

NYU ACCRA

NUTRE-UE 9187

GLOBAL NUTRITION ISSUES: THE AFRICAN PERSPECTIVE

Instructor Information

- Name: Prof. Matilda Steiner-Asiedu
- Office address: Department of Nutrition, University of Ghana
- Telephone: 0541260704
- Office hours: TBA
- Email address: tillysteiner@gamil.com

Course Information

- **Course number:** NUTR-UE 9187
- **Course Title:** Global Nutrition Issues: The African Perspective
- **Course Overview and Goals:** The course is designed to enhance students' awareness of the multifaceted nature of nutrition problems across the globe and the need for holistic strategies to reduce or alleviate the challenges. The role of public private partnership (PPP) in addressing both under and over-nutrition issues in Africa is an integral part of the course. Nutrient cycle challenges and their relationships with maternal and child nutrition (the first 1000 days) is a major component of the course. A review of the UNICEF malnutrition conceptual framework; livelihoods; interactions between food and nutrition security with agriculture and developmental issues will be discussed. The discourse of globalization and the nutrition transition in Africa as well as the conventional food habits / food ways in relation to the current trends in non-communicable diseases trends in Africa will be considered. Intervention programs and nutrition policies will be compared across the globe. Organizations impacting nutrition in developing countries will be examined in relation to their role in enhancing food and nutrition security. Nutritional surveillance and monitoring are important strategies in improving nutrition as such the methods involved will be discussed with practical experiences.

Teaching will include lectures, question-answer sessions, group discussions, problem solving and presentations. Students are expected to have read assigned readings prior to class to facilitate teaching and learning.

Experiential learning: Field visits are part of the course to enable students see and understand real challenges of nutrition within a developing country's perspective. Three field trips will be organized to complement class lectures.

- A visit to rehabilitation centres to experience and understand the features of childhood under-nutrition and its management.
- A visit to a deprived community to evaluate the nutrition situation, using rapid appraisal techniques as an essential component of the application of extension methods in solving nutritional problems.

- Market surveys: to learn and understand the interaction between market systems, globalization, food security, food safety and sanitation on nutrition.
- **Lecture Hours:** Tuesdays, 9:00 AM – 12:00 Noon
- **Venue:** Classroom 2, NYU Accra Academic Centre.

Upon Completion of this Course, students will be able to:

- Outline the nature and scope of nutrition challenges in both developed and developing countries.
- Appraise the inter-relationship between culture, social, economic, environmental and lifestyle behaviours on nutrition and health.
- Discuss the food path, value addition and nutrition security.
- List governmental, non-governmental and international organizations as stakeholders in Nutrition related program planning.
- Explain nutrition situation of women and their role in improving nutrition in families and households.
- Explain why nutrition in the first 1000days of a child’s life is critical for long term health.
- Give reasons why breastfeeding should be promoted, protected and supported.
- Elucidate the importance of food and water safety in nutrition and health within the African context
- Evaluate policies/guidelines that influence nutrition in Africa.
- Identify nutrition challenges that demand intervention from market and community survey
- Use tools and protocols for nutritional assessment

Course Requirements

Class participation: Preparation and class participation are required. Students should be prepared to report on and discuss topics in the readings. Students are also expected to relate what they learn in class to everyday life and field experiences. All field trips are compulsory.

Assignment 1:

Report on nutritional assessment in a school.

The ABCDE in assessment should be considered in the report.

Assignment 2:

Response paper based on field trip to market

A two to three -page paper on field experience and what you learned will be expected of you. This should be handed in the next class.

Assignment 3:

Response paper based on field trip to PML

A two to three -page paper on field experience and what you learned will be expected of you. This should be handed in the next class.

Assignment 4:

Response paper based on field trip to a community

A two to three -page paper on field experience and what you learned will be expected of you. This should be handed in the next class.

Assignment 5;

Term paper

Identify a global nutrition challenge. Suggest an intervention. Consider a developed and a developing country and let this inform you in your choice of intervention, considering socio-economics as well as culture. It may take the form of a case study or situation analysis or an evaluation of a nutrition program. Write an 8-10 page (typed, double spaced). This will be followed by 15-20 minutes in class presentation on the last lecture day. **Students will be paired randomly to foster team work which is important in the field of nutrition.**

Students are expected to submit work on date specified. Late submission is not acceptable. Failure to submit or fulfill any required course components results in failure of the course.

