

2014-9-NFS301 Nutrition Literacy: Sorting Science From Snake Oil

Course Description:

The course will help students learn to recognize the strengths and limitations of various nutrition research methods, find reliable nutrition information on the Internet and develop systematic thinking skills to critically evaluating the quality of nutrition information in both the scientific literature and popular media. *Prerequisite:* NFS284

Instructor:

Debbie Gurfinkel: Instructor: debbie.gurfinkel@utoronto.ca

Office Hours: location: FG142 150 College St Friday 1 -5 pm Sept 12-Dec 5 inclusive except Friday Sept 26 when office hours are cancelled. if these hours are not suitable e-mail for an appointment

Course time, location, website:

Lecture: Friday 9-12 FG103

Course website: available on your Portal page in Blackboard

Textbook:

There is no required textbook for this course.

Course Outline:

Week	Date	Topics Covered
1	Sept 12	Course Overview Nutrition Research Design Indicators of Quality Continuum of Literature- Grey Literature
2	Sept 19	How Nutrition Myths get started: Freshman 15 Fact Checking: South Beach Diet Nutrition reporting in the media Discussion of Assignment 1-Media Article
3	Sept 26	Class cancelled Reading Assignment: How to search Google & Pubmed for health-related information
4	Oct 3	Intervention Trial 1 Jenkins et al 2003. Jenkins et al 2005. Discussion of Assignment 2-Online searching Assignment 1 is due MINUTE ESSAY 1
5	Oct 10	Intervention Trial 2 Jenkins et al 2011. Russell et al 2012. Research and the real world. Discussion of Assignment 3- Comparative study of papers MINUTE ESSAY 2

6	Oct 17	Systematic review of intervention trials 1 Mozafararian et al 2010. Assignment 2 is due MINUTE ESSAY 3
7	Oct 24	Term Test 1 (MCQ)
8	Oct 31	Systematic review of intervention trials 2 Chowdhury et al 2014. MINUTE ESSAY 4
9	Nov 7	Observational Study 1 Sinha et al 2009. ASSIGNMENT 3 is due MINUTE ESSAY 5
10	Nov 14	Observational Study 2 Pan et al 2012. MINUTE ESSAY 6
11	Nov 21	Systematic Review of Observational studies Cerhan et al 2013. Flegal et al 2013.
12	Nov 28	Term Test 2 (MCQ)

Assessments

Assessment	Weight (%)	Due Date
Assignment 1: Writing a media article	14	Oct 3
Assignment 2: Searching online	5	Oct 17
Assignment 3: Comparative analysis	35	Nov 7
Term Test 1 (Individual and Group) 18 + 2 (MCQ)	20	Oct 24
Term Test 2 (Individual and Group) 18 + 2 (MCQ)	20	Nov 28
In-Class Minute Essays (6 x 1%)-Post online no later than Monday 9 AM after due date	6	Oct 3, 10, 17, 31 Nov 14, 21
TOTAL	100	

Reading List

The reading list below includes only the scientific articles required for the course. Additional media articles and similar readings will be posted in Lecture Documents.

Read by:	Article and library link
Oct 3	Jenkins DJ, Kendall CW, Marchie A, Faulkner DA, Wong JM, de Souza R, Emam A, Parker TL, Vidgen E, Lapsley KG, Trautwein EA, Josse RG, Leiter LA, Connelly PW. 2003 Effects of a dietary portfolio of cholesterol-lowering foods vs lovastatin on serum lipids and C-reactive protein. JAMA. 23;290(4):502-10. http://simplelink.library.utoronto.ca/url.cfm/443660 Jenkins DJ, Kendall CW, Marchie A, Faulkner DA, Wong JM, de Souza R, Emam A,

