

## **PubH 6079**

### **Obesity & Eating Disorders: Treatment, Prevention & Policy**

#### **Course Syllabus Spring 2009**

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<b>Credits:</b>	2 credits
<b>Meeting Days:</b>	<b>Tuesday</b>
<b>Meeting Time:</b>	<b>3:35 to 5:30</b>
<b>Meeting Place:</b>	<b>Weaver-Densford Hall 2120</b>
<b>Instructors:</b>	Mark Pereira, PhD and Nancy Sherwood, PhD, Division of Epidemiology and Community Health, School of Public Health
<b>Office Address:</b>	1300 S. 2nd Street, Suite 300, Minneapolis MN 55454-1015
<b>Office Phone:</b>	Dr. Pereira 612- 624-4173; Dr. Sherwood 952-967-7303/612-625-4567
<b>Fax:</b>	612-624-0315
<b>E-mail:</b>	<a href="mailto:map@umn.edu">map@umn.edu</a> ; <a href="mailto:Nancy.E.Sherwood@HealthPartners.com">Nancy.E.Sherwood@HealthPartners.com</a>
<b>Office Hours:</b>	<b>By appointment</b>

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### **I. Course Description**

This course is the second part of a 2-course obesity series. The Fall Semester course (PubH 6360) covers epidemiology and etiology. The Spring Semester course (PubH 6079) covers prevention, treatment and policy.

#### **IT IS NOT NECESSARY TO HAVE TAKEN PUBH 6390 IN ORDER TO TAKE THIS PRESENT COURSE.**

Obesity is a global epidemic of rising importance and interest to public health researchers and practitioners. Eating disorders are a group of clinical psychological disorders that affect a small proportion of the population. Some have argued that there is a link between obesity and eating disorders.

This course examines obesity and eating disorders at individual, social, environmental and policy levels. Treatment and prevention interventions, at the individual, group, and community level are examined. Behavioral, environment and policy strategies are examined. Links between eating disorders and obesity will be explored.

### **II. Course Prerequisites**

Graduate students in any college or unit in the University. Interested students are expected from Public Health, Kinesiology, Psychology, Child Development, Sociology, Journalism and Mass Communications, Food Science and Nutrition, Medicine.

### **III. Course Goals and Objectives**

1. Develop a working knowledge of the different treatment approaches for obesity and for eating disorders, and the extent to which they have demonstrated effectiveness.
2. Learn about prevention intervention approaches for obesity and for eating disorders, and the extent to which they have demonstrated effectiveness.
3. Develop a working understanding of the extent to which obesity and eating disorders are linked, and whether treatment and prevention approaches for one have implications for the other.

#### IV. Methods of Instruction and Work Expectations

The two-credit course will consist of weekly lectures by expert faculty and seminars by internationally recognized researchers in each of the topic areas. Class attendance and participation in class activities is required. In addition, students have a choice between writing a research paper or taking a written final exam. Two in-class oral presentations are required.

#### V. Course Outline/Weekly Schedule Spring Semester 2009

##### Segment One: Prevention

Dates: January 20 – May 8

Date	Speakers	Topic
Jan 20	Mark Pereira Nancy Sherwood	Course Overview
Jan 27	Nancy Sherwood	Primary Care Obesity Prevention
Feb 3	Carol Peterson	Cognitive Behavior Treatment for Binge Eating and Bulimia
Feb 10	Mark Pereira	Nutrition and Obesity Prevention
Feb 17	Simone French	Nutrition and Obesity Treatment / Food Environment
Feb 24	Student Presentations	Paper Topics
March 3	John Sirard	Physical Activity Interventions
March 10	Integration Student Discussion	
<b>March 17</b>	<b>Spring Break</b>	
March 24	Charles Billington	Surgical Interventions for Obesity Treatment
March 31	Susie Nanney	School-Based Policies
April 7	Student Debate: Multi-level intervention approaches for obesity and eating disorders prevention.	
<b>APRIL 7</b>	<b>FIRST DRAFT PAPER DUE</b>	
April 14	Scott Crow	Inpatient AN Treatment; Drug Treatments for AN and BN
April 21	Robert Jeffery	Population/Community Obesity Prevention <b>Student Presentations</b>
April 28		<b>Student Presentations</b>
May 5		<b>Student Presentations</b>
MAY 12		FINAL EXAMS / Papers Due

#### VII. Evaluation and Grading

Grade will be assigned based on the number of points earned in various course assignments described below. 100 total points are possible to earn for the course grade.

**1. Attendance:** Class attendance is required. If permission is requested in advance, students are permitted to miss up to two classes if excused by the instructors.

**2. Participation in class:** Participation in the class discussion and activities will contribute to the student's evaluation. Students are required to participate actively in class and will complete 10 in-class activities that contribute 2 points per activity to the student's final grade (20 points total).

