NEW YORK UNIVERSITY
THE STEINHARDT SCHOOL OF CULTURE, EDUCATION AND HUMAN DEVELOPMENT
DEPARTMENT OF NUTRITION, FOOD STUDIES AND PUBLIC HEALTH

MATERNAL AND CHILD NUTRITION

Class Number: 5478
Course Number: NUTR-GE 2042.001
Class Schedule: Thurs 4:55-6:35 PM
Location: MEYR 261
Semester and Year: Spring 2017
Professor: Diane Barrett MS, RDN, IBCLC
Email: db802@nyu.edu
Telephone: 201-777-0189
Office hours: By appointment

Course Description
This course focuses on nutrition during the preconception period, pregnancy, and lactation, infancy, childhood and adolescence with emphasis on current research for optimal outcomes.

Class sessions are meant to be engaging and include lectures, class debates, case studies, discussion questions, and presentations by students.

Course Objectives

1. Define nutritional needs during preconception, pregnancy and lactation.
2. Define nutritional needs of newborns and infants.
3. Explore optimal infant feeding behaviors, baby behavior and influencing factors.
5. Describe infant feeding practices and the factors that influence them.
6. Describe the implications of fetal and infant malnutrition on long-term health.
7. Define the nutritional needs of children and the factors that affect their food choices and intake.
8. Identify the principal methods for nutrition assessment during pregnancy and lactation, infancy, childhood and adolescence.
9. Identify and evaluate the availability and benefits of programs that provide nutrition assistance to women and children.
Competencies Covered in the Course

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<tr>
<th>Objective #</th>
<th>Competency</th>
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<td>4,5</td>
<td>Recognize environmental factors including biological, physical and chemical factors that affect the health of a community</td>
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<td>4,5</td>
<td>Understand the patterns of disease and injury in human populations and apply to the control of health problems</td>
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Recommended Textbook and Readings

Required readings will be mostly from review and original research articles and will be available on the course website.

Required review expectation for academic integrity [http://cas.nyu.edu/page/academicintegrity](http://cas.nyu.edu/page/academicintegrity)

Review written assignments at the Writing Center to ensure quality is suitable and appropriate. [https://www.nyu.edu/students/academic-services/writing-center.html](https://www.nyu.edu/students/academic-services/writing-center.html)

Course Requirements and Grades
Final grades will be based upon the completion of the following assignments and exams:

1. Course Paper  30%
2. Course Paper Presentation  20%
3. Class Participation 10%
4. Additional Presentation 10%
5. Exams 30%

Note: Make-up exams are only possible due to extenuating circumstances. No makeup exams will be given unless the instructor is notified before the exam is given. Late projects and papers will not be accepted.

Grading Scale:

A: 93-100  B+: 87-89  C+: 77-79  D+: 67-69
A-: 90-92    B: 83-86   C: 73-76   D: 60-66
    B-: 80-82  C-: 70-72  F: <60
Course Requirements and Expectations

1. Research Paper
To interpret new scientific knowledge, pick a hot topic in Maternal and Child Nutrition that interests you. Email me for approval of the topic. After your topic and study are approved, find 4-5 other original research studies that have been recently published on your topic. Write an 8-10 page paper summarizing the findings and prepare a presentation for the class. Use scientific writing style emphasized in Research Methods. Follow the Journal of the Academy of Nutrition and Dietetics (JAND) Information to Authors to cite references.

Layout Instructions:

Section Headings:

Abstract: Write a conventional abstract (1 paragraph, 250 words or less) according to JAND Information to Authors. See review papers in JAND for examples.

Introduction: “Introduce” the topic. Cite review articles and other important papers that explain why your topic is important and some background about your topic.

Results from Research Studies: For each research study (4-5 studies total), follow guidelines in E33.2190 Research Methods and write 1-2 paragraphs describing the study design, sample size and characteristics, primary research questions, methods used (especially dietary assessment methods), and main results found. Include statistics (means, %, ratios, p values, 95% CI) where relevant.

Limitations of Research Studies: Write 1-2 paragraphs describing limitations that are general to all or most studies and then include limitations that are specific to individual studies if appropriate. Be sure to discuss limitations related to study design, study population, dietary assessment methods, measurement issues of other variables, analytical issues, etc.

Strengths of Research Studies: Same as limitations above.

Conclusions: Write 1 paragraph on overall conclusions from your research studies.

Applications/Future Research: Write 1 paragraph on points relevant to RDs or Public Health nutritionists/health professionals. See research articles in JAND for examples of applications.
References: Follow JAND Information to Authors regarding how to cite references. See review papers in JAND for examples.

