

## PUBH 590: Public Health and Nutrition

Purdue University

Distance delivery, 8-week course

3 credit hours (135 total contact hours, approximately 15-20 hours per week)

**Instructor:** Dr. Melissa Kenzig

**Preferred Pronouns:** she, her

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**Virtual Office Hours:** by appointment via [Calendly](#)

**How to contact the instructor:** via email

### Course Description

This course will emphasize development, implementation, and evaluation of nutrition intervention programs from a public health perspective. Students have an opportunity to practice setting realistic goals that produce outcomes aimed to improve health and support community and public nutrition. Students will explore changing nutritional behavior and the barriers to such change. This course is intended for graduate students interested in developing, implementing, and evaluating community-based nutrition programs.

### Course Outcomes

- Evaluate the impact of various nutrition-based public health programs.
- Construct realistic goals that produce outcomes that improve health and support wellness.
- Describe the basic elements of program planning in public health.
- Identify methods for overcoming barriers to program implementation.
- Describe methods for process, effect, and impact evaluation of nutrition programs.
- Design a comprehensive community-based nutrition intervention program.

### Foundational Public Health Knowledge and MPH Competencies Addressed in this Course

Our Master of Public Health (MPH) program is accredited by the Council on Education for Public Health (CEPH). In addition to CEPH's Foundational Competencies, the Family and Community Health (FCH) Concentration offers students the opportunity to attain depth and expand their knowledge and skills in this designated area. Listed below are the Concentration Competency expectations for students completing this course:

3: Prioritize community needs, concerns, and resources when addressing family and community health issues.

4: Critically evaluate the factors that create, perpetuate and ultimately eliminate health disparities.

### Learning Resources, Technology & Texts

Edelstein, S. (2023) *Community and Public Health Nutrition* (5th ed.). Boston, MA: Jones & Bartlett Learning.

*(This textbook can be accessed at no cost using the Purdue University Library. Permalink:*

[https://purdue.primo.exlibrisgroup.com/permalink/01PURDUE\\_PUWL/uc5e95/alma99170402913801081](https://purdue.primo.exlibrisgroup.com/permalink/01PURDUE_PUWL/uc5e95/alma99170402913801081))

All course readings and media are either available through the Purdue Library or linked/posted within the course on Brightspace. Additional required readings and media will be posted within the course on Brightspace.

## Course Structure

This course is organized into eight, self-paced, weekly modules. Each weekly module includes readings, assignments, and discussions. Students are expected to complete each weekly activity as outlined in the instructions. Weeks begin on Monday (day 1) and end on Sunday (day 7). Due dates are listed as module days in each assignment.

## Assignment Point Values and Weights

Assignments	Points	Weight
Final Project Part 1: Program Needs Assessment	100	20%
Final Project Part 2: Program Description	100	30%
Journal Article Critique	100	10%
Student Peer Review Evaluations	150	15%
Discussions/Assignments	80	15%
Quizzes	80	10%
Total	610	100%

## Grading Scale

Assignment of the final letter grade for the course will be calculated as follows.

A, A+	94-100%	B-	80-83%	D+	67-69%
A-	90-93%	C+	77-79%	D	64-66%
B+	87-89%	C	74-76%	D-	60-63%
B	84-86%	C-	70-73%	F	<60%

## Major Assignments

The following is a listing and summary of the major assignments for this course. Point values and assignment due dates are included in Brightspace.

### **Final Project: Creating a Public Health Nutrition Program for a Priority Population**

The Final Project is divided into two parts, due at two different times during the term. For this project, students will identify and describe a public health nutrition problem of a given community or population and create a public health nutrition intervention tailored to the population.

\*This assignment is hypothetical in nature. You will not actually be carrying this out. However, your approach must be realistic in nature.

#### **Final Project Part 1: Program Needs Assessment (100 points)**

For Part 1 of the Final Project, you will conduct a Community Nutrition Program Needs Assessment. For this assignment, students will conduct a needs assessments for a target community or population using recent, high-quality, scholarly peer-reviewed literature. The Final Project Part 1: Program Needs Assessment should include a:

- Description of community/population and nutrition-related issue

- Literature review of the significance of the nutrition-related problem in the community/population and how the social determinants of health are related, from an ecological model perspective
- Description of the behavioral and environmental causal factors for the nutrition-related problem in the community/population
- Model of the problem
- Goal statement for a proposed public health nutrition intervention to address the nutrition-related problem in the community/population, with five corresponding SMART objectives

The Program Needs Assessment is due in Week 4 and is worth 20% of your final course grade. Your assignment should be approximately 2000-2500 words (8-10 pages), have at least 10 scholarly sources, and be formatted correctly in APA style.

### **Final Project Part 2: Intervention Description, Plan, and Resources (100 points)**

For this assignment, propose a program/intervention to address the nutrition-related issue among the chosen priority population. Use the feedback provided on Part 1 of your Final Project to create your program/intervention. Then, create your program/intervention plan. Your assignment should include the following and address the bullet points as listed below. How you develop your plan is up to you, but it should reflect public health program planning theory and methods that you have learned in this class and previous classes on intervention planning and evaluation.

- Community Needs Assessment (revised as necessary from Final Project Part 1)
- Program Goal and SMART Objectives (revised as necessary from Final Project Part 1)
- Program/Intervention Description
- Budget
- Evaluation

The Program Description, Planning, and Resources assignment is due in Week 7 and is worth 30% of your final course grade. Your assignment should be approximately 2000-2500 words (8-10 pages), have at least 10 scholarly sources, and be formatted correctly in APA style.