A requirement for class participant: **Students must submit 2 questions related to the weekly reading and upcoming lecture, by email PRIOR to class-time, to [map@umn.edu](mailto:map@umn.edu) and to [Nancy.E.Sherwood@HealthPartners.com](mailto:Nancy.E.Sherwood@HealthPartners.com).**

**3. Student chooses, by the February 10<sup>th</sup> deadline:**

**Plan A) Research Paper and Presentation**

**OR**

**Plan B) Speaker Introductions and Final EXAM**

**Option A) Research Paper (50 points) and Presentations (10 and 20 points)**

**(TOTAL 80 POINTS)**

An original scientific review of the literature on any *current/developing* obesity or eating disorders and health topic for which there may be limited or equivocal evidence. **Students must clear their topic choice with the Instructor no later than February 10<sup>th</sup>, 2009.**

**First draft of papers are due April 7<sup>th</sup>, 2009.** First draft papers must be emailed to the instructors no later than midnight **April 7<sup>th</sup>, 2009.**

**Final papers are due May 12<sup>th</sup>, 2009,** via email to instructors. Final papers are expected to incorporate all feedback included from the instructors' comments on the first draft review. Final papers must include a separate cover sheet that outlines a detailed point-by-point response to the instructors' comments.

**Late paper policy:** 10 points will be deducted for late papers turned one day late, and 10 additional points deducted each day thereafter. There is a **2,500 word limit**, not including references, tables, and figures. Shorter papers are acceptable if they are well-written and include the relevant literature.

The paper must include the following sections: 1. Abstract (250 word limit); 2. Introduction: includes a statement of the problem and purpose of the review (1 to 2 pages); 3. Critical review of the literature (4 to 8 pages); 4. Overall conclusions (1 page); 5. References (literature cited, not counted in page limit).

The final paper also must include the written response to the reviewers' comments. The reviewer response pages are not included in the final paper page limit.

In order to receive full credit, the final paper must be responsive in the text to the points raised by the reviewers. It also must represent a thoughtful synthesis of the literature and it must show that the author has thought carefully about the research question. A simple summary of the existing literature and a restatement of the conclusions from published papers will not earn full credit.

In-class Oral Presentations (10 points + 20 points). Two in-class oral presentations will be given. The first presentation (10 points), in class on **Feb 24<sup>th</sup>**, is an informal report on the paper topic and progress to date, with opportunity to get feedback from students and instructors.

The second in-class Oral Presentation (20 points), **April 28<sup>th</sup>** in class, will consist of a structured talk with powerpoint slides and must include the following sections: 1. Statement of hypotheses and purpose; 2 Literature reviewed (study selection criteria; methods); 3. Methodological critique of studies; 4. Results; 5. Conclusions/Future Research (includes strengths and limitations of the research).

**Option A Point Evaluation Summary:**

Final report: 50 points

Progress report: 10 points

Presentation: 20 points

In-class activities: 20 points

Total: 100 POINTS

Grading options will be **A/F** or **S/N**. Students choosing the **S/N** option must achieve a **“C”** or better to receive a passing grade. School of Public Health students can only take one of their core classes **S/N**.

**Option B) Speaker Introductions (20 points) and Final EXAM (60 points)**

**(TOTAL 80 POINTS)**

You will be assigned one or two guest speakers to introduce to the class. These are the lecturers who will be visiting with us for some of the classes. Your assignment is to provide an oral description of the speaker’s background and area of expertise. Include demographic/education background, positions held, publications, and any career highlights and honors. The introduction should be no more than 2 minutes in length.

The **final exam** will take place on **May 12th, 2009**. The exam will cover material from the lectures and readings, and will consist of multiple choice/short answer format.

**Option B Point Evaluation Summary:**

Speaker Introductions: 20 points

Final Exam: 60 points

In-class activities: 20 points

Total: 100 POINTS

Students may change grading options during the initial registration period or during the first two weeks of the semester. **The grading option may not be changed after the second week of the term.**

Final Grade Determination for the Course, out of 100 possible points.

<i>A:</i>	<i>≥ 92 pts</i>	<i>C+:</i>	<i>78-79 pts</i>
<i>A-:</i>	<i>90-91 pts</i>	<i>C:</i>	<i>72-77 pts</i>
<i>B+:</i>	<i>88-89 pts</i>	<i>C-:</i>	<i>70-71 pts</i>
<i>B:</i>	<i>82-87 pts</i>	<i>D+:</i>	<i>68-69 pts</i>
<i>B-:</i>	<i>80-81 pts</i>	<i>D:</i>	<i>60-67 pts</i>
		<i>F:</i>	<i>&lt; 60 pts</i>

**Course Evaluation**

Beginning in fall 2008 the SPH will collect student course evaluations electronically using a software system called CoursEval. The system will send email notifications to students when they can access and complete their course evaluations. Students who complete their course evaluations promptly will be able to access their final grades just as soon as the faculty member renders the grade. All students will have access to their final grades two weeks after the last day of the semester regardless of whether they completed their course evaluation or not. Student feedback on course content and faculty teaching skills are important means for improving our work. Please take the time to complete a course evaluation for each of the courses for which you are registered.

