

**NUTR 4400**  
**Study Abroad: Global Perspectives in Nutrition**  
**Department of Nutrition and Dietetics**  
**College of Human Ecology, East Carolina University**  
**Greenville, NC 27858-4353 USA**  
**France and Italy - May 11 – 26, 2010**

**INSTRUCTOR:** Nancy Harris, MS, RD, LDN, FADA  
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**COURSE:** NUTR 4400 Study Abroad: Global Perspectives in Nutrition

**CREDIT HOURS:** Total three semester hours

**REQUIRED TEXT:** No text required

**COURSE DESCRIPTION:** Study of food, nutrition and health as it applies to global environments.

**RECOMMENDED RESOURCES:**

American Dietetic Association, (2008), International Dietetics and Nutrition Terminology (IDNT) Reference Manual, Standardized Language for the Nutrition Care Process, First Edition, published by the American Dietetic Association.

Berkoff, N. (2005). Nutrition for the Culinary Arts, Upper Saddle River, New Jersey, Pearson/Prentice Hall Publishing.

Birn, Anne-Emanuelle, Pillay, Yougan, Holtz, Timothe H. (2009) ,Global Health in a Dynamic World, Oxford University Press.

Bryant, C., DeWalt, K., Courtney, A., and Schwartz, J. (2003). The Cultural Feast – An Introduction to Food and Society. Thomson Wadsworth Publishing: Belmont, CA

Bucher, R. D. (2004). Diversity Consciousness. Prentice Hall Publishing; Upper Saddle River, NJ.

Carney, J. (2006), Public Health in Action: Practicing in the Real World, Jones and Bartlett Publishers, Sudbury, Massachusetts.

Edelstein, S. (2006), Nutrition in Public Health: A Handbook for Developing Programs and Services, Second Edition, Jones and Bartlett Publishers, Sudbury, Massachusetts.

Food, Nutrition, Physical Activity and the Prevention of Cancer: A Global Perspective, (2007), World Cancer Research Fund and American Institute for Cancer Research.

Haider, M. (2005), Global Public Health Communication: Challenges, Perspectives, and Strategies, Jones and Bartlett Publishers, Sudbury, Massachusetts.

Harvey, C & Allard, M (2005). Understanding and Managing Diversity. Prentice Hall Publishing, Upper Saddle River, NJ.

Heyman, P. (2003). *International Cooking – A Cultural Journey*, Upper Saddle River, New Jersey, Pearson Education.

Jacobsen, Kathryn, (2008), *Introduction to Global Health*, Jones and Bartlett Publishers.

Kittler, P. and Sucher, K.(2004). *Food and Culture*. Thomson Wadsworth Publishing, Belmont, CA.

McWilliams, M. and Heller, H. (2003) *Food Around the World – A Cultural Perspective*, Upper Saddle River, New Jersey, Prentice Hall.

Merson, Michael H., Black, Robert E., Mills, Anne J. (2006), *International Public Health: Diseases, Programs, Systems and Policies*, Second Edition, Jones and Bartlett Publishers.

Mossialos, E., Dixon, A., Figueras, J., and Kutzin, J. (2002) *Funding Health Care: Options for Europe* (European Observatory on Health Care Systems), Open University Press, Buckingham and Philadelphia.

Oakes, Jeannie and Lipton, Martin, (2007), *Teaching to Change the World*, Third Edition, McGraw Hill Publishers.

Turnock, B. (2006), *Public Health: Career Choices that Make a Difference*, Jones and Bartlett Publishers, Sudbury, Massachusetts.

West, K.P., Caballero, B, Black, RE. (2005) *International Public Health: Diseases, Programs, Systems and Policies*, Second Edition, Jones and Bartlett Publishers.

### **COURSE OBJECTIVES:**

The purpose of the course is to introduce the student to nutrition and dietetics in a global environment. It will involve academic and service learning opportunities in a variety of health and food industry environments, primarily in Italy and France. At the conclusion of the course, the participants will have accomplished:

1. Introduction to nutrition and dietetics in a global environment
2. Observation of educational preparation and professional roles and of nutrition professionals in other countries
3. Exposure to global health organizations and how health care is delivered
4. Identification of global health issues and initiatives
5. Enhanced knowledge and skills in cultural competence
6. Increased awareness of regulatory agencies and guidelines for nutrition related health care, food production and food service delivery
7. Exposure to European food culture, food production, and culinary techniques

### **COURSE CONTENT OUTLINE:**

1. Assessing the Target Population's Nutritional Status
2. Mothers and Infants: Nutrition Issues, Services and Programs
3. Children and Adolescents: Nutrition Issues, Services and Programs
4. Growing Older: Nutrition Assessment, Services and Programs
5. Health Issues Facing the World
6. Food Insecurity and Food Assistance Programs
7. Politics and Health Care
8. Addressing the Obesity Epidemic: A Global Issue for Public Health Policy
9. Health Promotion and Disease Prevention – Understanding the Costs of Chronic Disease
10. Gaining Cultural Competence in Community Nutrition
13. Sustainable Food Systems and Public Health Initiatives
11. Special Needs Populations
12. Culture, Behavior and Health

## **COURSE REQUIREMENTS:**

**ORIENTATIONS:** Participants are required to participate in two orientation sessions prior to departure. Online orientation sessions will be available for participants who are unable to come to campus. Unexcused absences or poor participation will result in a reduction in the course grade. Topics for research paper will be assigned during the orientation sessions.

