </tr> <tr> <td>Final Exam (20%):</td> <td>100 points</td> </tr> <tr> <td>Presentation with Peer Review (15%):</td> <td>65 points (60 points for presentation; 5 points for review)</td> </tr> <tr> <td>Nutritional Portfolio (20%):</td> <td>70 points (20 points per survey; 30 points for 7-day food diary; 10 points for evaluation; 10 points for peer review)</td> </tr> <tr> <td><b>TOTAL (100%):</b></td> <td><b>455 points</b></td> </tr> <tr> <td>*Extra credit will be added to discussion forum (15%) grade</td> <td>* points</td> </tr> </table>	6 Discussion Forums (15%):	60 points (10 points each forum)	Research Paper - Cases (15%):	60 points	10 Quizzes (15%):	100 points (10 points each week)	Final Exam (20%):	100 points	Presentation with Peer Review (15%):	65 points (60 points for presentation; 5 points for review)	Nutritional Portfolio (20%):	70 points (20 points per survey; 30 points for 7-day food diary; 10 points for evaluation; 10 points for peer review)	<b>TOTAL (100%):</b>	<b>455 points</b>	*Extra credit will be added to discussion forum (15%) grade	* points
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<b>Turnitin Submission</b>	Please note you need to submit both your Research Paper and your Nutritional Portfolio to Turnitin in Canvas under Assignments. <b>DO NOT</b> submit at Turnitin.com!																
<b>Grading Scale</b>	<p>Grades are <b>not</b> based on a curve. Your grade will be calculated by adding the points you <i>earn</i> on each assignment. Please note each assignment has its own value. The final grade is calculated as a summation of %.</p> <p>Out of 100% Scale: A 100 to 93.5% A- &lt;93.5 to 90.0% B+ &lt;90.0 to 86.5% B &lt;86.5 to 83.5% B- &lt;83.5 to 80.0% C+ &lt;80.0 to 76.5% C &lt;76.5 to 73.5% C- &lt;73.5 to 70.0% D+ &lt;70.0-66.5% D &lt;66.5 to 63.5% D- &lt;63.5-60.0% F &lt;60.0 to 0.0%</p>																

WEEK	TOPICS
WEEK 1	<ul style="list-style-type: none"> <li>• What is food?</li> <li>• Does food identify the culture?</li> <li>• Are food and religion connected?</li> <li>• Can you die from old age?</li> <li>• You are what you eat</li> <li>• Public Health in Action</li> </ul>
WEEK 2	<ul style="list-style-type: none"> <li>• What are globalization, the nutrition transition, and food distribution?</li> <li>• Intercultural communication regarding nutritional education</li> <li>• Food and science</li> <li>• Nutrition and immune system; infectious diseases</li> <li>• Anti-inflammatory diets</li> <li>• Public Health in Action</li> </ul>
WEEK 3	<ul style="list-style-type: none"> <li>• Where is there a higher occurrence of these chronic diseases: Heart disease and high blood pressure</li> <li>• How are these diseases connected to nutrition?</li> <li>• Public Health in Action</li> </ul>
WEEK 4	<ul style="list-style-type: none"> <li>• Where is there a higher occurrence of this chronic disease: Diabetes</li> <li>• How is this disease connected to nutrition?</li> <li>• Public Health in Action</li> </ul>
WEEK 5	<ul style="list-style-type: none"> <li>• Where is there a higher occurrence of this chronic disease: Cancer</li> <li>• How is this disease connected to nutrition?</li> <li>• Public Health in Action</li> </ul>
WEEK 6	<ul style="list-style-type: none"> <li>• Where is there a higher occurrence of these chronic diseases: Brain diseases and mental diseases</li> <li>• How are these diseases connected to nutrition?</li> <li>• Public Health in Action</li> </ul>
Week 7	<ul style="list-style-type: none"> <li>• Where is there a higher occurrence of these chronic diseases: iatrogenic diseases and how are these diseases connected to nutrition?</li> <li>• What are false health claims?</li> <li>• What are the consequences of health illiteracy?</li> <li>• Where is there a higher occurrence of these chronic diseases: iatrogenic cause, false health claims, and health illiteracy</li> <li>• How are these diseases connected to nutrition?</li> <li>• Food insecurity</li> <li>• What are blue zones?</li> <li>• What are food deserts?</li> <li>• What are Dr. Greger's Daily Dozen?</li> <li>• What is herbal medicine?</li> <li>• What are nutritional protocols?</li> <li>• Public Health in Action</li> </ul>
WEEK 8	<ul style="list-style-type: none"> <li>• What do we know about food and public health policy on a local and global level?</li> <li>• Food safety and regulatory issues</li> <li>• Function of international health nutritional organization and agencies</li> <li>• Public Health in Action</li> </ul>