Grading of Assignments

The grade for this course will be determined according to the following formula:

Assignments/Activities	% of Final Grade
Class participation	5%
Quizzes	10%
Reports (4)	40%
Mid Term Test	20%
Class presentation	5%
Term Paper	20%

Letter Grades

Letter grades for the entire course will be assigned as follows:

Letter Grade	Points	Percent
A	4.00	94%-100%
A-	3.67	90%-93%
B+	3.33	87%-89%
B	3.00	84%-86%

Letter Grade	Points	Percent
B-	2.67	80%-83%
C+	2.33	77%-79%
C	2.00	74%-76%
C-	2.00	70%-73%
D	1.00	65% -69%
F	.00	Below 65 %

View Grades

All assignments will be graded and handed over in class. However, midterm grades and final grades will be uploaded onto NYU Classes.

Course Schedule

Topics and Assignments

Week/Date	Topic	Reading	Assignment Due
Week 1, Feb. 5 th	Introduction to Course: Overview and concepts		
Week 2, Feb. 12 th	Macronutrients: Components of Foods, their values and Nutritional challenges	Brown <i>et al</i> , pages 50-163	Two global nutrition challenges.
Week 3, Feb. 19 th	Micronutrients: Components of Foods, their Values Nutritional challenges		
Week 4, Feb. 26 th	Global nutrition trends: A review	Global nutrition reports, 2018, SDGS	QUIZ: There will be a short quiz at end of class based on the first four lectures.)

Week/Date	Topic	Reading	Assignment Due
Week 5, Mar. 5 th	Nutritional assessment I (Practical work:) <ul style="list-style-type: none"> • Anthropometry • Clinical examinations • Biochemical • Dietary • Anthro software for analysis (Guest Lecturer) 	Handout on anthropometric, dietary assessment	
Week 6, Mar. 12 th	MID Term Exams Food and Nutrition Security	Global food systems reports	Come to class with 3 factors affecting food and nutrition security
Week 7, Mar. 19 th	SPRING BREAK		
Week 8, Mar.26 th	Nutritional assessment II (individual assessment and reporting) <ul style="list-style-type: none"> • Anthropometry • Clinical examinations • Biochemical • Dietary 		School visit for assessment
Week 9, Apr. 2 nd	Maternal nutrition (pregnancy and lactation)		Come to class with a List of 5 challenges facing pregnant women for discussions
Week 10, Apr 9 th	Infant and Young Child feeding	WHO code of breastfeeding	Nutritional assessment report due. (Field report 1) QUIZ 2 based on lectures 8 to 10
Week 11, Apr. 16 th	Market Survey (field trip to traditional and exotic markets)		
Week 12, Apr. 23 th	Nutritional Management of PEMs (Hospital experience)-Guest	Read on PEMs, Handout	Market survey Field report 2

Week/Date	Topic	Reading	Assignment Due
	Lecturer (Chief Dietician)		
Week 13, Apr. 30 th	Intervention programs and NGOs	Study and evaluate a program for class discussions/presentations	PML Field report 3
Week 14, May. 7 th	Community Assessment Techniques (Guest Lecturer_	Read paper on transect walk	
Week 15, May. 14 th	Class presentations on projects		Field report 4 (Community assessment)
Week 16, May. 21 st	No exams		TERM PAPER DUE

Tests and Quizzes

- **Quiz 1:** lectures 1 to 4 on Feb 4th, 2019
- **Mid-term exams:** lectures 1 to 6; March 12th, 2019
- **Quiz 2:** based on nutritional assessment; April 9th, 2019

Course Materials

Required Textbooks & Materials

- Norman J. Temple and Nelia Steyn (2016). *Community Nutrition for Developing Countries*. AU Press, Athabasca University, Canada
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Optional Textbooks & Materials

- King, F. S., Burgess, A. (2010), *Nutrition for Developing Countries, second edition*. ELBS with Oxford University Press, London.

