

**EASTERN CONNECTICUT STATE UNIVERSITY**  
**HPE209 – Nutrition and Public Health (Online)**

Summer 2009 – 3 credits

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Lecturer, Department of Health and Physical Education

**How to reach me:**

I am available nearly every day by e-mail or phone in my office at the Health Service:

Office: Room 102, Health Service  
Phone: 465-5263  
Hours: By appointment  
E-mail: [phillipsd@easternct.edu](mailto:phillipsd@easternct.edu)  
Chat: To be determined by student schedules

**Course Description:**

In this course we will look at current issues in nutrition and their impact on public health. We will examine a number of current controversies, and the factors that influence stakeholders' positions. We will maintain a focus on population-based nutrition as opposed to personal, individual health and nutrition. We will also examine how issues and trends in food production, food supply, and food safety affect public health.

**Course Introduction:**

*"Tell me what you eat and I will tell you what you are."* Anthelme Brillat-Savarin, 1826  
We are what we eat. We think about this on a personal level as food literally enters our bodies and becomes a part of us. But this statement also fits when we look at the health and well being of **populations**, the larger unit of observation and analysis when we talk about public health. The key to understanding this public health context of nutrition is the ability to shift your perspective from personal health to the health of populations.

**Course Objectives:**

As an informed citizen, you need to know how best to feed yourself and your family to promote optimal health. As a citizen informed in nutrition from the **population perspective**, you need to understand how the nutrition of **groups** of people around you influence the health of your community, state, nation, and the world. The way we eat is tied not only to the health of the world's population, but the health of our planet as well.

Specifically, by the end of this course, you should be able to:

- Apply basic principles of public health
- Demonstrate working knowledge of nutrition basics
- Critique research methods used to assess the nutrition of populations
- Evaluate the relationship between diet and disease in population groups
- Describe the role and influence of public health policy on the nutrition of specific population groups
- Describe population-based issues affecting hunger, food insecurity, and food distribution
- Analyze effects of advertising and marketing on food consumption patterns
- Analyze major trends in food production and their effects on public health
- Identify issues in food safety and critically analyze potential solutions

My goals are that you will learn where your food comes from, and that you will begin to appreciate how important public health is in your life—how your health is connected with the health of others.

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**Course Format:**

This is a fully online course. We will not meet in a traditional classroom. Instead, you will interact with the instructor and your classmates through Blackboard Vista.

All students must be competent users of computers, computer software (e.g., word processing, Adobe Acrobat Reader), e-mail, and the Internet. High-speed Internet access is required to access many of the course materials. Libraries often provide this service to the public on a limited basis. **IF YOU DO NOT HAVE ACCESS TO HIGH-SPEED INTERNET ON EVEN A TEMPORARY BASIS, YOU SHOULD NOT TAKE THIS COURSE.**

This course consists of a sequence of ten **modules**. Each module will consist of required readings and possibly webcasts, videos, or a film, discussion postings on the material, and an assignment that helps you apply what you have learned. You will provide evidence of your progress through the course using various modes of communications, including e-mail, discussion postings, and uploading assignments.

**Responsibilities of On-line Learners:**

To allow class members to interact and debate the issues in this course, we will proceed through the material at about the same pace. Within these overall guidelines, you may complete the readings and assignments at any times that are convenient for you as long as your work is submitted before the assignment deadlines. (Late work will not be accepted without prior approval by the instructor, and only then in rare circumstances.)

You are expected to have frequent contact with your instructor and classmates via e-mail and on-line discussions. Please use the discussion board frequently to ask questions, offer comments, and to obtain advice/assistance from your instructor and classmates.

On-line study is not easier than an on-campus class and in many ways, requires much more effort. On-line study requires more initiative and self-discipline than an on-campus course. Be prepared to spend a significant amount of time completing this course. In a traditional on-campus course, you spend about 45 hours in the classroom. The collegiate standard requires an additional two hours engaged in reading, completing assignments, and studying for every hour of classroom time. This course requires at least the same time commitment.

The keys to success are self-motivation and perseverance. Set work hours each day and stick to them—even if it means putting them in your appointment book. Learning at home requires much more motivation than learning on-campus, where you count on the instructor to keep you on track. This course allows you great flexibility as long as you meet the inflexible deadlines, all of which are noted on the Blackboard Vista calendar.

**Required Text:**

There is no required text; however, this does not mean there are no required readings. I will expect that you do all of the readings that are assigned for this course, and will look for their influence and evidence that you have read them in your assignments and discussions.

**Grading:**

Assignments	40%
Discussions	30%
<u>Exams</u>	<u>30%</u>
Total	100%

I will provide you with rubrics or guidelines for how I will grade your assignments. You should also know that I can monitor your online activity, and see how often you access files such as reading assignments and class materials.

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**My expectations and Ground Rules for this Course**

- *You will keep your e-mail account up to date.* Your e-mail password expires every 90 days. To re-authenticate your account, you need to change your password. If you don't do this, you will get locked out of Blackboard Vista. If you need assistance, contact: [webctsupport@easternct.edu](mailto:webctsupport@easternct.edu). Please send me a copy of all e-mail communications with the Blackboard Vista support team.
- *You will use your Eastern e-mail account to contact me.* Please send e-mail to me in Blackboard Vista only; that's the best way to make sure I will see it. You will not be able to use external e-mail accounts (e.g., Yahoo) to send e-mail through Blackboard Vista. I will respond to you within 48 hours.
- *You will consult course materials and the Blackboard Vista calendar to ensure that you meet all deadlines.* No late coursework will be accepted for credit without prior approval from the instructor, and then only in rare circumstances
- *All assignments will meet criteria for college writing.* This means your assignments must be organized and well written, without errors in spelling or grammar. When references are used, you must provide a reference list. References and citations must follow APA citation format. Guidelines for APA format are listed in under Resources.
- *Discussion postings must be thoughtful and clear.* This means no one-word postings, no phone texting abbreviations. I expect that you will thoughtfully consider the discussion question and your classmates' contributions as well. Multiple postings separated by two or three days will usually be required to bring out class discussion. You may at first feel uncomfortable expressing yourself in a discussion group. You might want to compose your comments in a word processing program, then cut and paste them into the discussion.
- *You will maintain civility and respect for others' points of view when engaging in discussions.* The issues we will discuss are complex and often controversial. Most of the problems we will address have no single right answer. A diversity of opinion is likely to make discussions more lively and interesting.
- *You must give credit for any ideas that are not your own.* It is natural and appropriate to be influenced by materials you read; that is how you learn. However, you must provide references for any ideas that are not your own. Please refer to Eastern's Academic Integrity Policy.

**Course Organization and Schedule:**

Please see Course Outline and Blackboard Vista Calendar for details.

**Disability Notice:**

If you are a student with a disability and believe you will need accommodations for this class, it is your responsibility to contact the Office of AccessAbility Services at 465-0189. To avoid any delay in the receipt of accommodations, you should contact the Office of AccessAbility Services as soon as possible. Please note that I cannot provide accommodations based upon disability until I have received an accommodation letter from the Office of AccessAbility Services. Your cooperation is appreciated.

*Please use the Café, in the Resources folder, to get to know your fellow students, and to ask questions and provide feedback. I sincerely hope that you will find this course to be both interesting and challenging, and I welcome your feedback to help me make it better.*