<b>WEEK 9</b>	<ul style="list-style-type: none"> <li>• How to conduct research in nutritional studies and how to interpret these studies</li> <li>• What are epidemiological studies in the field of nutrition?</li> <li>• Research study: the importance of good hydration for the prevention of chronic diseases</li> <li>• Public Health in Action</li> </ul>
<b>WEEK 10</b>	<ul style="list-style-type: none"> <li>• Assessment of the community regarding nutrition</li> <li>• Community risks and protective factors regarding nutrition</li> <li>• Lifestyle intervention for the community</li> <li>• Public Health in Action</li> </ul>
<b>WEEK 11</b>	Take-home final exam

### Grading criteria for discussions (10 points per forum)

Failed to write between 150 and 200 words	- 1 point
Failed to type "Word Count" at the end and include an ACCURATE number of words	- 0.5 points
Failed to include your opinions/ thoughts in your responses	- 1 point
Failed to post Discussion Post #1 by Wednesday 11:00 p.m. (see late policy)	-2 points

### Research paper rubric (60 points)

Apply the model "The Process of Analysis for Public Health Cases in Nutrition"

Required Elements	Points: /6
Cover page (title and name)	/1
Paper topic	/1
4-5 total pages (2.75 written text)	/1
Paragraph headings	/1
Writing quality; spelling; grammar; punctuation	/1
Format (12 pt., Times, 1-1.25 in. margins, single spaced); neat; organized	/1
References	Points:/7
Point Deductions:	
Fewer than 5 references	-1
Fewer than 3 scholarly references	-2
References not in AMA/APA format	-1
No in-text citations	-2
In-text citations not in AMA/APA format	-1
Step 1: Gather Background Information (6 points)	
Background (what we know)	/2
What is the problem	/2
Additional information	/2
Step 2: Analyze the Current Situation (6 points)	
Evaluate current situation	/2
Analyze who is involved in solving the problem	/2
Evaluate mission/goals of provider or organization(s)	/2
Step 3: Prioritize Issues (4 points)	
What are the root causes of the problem in this case?	/2
Prioritize, finalize, or state core problems or issues	/2
Step 4: Analyze Alternatives (10 points)	
Past: What was tried in the past to solve the problem?	/2
New: Theoretical Perspective that could be applied to a solution	/2
Add: Alternative solution from scientific literature	/6
Step 5: Provide Recommendations (7 points)	
Decide on one practical recommendation based on scientific literature	/5
Analyze this recommendation; how does it address the problem?	/2
Step 6: Establish Action Plan (6 points)	
Specify activities needed to carry out your recommendation	/2
Identify groups or persons responsible for implementation	/2
Specify timeline with steps to carry out your recommendation	/2
Conclusion (8 points)	
Your opinion about the case	/3
Comparison with another nation	/5