Resources

- **Access your course materials:** [NYU Classes](http://nyu.edu/its/classes) (nyu.edu/its/classes)
- **Databases, journal articles, and more:** [Bobst Library](http://library.nyu.edu) (library.nyu.edu)
- **Assistance with strengthening your writing:** [NYU Writing Center](http://nyu.mywconline.com) (nyu.mywconline.com)
- **Obtain 24/7 technology assistance:** [IT Help Desk](http://nyu.edu/it/servicedesk) (nyu.edu/it/servicedesk)
- **Handouts will be posted on line**

Course Policies

Attendance and Tardiness

Study abroad at Global Academic Centers is an academically intensive and immersive experience, in which students from a wide range of backgrounds exchange ideas in discussion-based seminars. Learning in such an environment depends on the active participation of all students. And since classes typically meet once or twice a week, even a single absence can cause a student to miss a significant portion of a course. To ensure the integrity of this academic experience, class attendance at the center is mandatory, and unexcused absences will affect students' semester grades. Students are responsible for making up any work missed due to absence. Repeated absences will result in harsher penalties, including failure. Absences are only excused if they are due to illness, religious observance or family emergencies. For courses that meet once a week, one unexcused absence will be penalized by a two percent deduction from the student's final course grade. For courses that meet two or more times a week, the same penalty will apply to two unexcused absences.

Note: If for any other tenable reason you will be unable to attend class, you are FIRST required to contact and inform the NYU Accra Manager of Student Services directly at the Academic Centre or email mao9@nyu.edu. You are also required to email your professor directly to notify them before the day of the class. You will not be penalized only when this request for Nonattendance has been formally granted and communicated to you. Students observing a religious holiday during regularly scheduled class time are entitled to miss class without any penalty to their grade. This is for the holiday only and does not include the days of travel that may come before and/or after the holiday. Students must notify **the Professor and the Office of Academic Support** in writing via email one week in advance before being absent for this purpose. Accommodations would be made to allow students who have been absent for religious reasons to make up any missed work.

Requests to be excused from a class on medical grounds should go to the **Student Life Coordinator**. All non-medical requests must go to the **Site Director** and should be made in person (not by email) **BEFORE** the day of class.

Late Assignment Submission

Students are expected to submit work on date specified. Late submission of work is not permitted and will not earn "grade A". Late submission will be accepted if it is backed with a formal excuse.

Incomplete Grade Policy

Failure to submit or fulfill any required course component results in failure of the course.

Academic Honesty/Plagiarism

Students must adhere to [NYU's academic integrity policy](#) while studying away at a global site. As that policy states: *"At NYU, a commitment to excellence, fairness, honesty, and respect within and outside the classroom is essential to maintaining the integrity of our community. By accepting membership in this*

community, students take responsibility for demonstrating these values in their own conduct and for recognizing and supporting these values in others.”

NYU defines plagiarism as “presenting others’ work without adequate acknowledgement of its source, as though it were one’s own.”

Before submitting assignments, students are expected to reference all sources that you have consulted in preparing them, and to include a full bibliography for every assignment where you make use of outside sources.

Plagiarism, the use of another writer’s words without due acknowledgement, is a serious academic offence for which you will be penalized. The following acts constitute plagiarism:

- Using a phrase, sentence or passage from another person’s work without quotation marks and attribution of the source.
- Paraphrasing words or ideas from another’s work without attribution.
- Reporting as your own research or knowledge any data or facts gathered or reported by another (including another student).
- Submitting in your own name papers or reports completed by another.
- Submitting your own original work (be it oral presentations or written work) toward requirements in more than one class without my prior permission. If there is an overlap of the subject of an assignment with one that the student has produced for another course (either in the current or previous semesters,), he/she is obliged to inform me.

Disability Disclosure Statement

Academic accommodations are available for students with disabilities. Please contact the Moses Center for Students with Disabilities (212-998-4980 or mosescsd@nyu.edu) for further information. Students who are requesting academic accommodations are advised to reach out to the Moses Center as early as possible in the semester for assistance.

Note: Aspects of this syllabus could change in the course of the semester