**ATTENDANCE and PARTICIPATION:** Participants are required to participate in both orientation sessions prior to departure and in all itinerary activities during the program. Unexcused absences or poor participation will result in a reduction in the course grade. During the itinerary excursions, students will be expected to dress professionally, be prompt, exhibit courteous behavior, and adhere to guidelines outlined for the program. At the instructor's discretion, students will be sent home at their own expense if their behavior disrupts the program.

**SPECIAL NEEDS:** Please notify the instructor as soon as possible regarding any disabilities or special needs so that accommodations can be arranged. Special requests such as vegetarian diets will be accommodated based on availability.

**DISABILITIES STATEMENT:** East Carolina University seeks to comply fully with the Americans with Disabilities Act (ADA). Students requesting accommodations based on a disability must be registered with the Department for Disability Support Services located in Slay 138 ((252) 737-1016 (Voice/TTY)).

**COURSE GRADE:** The course grade will be determined based on the following:

Participation in orientation sessions and assignments– 10%  
Participation in itinerary events – 35%  
Research paper on assigned topic (due after trip completion on June 11, 2010) – 60%

## **GRADING PLAN:**

90 – 100	A
80 – 89.9	B
70 – 79.9	C
60 – 69.9	D
Below 60	F

Any violation of academic integrity will result in automatic failure of the course and will be referred to the Academic Integrity Board. The Academic Integrity Policy, including definitions and procedures, can be found at <http://www.ecu.edu/studenthandbook/policies>.

## **PRE-TRIP ORIENTATION SESSIONS**

<b>April 6, 2010</b>	<b>5:00 to 8:00 pm</b>	<b>Rivers</b>
<b>April 27, 2010</b>	<b>5:00 to 8:00 pm</b>	<b>Rivers</b>

Off campus participants will be provided materials electronically and will be expected to submit all required materials to the instructor and the Division of Continuing Studies on time.

## **POTENTIAL TOPICS FOR RESEARCH PAPERS**

Topics will include investigation of organizations, programs and issues such as the following:

International Committee of the Red Cross

World Health Organization

World Health Organization Growth Standards – Methods and Development  
WHO Child Growth Standards and the Identification of Severe Acute Malnutrition in Infants and Children  
2008 to 2013 Action Plan for the Global Strategy for the Prevention and Control of Noncommunicable Diseases

REACH – Ending Child Hunger and Undernutrition

World Food Programme  
Community-Based Management of Severe Acute Malnutrition

GAIN – Global Alliance for Improved Nutrition

World Bank

United Nations  
Food and Agriculture Organization  
The Millennium Development Goals  
Reports on the World Nutrition Situation  
Nutrition Information in Crisis Situations (NICS)

United Nations Children’s Fund (UNICEF)  
State of the World’s Children  
A World Fit for Children  
Global Strategy for Infant and Young Child Feeding  
Strengthening Action to Improve Feeding of Infants and Young Children 6-23 Months of Age in Nutrition and Child Health Programmes

European Union  
EU Platform on Diet, Physical Activity and Health

European Federation of Associations of Dietitians  
European Academic and Practitioner Standards for Dietetics

Food, Nutrition, Physical Activity and the Prevention of Cancer: A Global Perspective, World Cancer Research Fund and American Institute for Cancer Treatment

Mapping the World of Nutrition: An Overview of federal funding programs for nutrition programs, Association of Nutrition Services Agencies

The Food Dukes: Changing the Nation’s Diet

Italian Dietetic Association

French Dietetic Association

Nestle Nutrition

PEPSICO  
Global Research and Development Organization  
Global Commitment to Action on the Global Strategy on Diet, Physical Activity and Health  
Global Alliance for Improved Nutrition (GAIN)  
The Diet and Health Research Industry Club (DRINC)  
Oxford Health Alliance

Harvest Plus

Challenge Program of the Consultative Group on International Agricultural Research (CGIAR)

International Center for Tropical Agriculture (CIAT)

International Food Policy Research Institute (IFPRI)

Melinda Gates Foundation

International Life Sciences Institute

**November 2009**