	<p>Parker TL, Vidgen E, Trautwein EA, Lapsley KG, Josse RG, Leiter LA, Singer W, Connelly PW. 2005. Direct comparison of a dietary portfolio of cholesterol-lowering foods with a statin in hypercholesterolemic participants. Am J Clin Nutr. 81(2):380-7. http://simplelink.library.utoronto.ca/url.cfm/376292</p>
Oct 10	<p>Jenkins DJ, Jones PJ, Lamarche B, Kendall CW, Faulkner D, Cermakova L, Giguere I, Ramprasath V, de Souza R, Ireland C, Patel D, Srichaikul K, Abdunour S, Bashyam B, Collier C, Hoshizaki S, Josse RG, Leiter LA, Connelly PW, Frohlich J. Effect of a dietary portfolio of cholesterol-lowering foods given at 2 levels of intensity of dietary advice on serum lipids in hyperlipidemia: a randomized controlled trial. JAMA. 2011 Aug 24;306(8):831-9. http://simplelink.library.utoronto.ca/url.cfm/443659</p> <p>Roussel MA, Hill AM, Gaugler TL, West SG, Heuvel JP, Alaupovic P, Gillies PJ, Kris-Etherton PM. 2012. Beef in an Optimal Lean Diet study: effects on lipids, lipoproteins, and apolipoproteins. Am J Clin Nutr. 95(1):9-16. http://simplelink.library.utoronto.ca/url.cfm/376291</p>
Oct 17	<p>Mozaffarian D, Micha R, Wallace S. 2010. Effects on coronary heart disease of increasing polyunsaturated fat in place of saturated fat: a systematic review and meta-analysis of randomized controlled trials. PLoS Med. 7(3):e1000252. http://www.plosmedicine.org/article/info%3Adoi%2F10.1371%2Fjournal.pmed.1000252</p>
Oct 31	<p>Chowdhury R, Warnakula S, Kunutsor S, Crowe F, Ward HA, Johnson L, Franco OH, Butterworth AS, Forouhi NG, Thompson SG, Khaw KT, Mozaffarian D, Danesh J, Di Angelantonio E. 2014. Association of dietary, circulating, and supplement fatty acids with coronary risk: a systematic review and meta-analysis. Ann Intern Med. 18;160(6):398-406. http://simplelink.library.utoronto.ca/url.cfm/441801</p>
Nov 7	<p>Sinha R, Cross AJ, Graubard BI, Leitzmann MF, Schatzkin A. 2009. Meat intake and mortality: a prospective study of over half a million people. Arch Intern Med. 23;169(6):562-71. http://simplelink.library.utoronto.ca/url.cfm/297658</p>
Nov 14	<p>Pan A, Sun Q, Bernstein AM, Schulze MB, Manson JE, Stampfer MJ, Willett WC, Hu FB. 2012. Red meat consumption and mortality: results from 2 prospective cohort studies. Arch Intern Med. 172(7):555-63. http://simplelink.library.utoronto.ca/url.cfm/297662</p>
Nov 21	<p>Cerhan JR, Moore SC, Jacobs EJ, Kitahara CM, Rosenberg PS, Adami HO, Ebbert JO, English DR, Gapstur SM, Giles GG, Horn-Ross PL, Park Y, Patel AV, Robien K, Weiderpass E, Willett WC, Wolk A, Zeleniuch-Jacquotte A, Hartge P, Bernstein L, Berrington de Gonzalez A. 2014. A pooled analysis of waist circumference and mortality in 650,000 adults. Mayo Clin Proc. Mar;89(3):335-45. doi: 10.1016/j.mayocp.2013.11.011. http://www.mayoclinicproceedings.org/article/S0025-6196(13)01040-9/abstract?showall=true</p> <p>Flegal KM, Kit BK, Orpana H, Graubard BI. 2013. Association of all-cause mortality with overweight and obesity using standard body mass index categories: a systematic review and meta-analysis. JAMA. 2;309 (1):71-82. http://simplelink.library.utoronto.ca/url.cfm/443665</p>

Important Course Policies:

Late submission of assignments:

A hard copy of each assignment is due **at the beginning of class** on the due date.

Assignments will be accepted after class, **on the due date**, but there will be a **10% penalty** (Initial grade 85%-10% penalty = 75% final grade). Submit the assignment directly to Dr G (FG142) or leave your assignment in the main office of the Department of Nutritional Sciences (FG 316), no later than 4:45 pm on the due date. Have it stamped “received” and dated.

The **hard copy** of your assignment is the only version which will be graded; submitting your assignment to Turnitin or by e-mail as “proof” of its timely completion is **NOT** acceptable; timely completion includes the budgeting of travel time to ensure you can submit your hard copy.

