

Up to Date with National Nutrition Initiatives Syllabus

Course Description – A current examination of National Nutrition Initiatives, including the Dietary Guidelines for Americans and the statewide Youth Risk Behavior Survey-- for teachers, school nutrition directors, school nurses, and other school professionals. Participants will become familiar with these initiatives and data, learning to use them as tools for policy change and nutrition education in their schools.

Course Objectives –

At the end of this course, participants will be able to:

1. Discuss children's health status in the United States and why new national nutrition initiatives have been developed.
2. Find and use on-line tools developed to support national nutrition initiatives.
3. Investigate data from the statewide Youth Risk Behavior Survey (YRBS)
4. Create a plan based on current National Nutrition Initiatives, including YRBS data to use in school and personally.

Course Expectations – Participants are expected to work online each week to complete assignments by the due day. This is NOT a self paced course. Please allow 4-6 hours/week to do the work for the first three weeks and 8-10 hours in the last week. Participants will participate in online discussions which must take place in the week assigned for the course to run smoothly. Late assignments interfere with the online community learning and must be graded accordingly.

Course Outline

Module 1

- I. Background in US child health status
 - A. Obesity
 - B. Undernourished
 - C. Physical Activity
- II. Reports and data
 - A. IOM Report
 - B. YRBS (National and State)
 - C. School Health Profiles

Module 2

- I. Analysis Tools and Guidance for Healthy Schools
 - A. School Health Index
 - B. PE and nutrition education (PECAT, HECAT)
 - C. Wellness policies (USDA mandate, Action for Healthy Kids Policy Tool)

- D. Nutrition standards (IOM)
- E. Dietary Guidelines for Americans (background and updated information as available)

Module 3

- I. Exploring National Nutrition Initiatives (Let's Move, MyPyramid, etc.)
 - A. In-depth review of initiatives/ websites (assigned to different students and summarized, see assignments)
 - B. Grants/other funding available
- II. Success stories

Module 4

- I. Create a school plan

Course Texts and Materials – All readings are available on-line, including (but not limited to):

Nutrition Standards for Food in Schools, IOM

<http://www.iom.edu/Reports/2007/Nutrition-Standards-for-Foods-in-Schools-Leading-the-Way-toward-Healthier-Youth.aspx>

Wellness Policy Tool, Action for Healthy Kids

<http://www.actionforhealthykids.org/school-programs/our-programs/wellness-policy-tool/wellness-tool-4.html>

School Based Obesity Prevention Strategies for State Policymakers

http://www.cdc.gov/healthyYouth/policy/pdf/obesity_prevention_strategies.pdf

Let's Move

<http://www.letsmove.gov/>

MyPyramid

<http://www.mypyramid.gov/index.html>

2010 Dietary Guidelines for Americans

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

Report of the Dietary Guidelines Advisory Committee

<http://www.cnpp.usda.gov/DGAs2010-DGACReport.htm>

Youth Risk Behavior Survey

<http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

HealthierUS School Challenge

<http://www.fns.usda.gov/tn/healthierus/index.html>

Team Nutrition

<http://teammnutrition.usda.gov/team.html>

Course Requirements – Each module will have readings and assignments.
Below see list of assignments.

Module 1

Student Profile Blog

5 points

Assignment 1-Summary and Ideas about Child Health Status in the US/State
15 points

In this assignment, students will give a summary from the readings about the Child Health Status in the US and their state based on YRBS.

Discussion Board, Module 1

10 points

Based on the data from the reading, the participants will discuss some ideas they think would be effective to change these health problems.

Module 2

Analysis Tools and Guidance Assignment

15 points

Each participant will be assigned a School Based Obesity Prevention Strategy. The participant will write a few paragraphs on ideas for using the tools and guidance in this module for the assigned strategy. Post to blog.

Blog Discussion

10 points

Participants will comment on the blog postings of other participants.

Module 3

Website/Grants Expert

15 points

Participants will review in depth a website or tool and grant opportunity assigned and then post a blog about it.

Discussion Board, Module 3

10 points

After reviewing the blogs posted on the website/grants expert assignment, participants will discuss which resources they feel they are most likely to use and why.

Module 4

Final Project

50 points

The participants will create a school strategy plan to incorporate ideas (guidance, promotions, policies, lessons, presentations, etc) and data (i.e. YRBS) from the course into their schools. The plan must have a goal, objectives and work plan.

Grading Criteria –

Student Profile	5 points
Assignment 1	15 points
Discussion Board 1	10 points
Dietary Guidelines Quiz	15 points
Discussion Board 2	10 points
Website/Grants Expert	15 points
Discussion Board 3	10 points
Final Project	50 points
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Total Points	130 points possible

Total points earned/possible total points= percentage
Letter grade based on FSC official grading scale