**Incomplete Contracts**

A grade of incomplete “I” shall be assigned at the discretion of the instructor when, due to extraordinary circumstances (e.g., documented illness or hospitalization, death in family, etc.), the student was prevented from completing the work of the course on time. The assignment of an “I” requires that a contract be initiated and completed by the student before the last day of class, and signed by both the student and instructor. If an incomplete is deemed appropriate by the instructor, the student in consultation with the instructor, will specify the time and manner in which the student will complete course requirements. Extension for completion of the work will not exceed one year (or earlier if designated by the student’s college). For more information and to initiate an incomplete contract, students should go to: [www.sph.umn.edu/grades](http://www.sph.umn.edu/grades).

University of Minnesota Uniform Grading and Transcript Policy A link to the policy can be found at [onestop.umn.edu](http://onestop.umn.edu).

### **Course Withdrawal**

Students should refer to the Refund and Drop/Add Deadlines for the particular term at [onestop.umn.edu](http://onestop.umn.edu) for information and deadlines for withdrawing from a course.

Students wishing to withdraw from a course after the noted final deadline for a particular term must contact the School of Public Health Student Services Center at [sph-ssc@umn.edu](mailto:sph-ssc@umn.edu) for further information

**School of Public Health students may withdraw from a course through the second week of the semester without permission.** No “W” will appear on the transcript. After the second week, students are required to do the following:

1. The student must contact and notify their advisor and course instructor informing them of the decision to withdraw from the course.
2. The student must send an e-mail to the SPH Student Services Center ([franc004@umn.edu](mailto:franc004@umn.edu)). The e-mail must provide the student name, IDE, course #, section #, semester and year with instructions to withdraw the student from the course, and acknowledgement that the instructor and advisor have been contacted.
3. The advisor and instructor must e-mail the SSC acknowledging the student is canceling the course. All parties must be notified of the student’s intent.
4. The SSC will complete the process by withdrawing the student from the course after receiving all e-mails (student, advisor, and instructor). A “W” will be placed and remain on the student transcript for the course.

After discussion with their advisor and notification to the instructor, students may withdraw up until the eighth week of the semester. There is no appeal process.

### **VIII. Other Course Information and Policies**

#### **PLEASE READ THE FOLLOWING POLICIES VERY CAREFULLY**

##### **Grade Option Change** (if applicable)

For full-semester courses, students may change their grad option, if applicable, through the second week of the semester. Grade option change deadlines for other terms (i.e. summer and half-semester) can be found at [onestop.umn.edu](http://onestop.umn.edu).

##### **Student Conduct, Scholastic Dishonesty and Sexual Harassment Policies**

Students are responsible for knowing the University of Minnesota, Board of Regents' policy on Student Conduct and Sexual Harassment found at [www.umn.edu/regents/polindex.html](http://www.umn.edu/regents/polindex.html).

Students are responsible for maintaining scholastic honesty in their work at all times. Students engaged in scholastic dishonesty will be penalized, and offenses will be reported to the Office of Student Academic Integrity (OSAI, [www.osai.umn.edu](http://www.osai.umn.edu)).

The University’s Student Conduct Code defines scholastic dishonesty as “plagiarizing; cheating on assignments or examinations; engaging in unauthorized collaboration on academic work; taking, acquiring, or using test materials without faculty permission; submitting false or incomplete records of academic achievement; acting alone or in cooperation with another to falsify records or to obtain dishonestly grades, honors, awards, or professional endorsement; or altering, forging, or misusing a University academic record; or fabricating or falsifying of data, research procedures, or data analysis.”

Plagiarism is an important element of this policy. It is defined as the presentation of another's writing or ideas as your own. Serious, intentional plagiarism will result in a grade of "F" or "N" for the entire course. For more information on this policy and for a helpful discussion of preventing plagiarism, please consult University policies and procedures regarding academic integrity: <http://writing.umn.edu/tww/plagiarism/>.

Students are urged to be careful that they properly attribute and cite others' work in their own writing. For guidelines for correctly citing sources, go to <http://tutorial.lib.umn.edu/> and click on “Citing Sources”.

In addition, original work is expected in this course. It is unacceptable to hand in assignments for this course for which you receive credit in another course unless by prior agreement with the instructor. Building on a line of work begun in another course or leading to a thesis, dissertation, or final project is acceptable.

If you have any questions, consult the instructor.

**Disability Statement**

It is University policy to provide, on a flexible and individualized basis, reasonable accommodations to students who have a documented disability (e.g., physical, learning, psychiatric, vision, hearing, or systemic) that may affect their ability to participate in course activities or to meet course requirements. Students with disabilities are encouraged to contact Disability Services to have a confidential discussion of their individual needs for accommodations. Disability Services is located in Suite 180 McNamara Alumni Center, 200 Oak Street. Staff can be reached by calling 612/626-1333 (voice or TTY).