2. Research Presentation - dates are TBD
Prepare a 15-minute Powerpoint presentation highlighting the importance, findings, limitations and strengths of the studies you critiqued. Include general background information about your topic as well. After each presentation, we will have 10-15 minutes for Q&A from the class.

3. Classroom Participation
Students are expected to contribute to class discussions in a positive and valuable manner and to be respectful of peers and guest lecturers. Attendance is required. Please notify me if you must miss a class for an important reason.

4. Legislation, Podcast, Website or App Presentation
Research a maternal/child nutrition related legislative issue that is pending in the district where you are registered to vote, a website or an app related to maternal/child nutrition. Prepare a 10 minute oral or Powerpoint presentation highlighting the legislative status, benefits, uses and risks of the website or app and your personal opinion for application. Presentations will be scheduled weekly.

5. Exams
There will be two in-class exams. The first exam will cover the preconception, pregnancy and lactation. The second exam will cover infancy and childhood. The questions will be multiple choice, short answer and essays.

NYU Classes
NYU Classes will be used extensively throughout the semester for assignments, announcements, and communication. NY Classes is accessible at http://home.nyu.edu/academics

Prospective Schedule of Classes
January 26, 2017: Course Introduction
February 2, 2017: Fertility, Pregnancy, and Developmental Programming
February 9, 2017: Nutrition during Pregnancy
February 16, 2017: Maternal Malnutrition, Weight Gain, High Risk Pregnancy
February 23, 2017: Effects of Birth and Delivery on Growth and Development, Guest Presenter
March 2, 2017: Lactation and Baby Behavior
March 9, 2017: Mid-term Exam
March 16, 2017 Spring Recess - no classes scheduled
March 23, 2017: Infant Nutrition
March 30, 2017: Childhood Nutrition, Guest Presenter
April 6, 2017: Barriers to Optimal Growth and Development, Adolescent Nutrition
April 13, 2017: Student Presentations
April 20, 2017: Student Presentations
April 27, 2017: Student Presentations
May 4, 2017: Final Exam, Research Paper due
May 10-16, 2017: Spring semester ends

**Statement of Academic Integrity**
The NYU Global Institute of Public Health values both open inquiry and academic integrity. Students in the program are expected to follow standards of excellence set forth by New York University. Such standards include respect, honesty and responsibility. The GIPH does not tolerate violations to academic integrity including:

- Plagiarism
- Cheating on an exam
- Submitting your own work toward requirements in more than one course without prior approval from the instructor
- Collaborating with other students for work expected to be completed individually
- Giving your work to another student to submit as his/her own
- Purchasing or using papers or work online or from a commercial firm and presenting it as your own work

Students are expected to familiarize themselves with the GIPH and University’s policy on academic integrity as they will be expected to adhere to such policies at all times – as a student and an alumni of New York University.

**Plagiarism**
Plagiarism, whether intended or not, is not tolerated in the GIPH. Plagiarism involves presenting ideas and/or words without acknowledging the source and includes any of the following acts:

- Using a phrase, sentence, or passage from another writer's work without using quotation marks
- Paraphrasing a passage from another writer's work without attribution
- Presenting facts, ideas, or written text gathered or downloaded from the Internet as your own
- Submitting another student's work with your name on it
- Submitting your own work toward requirements in more than one course without prior approval from the instructor
- Purchasing a paper or "research" from a term paper mill.
Students in the GIPH and GIPH courses are responsible for understanding what constitutes plagiarism. Students are encouraged to discuss specific questions with faculty instructors and to utilize the many resources available at New York University.

**Disciplinary Sanctions**

When a professor suspects cheating, plagiarism, and/or other forms of academic dishonesty, appropriate disciplinary action is as follows:

- The Professor will meet with the student to discuss, and present evidence for the particular violation, giving the student opportunity to refute or deny the charge(s).
- If the Professor confirms that violation(s), he/she, in consultation with the Program Director may take any of the following actions:
  - Allow the student to redo the assignment
  - Lower the grade for the work in question
  - Assign a grade of F for the work in question
  - Assign a grade of F for the course
  - Recommend dismissal

Once an action(s) is taken, the Professor will inform the Program Director, and inform the student in writing, instructing the student to schedule an appointment with the Associate Dean for Academic Affairs, as a final step. The student has the right to appeal the action taken in accordance with the GIPH Student Complaint Procedure.

**Students with Disabilities**

Students with disabilities should contact the Moses Center for Students with Disabilities regarding the resources available to them, and to determine what classroom accommodations should be made available. Information about the center can be found here: https://www.nyu.edu/life/safety-health-wellness/students-with-disabilities.html. Students requesting accommodation must obtain a letter from the Moses Center as early in the semester as possible.