<b>Miscellaneous</b>	
Point deductions Each quotation mark is minus 10 points	
Turnitin 1 -10% 10 - 15 % > 16% Late submission	No point deduction Minus 10 points Score of 0 on paper - 2 for 24-hours after 11:00 p.m. No acceptance after 24 hours.
<b>Note:</b> Please be sure that your research paper includes only <b>your own creative words and your own sentence structure</b> . You are not allowed to use any of your previous work on a similar topic for this paper. You are not allowed to copy entire sentences from published sources. Quotation marks to show that you took this exact portion from the text are not allowed, turnitin rule applies and additionally for each quotation (-10 points). Please explore the Turnitin website: <a href="http://turnitin.com/">http://turnitin.com/</a> .	
<b>TOTAL</b>	<b>60 points</b>

<b>Guidelines and Rubric for the Presentation and Peer Review</b>	
<b>Logistics:</b> Clear, organized, informative Time limit: 5 - 6 minutes and 6-10 slides References belong on the last slide (minimum 5) Note: This presentation requires your audio.	<b>10 points</b> Organization and clarity (2); presentation style (2); time limit (2); five scholar references (2); six to ten slides (2); <b>Using only your own creative words on the slides - if copied word by word from other sources - 0 points for the assignment.</b>
<b>Requirements:</b> <ol style="list-style-type: none"> <li>Analyze the eating style and food culture in your selected country.</li> <li>Analyze the most prevalent health issue/ illness in this country.</li> <li>Analyze possible connections between diet/nutrition and health issue/illness.</li> <li>Analyze if globalization has introduced significant changes to this country's dietary profile that may have led to the increased incidence of certain diseases.</li> <li>Your opinion and your suggestions for the solution from a public health nutritional perspective</li> </ol>	<b>50 points:</b>  <b>10 points</b>  <b>10 points</b>  <b>10 points</b>  <b>10 points</b>  <b>10 points</b>
<b>Peer review:</b> Canvas will assign you to review another student's presentation. Your feedback should be between 200-300 words. Include your opinions and your thoughts about the content.	<b>5 points</b>
<b>TOTAL</b>	<b>65 points</b>



Guidelines and Rubric for the Nutritional Profile	
<b>Nutritional Survey #1 (initial)</b> <b>Nutritional Survey #2 (follow-up)</b>	<b>10 points</b> <b>10 points</b>
<b>Evaluation</b> Having taken the two nutritional surveys, please evaluate your diet as a result of what you've learned in this class. You will NOT be graded on HOW or WHETHER you changed your diet during this class! That is a personal decision. Instead, you WILL be graded on the quality and depth of your honest evaluation and analysis of your diet.	<b>10 points</b>
<b>7-day Food Diary</b> You will create a food diary for 7 straight days. Include all food and liquid intake.	<b>30 points</b>
<b>Peer review.</b> Canvas will assign you to review another student's 7-day food diary. Review and analyze this student's food diary. What are they doing well? What could they do better? What overall suggestions would you give them? Write 300-500 words.	<b>10 points</b>
<b>TOTAL</b>	<b>70 points</b>

### CODE OF CONDUCT

All participants in the course are bound by the University of California Code of Conduct, found at <http://www.ucop.edu/ucophome/coordrev/ucpolicies/aos/uc100.html>. Anyone caught cheating or in any other way in violation of the university policy on academic honesty will receive an F in the class. There are no exceptions to this rule.

### UCI ACADEMIC INTEGRITY

*"Learning, research, and scholarship depend upon an environment of academic integrity and honesty. This environment can be maintained only when all participants recognize the importance of upholding the highest ethical standards. All student work, including quizzes, exams, reports, and papers must be the work of the individual receiving credit. Academic dishonesty includes, for example, cheating on examinations or any assignment, plagiarism of any kind (including improper citation of sources), having someone else take an examination or complete an assignment for you (or doing this for someone else), or any activity in which you represent someone else's work as your own. Violations of academic integrity will be referred to the Office of Academic Integrity and Student Conduct. The impact on your grade will be determined by the individual instructor's policies. Please familiarize yourself with UCI's Academic Integrity Policy (<https://aisc.uci.edu/policies/academic-integrity/index.php>) and speak to your instructor if you have any questions about what is and is not allowed in this course."*