### **Journal Article Critique (100 points)**

In this assignment, you will critique available scholarly literature related to the population and nutrition topic you will focus on for your Final Project. Begin by identifying a nutrition-related health outcome and priority population of interest to you that you are considering using as the basis of your Final Project. Use the Purdue Library research databases to identify three recent (not older than 10 years), peer-reviewed articles, from three different journals that relate to the nutrition topic you are considering for your Final Project. These should be articles that discuss program planning, evaluation, and interventions on a nutrition-related health outcome and population of interest to you. In your paper, you will summarize each article briefly, and provide a critique of the research. You should have at least one article that addresses each of the following (articles can address more than one):

- How are the social determinants of health related to this health outcome among the priority population?
- What are the behavioral and environmental causal factors for this health outcome among the priority population?
- What public health interventions have been shown to effectively address this health outcome among the priority population?

Provide the following information and conduct a critique of each article you found:

- Article citation in APA format
- Research database used
- A brief summary of the article including the purpose, hypothesis, the population of interest, and main findings
- A critique of the research presented in the article

### **Peer-review Evaluations (150 points)**

Students will be placed into groups of 2-3 students to complete peer reviews of one another's Final Projects. You will conduct two peer reviews of another student's Final Project, once in Week 5, and again in Week 8 using the assignment rubric. The peer reviews will take place in a discussion forum accessible only to you and the student(s) you've been paired with to do the peer review. Exchange your Final Project Part I: The Program Needs Assessment (post it to the discussion board) by Monday of Week 5. Conduct your peer review and post it to the discussion board by Sunday of Week 5. Exchange your Final Project Part II: Program Description, Resources, and Planning by Monday of Week 8. Conduct your peer review and post it to the discussion board by Sunday of Week 8.

**NOTE:** The score you give your assigned peer does not affect their paper. The quality of your peer review does affect your grade, so do an honest review. If you give your peer a good, mediocre, or bad review, you must be able to support and provide your reasons for it explicitly.

Your instructor will use the Peer Review Instructor Rubric to score your success in evaluating your peer's final project. Your Week 5 Peer Review is worth 5% of your total course grade, and your Week 8 Peer review is worth 10% of your total course grade.

### **Discussions & Assignments (10 points each)**

In weeks 1, 2, 3, 5, 6, and 8 you will complete a discussion/assignment on a concept or topic we have studied in this course. Assignments are due by **Sunday at 11:59 pm ET of the week**. For discussions, make your initial response to the discussion prompt by **Thursday at 11:59 pm ET of the week**. After making your initial post, check back often to continue engaging in the discussion. You are required to make at least two follow up posts to your peers before **Sunday at 11:59 pm ET of the week**. Be thoughtful in your response to your classmates. Ask your peers follow up questions, and respond in a way that will keep the conversation alive. You are encouraged to dig deep for these discussion assignments. Your responses will be evaluated based upon participation, quality, support and mechanics. Exercise good judgement. Any opinion offered, must be supported by fact. The discussions/assignments are worth 15% of your final course grade.

### **Course Schedule**

<b>Week</b>	<b>Topics</b>	<b>Readings</b>	<b>Assignments due</b>
<b>Week 1</b>	Introduction to Public Health and Nutrition	Textbook Chapters 1, 2, 7 Additional resources are linked/posted within the course on Brightspace	Week 1 Discussion: Introduction Week 1 Assignment: Community Food Availability Map Week 1 Quiz
<b>Week 2</b>	Policies and Populations	Textbook Chapters 3, 5, 8 Additional resources are	Week 2 Discussion: Needs Assessments

		linked/posted within the course on Brightspace	Week 2 Assignment: Journal Article Critique Week 2 Quiz
<b>Week 3</b>	Public Health and Nutrition: A National Perspective	Textbook Chapters 4, 6 Additional resources are linked/posted within the course on Brightspace	Week 3 Discussion: Government Food Assistance Week 3 Quiz
<b>Week 4</b>	Programs and Planning	Textbook Chapters 9, 10, 11 Additional resources are linked/posted within the course on Brightspace	Week 4 Assignment: Final Project Part 1 Week 4 Quiz
<b>Week 5</b>	Maintaining a Safe and Secure Food Supply	Textbook Chapters 13, 14 Additional resources are linked/posted within the course on Brightspace	Week 5 Discussion: Food Security Week 5 Assignment: Final Project Part 1 Peer Review Week 5 Quiz
<b>Week 6</b>	Public Health and Nutrition Interventions	Textbook Chapters 12, 15, 16 Additional resources are linked/posted within the course on Brightspace	Week 6 Discussion: Seeking Grant Support for Nutrition Projects Week 6 Quiz
<b>Week 7</b>	The Values of Networking and Community Participation	Textbook Chapters 17, 18 Additional resources are linked/posted within the course on Brightspace	Week 7 Assignment: Final Project Part 2 Week 7 Quiz
<b>Week 8</b>	Marketing: A Public Health Nutrition Perspective	Textbook Chapters 19, 20 Additional resources are linked/posted within the course on Brightspace	Week 8: Discussion: Marketing's Role in Public Health and Nutrition Week 8 Assignment: Final Project Part 2 Peer Review Week 8 Quiz

## Policies

Please closely review the Class and University Policies in Brightspace for details on policies. You are expected to understand and adhere to all policies as outlined there. If you have any questions, please contact your instructor or the Student Services office immediately.

Students are expected to log in on Monday each week and should log in to the course a minimum of three times each week. It is to your advantage to be an active participant in each week of the course. Additional course information and guidance will be provided in the **Announcements** section of the course, and there is an **Ask your Instructor/Ask a Peer** discussion board provided within the course.

Relevant changes to this course will be announced on the course website and by email.  
*You are expected to read your @purdue.edu email on a frequent basis.* Your instructor will only contact you via your Purdue email account.