NO ASSIGNMENT WILL BE ACCEPTED after the due date except for compelling reasons such as illness or personal distress. Please contact Dr G by e-mail (debbie.gurfinkel@utoronto.ca) to request an extension, prior to the due date. You will be asked to provide a reason for the request. This can be a written explanation from you or a medical certificate

<http://www.illnessverification.utoronto.ca/getattachment/index/Verification-of-Illness-or-Injury-form-Jan-22-2013.pdf.aspx>

Verbal explanations can also be provided. All discussions are treated as confidential. Students dealing with intense or ongoing personal distress or chronic illness, who may need special and continuing accommodation, may be asked for additional documentation and are advised to discuss their situation with their college registrar.

Please note that poor time management, having several assignments due at the same time, having to study for term tests, etc are NOT compelling reasons for an extension. Students are expected to complete their assignments as best they can, hand them in on time, even if incomplete, and accept that they may not get as high a grade as they would like.

If you feel you have a compelling reason that cannot be easily documented or are uncertain if your reasons are compelling, you should ideally discuss this with Dr G before the assignment due date. If this is not possible then **FIRST** hand-in as much of the assignment as you possibly can on the due date and **THEN** contact Dr G to discuss your situation. All discussions are kept confidential.

Policy for missed term tests or minute essays: Except for compelling reasons such as those described in the policy regarding late assignments, all students will be given a grade of ZERO if they miss a term test or minute essay. When compelling reasons are provided, a make-up minute essay or test will be arranged.

Assignment re-reads: If you would like Dr G to recheck the way any assignments has been graded, please submit in WRITING a BRIEF explanation of where you believe an oversight has occurred. You may underline or highlight the relevant portions. The portions highlighted along with the remainder of the assignment will be reviewed and **your grade can go up, down or stay the same**. Dr G’s decision is final. Please note that the higher your initial grade, especially > 80%, the less likely an upward adjustment of marks will occur.

You can hand in requests to Dr G personally during class or office hours or leave your paper in main office of the Department of Nutritional Sciences, Rm 316 Fitzgerald Building. All requests for rereads must be submitted one week after the assignment was returned.

Check "My grades" to find any changes to your grade. If Dr G has reviewed your assignment and has not changed your mark this will also be indicated in the comments section.

Turnitin

"Normally students will be required to submit their assignments to Turnitin.com for a review of textual similarity and detection of possible plagiarism. In doing so, students will allow their assignments to be included as source documents in the Turnitin.com reference database, where they will be used solely for the purpose of detecting plagiarism. The terms that apply to the University's use of the Turnitin.com service are described on the Turnitin.com web site."

In order to submit your assignments to Turnitin you will first need to set up an account. If you have not already done so, here are the instructions: https://www.turnitin.com/newuser_type.asp?lang=en_us
You will need the following to set up your account and submit assignments:

Class ID: 8622803 and **Enrolment password:** add301

If you have problems that prevent you from submitting to Turnitin, please contact Dr Gurfinkel to discuss alternatives. All students are expected to either submit to Turnitin, which is voluntary, or provide an alternative. Failure to do so could result in **a grade of ZERO for the assignment**. For those who do not submit to Turnitin, as an alternative you will be expected to meet with Dr Gurfinkel for a short **oral test** during which you will be asked questions about the writing of the assignment and its content. Your assignment grade may be changed based on how well you answer these questions.

Lecture material, audio recordings, and intellectual property

Lecture presentations and course materials are the intellectual property of the instructor. All students enrolled in NFS301 are permitted to use the material for personal study. You may also make audio recordings of the lecture for personal use. Note that if you bring a recording device to the front of the classroom, you do so at your own risk. These devices do get lost or stolen.

A forum has been set up on the course discussion board called *Lecture Recordings* and students who are willing to share their audio recordings with their classmates can post audio files there. Students are NOT permitted to post these audio files in any other public location without the permission of Dr Gurfinkel.

Academic Integrity

Students are expected to conduct themselves with academic integrity. The Code of Behaviour clearly describes activities that are considered academic misconduct:

<http://www.governingcouncil.utoronto.ca/policies/behaveac.htm> Students are urged to regularly review the code as ignorance of the rules is not an acceptable excuse.

Accessibility Needs:

The University of Toronto is committed to accessibility. If you require accommodations for a disability, or have any accessibility concerns about the course, the classroom or course materials, please contact Accessibility Services as soon as possible: <http://www.accessibility.utoronto.ca/>