

New York University

The Steinhardt School of Education

Department of Nutrition, Food Studies and Public Health

Spring 2008

E33.2042 Maternal and Child Nutrition

Wednesday 4.55-6.35pm

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Office hours by appointment

Course description and objectives

Prerequisites: E33.0119 Nutrition and Health or E33.2213 Nutrition and Public Health; E33.2190 Research Methods (maj: HOND) or E81.2301 Research Methods in Public Health.

Principles and application of nutrition for healthy mothers, infants, children and adolescents with emphasis on current research related to normal growth and development.

Objectives:

1. Define the nutritional needs during pregnancy and lactation.
2. Describe the principal benefits of breastfeeding, and methods for encouraging and establishing breastfeeding among women of diverse cultural groups.
3. Describe infant feeding practices among diverse cultures and the cultural, social and economic factors that influence them.
4. Define the nutritional needs of children and adolescents, and the social, cultural and economic factors that affect their food choices and dietary intake.
5. Identify the principal methods for nutrition assessment during pregnancy and lactation, infancy, childhood and adolescence.
6. Identify and evaluate the costs and benefits of federal, state and local programs that provide food assistance to women and children.
7. Evaluate the quality of nutrition education materials developed for low-income mothers and their children.

Required readings

Boyle MA, Holben D. Community nutrition in action: an entrepreneurial approach. 4th edition. Thompson Wadsworth, 2006.

Birch L, Dietz W. Eating behaviors of young child: Prenatal and postnatal influences on healthy eating. American Academy of Pediatrics, 2008

Roberts SB, Heyman MB. Feeding your child for lifelong health. New York, NY: Bantam books 1999

Satter E. Child of mine. Feeding with love and good sense. Boulder, CO: Bull Publishing Co. 2000

Research articles on blackboard or on reserve at Bobst.

NOTE: You will need to make sure you have access to the NYU Blackboard course site and receive emails related to class.

You will need access to a printer to print out research articles – some are long. Access to the internet from a computer that allows you to get pdf files of articles published in on-line journals at Bobst. See <http://www.nyu.edu/its/howto/connect/proxy/> for how to connect using NYU-NET Proxy

Additional useful references/resources

Books on breastfeeding

Schanler RJ. Breastfeeding handbook for physicians. American Academy of Pediatrics, American College of Obstetricians and Gynecologists. 2006

Mohrbacher N, Stock J. The breast feeding answer book. 3rd Edition. La Leche League International. 2002

General

Dalton S. Our overweight children: What parents, schools and communities can do to control the fatness epidemic. Berkley, Ca: University of California Press, 2004

Brown J. Nutrition Throughout the Life Cycle. 3rd Edition, Thomson Wadsworth 2007.

Grading

	Date Due	% grade
Online growth assessment exercise CDC/MCHB	2/13	10%
Midterm	3/12	20%
Final Exam	5/7	30%
Presentation	various	15%
Paper	4/30 or before	20%
Class participation		5%

NOTE: all percentages are approximate and may change as the course progresses

ALSO: If you find any current articles on maternal and child nutrition in popular press bring them to share with the class. We will allow a few minutes at the beginning of each class for this.

Schedule and Readings

Jan 23rd 2008

Introduction to maternal and child nutrition. Nutritional surveillance of pregnant women, infants and children. Nutritional requirements and dietary recommendations. Dietary assessment methodologies in this population

Readings

Maternal and child nutrition

Egan MC. Public health nutrition: A historical perspective. J Am Diet Assoc. 1994;94:298-304

Gidding SS, Dennison BA, Birch LL, Daniels SR, Gilman MW., Lichenstein AH, Rattay KT, Steinberger J, Stettler N, Van Horn L. Dietary recommendations for children and adolescents. A guide for practitioners. Consensus statement from the American Heart Association. Circulation. 2005;112:2061-2075

Nutrition surveillance

Boyle MA, Holben D. Community nutrition in action: an entrepreneurial approach. 4th edition. Thompson Wadworth, 2006. Chapter 6 pages 165-181

Briefel RR, Johnson CL. Secular trends in dietary intake in the United States. Annu Rev Nutr. 2004;24:401-431

Dietary assessment methodologies

Boyle MA, Holben D. Community nutrition in action: an entrepreneurial approach. 4th edition. Thompson Wadworth, 2006. Chapter 3 pages 71-80 (general review if unfamiliar with methods)

Livingstone MBE, Robson PJ, Wallace JMW. Issues in dietary intake assessment of children and adolescents. Br J Nutr. 2004; 92:S213-S222.

Potischman N, Cohen BE, Picciano MF. Dietary recommendations and identified research needs for The National Children's Study. J Nutr. 2006;136:686-689.

Jan 30th

**Nutrition during pregnancy and lactation
Short and long term health implications**

Readings

Boyle MA, Holben D. Community nutrition in action: an entrepreneurial approach. 4th edition. Thompson Wadworth, 2006. Chapter 10, pages 311-320

Position of the American Dietetic Association: Nutrition and the lifestyle for a health pregnancy outcome. J Am Diet Assoc. 2002;102:1479-1490. (Note – new position due to be published early 2008)

Position of the American Dietetic Association: Promoting and supporting breastfeeding. J Am Diet Assoc. 2005;105:810-818.

Birch L, Dietz W. Eating behaviors of young child: Prenatal and postnatal influences on healthy eating. American Academy of Pediatrics, 2008. Prenatal and postnatal flavor learning in human infants, pages 59-68 and Breastfeeding and other infant feeding practices that may influence child obesity, pages 69-93.

Erikson JG. The fetal origins hypothesis- 10 years on. BMJ 2005;330:1096-1097.

Feb 6th

**Early infant nutrition: breast and formula
Assessment of growth and growth monitoring of infants and
children**

Readings

Complete the MCHB 'accurately weighing and measuring infants, children and adolescents: technique' training program **and** the CDC 'overview of the CDC growth charts' training program. You can access these through the cdc web site www.cdc.gov +**Assignment**

Boyle MA, Holben D. Community nutrition in action: an entrepreneurial approach. 4th edition. Thompson Wadsworth, 2006. Chapters 10, pages 320-331

Gartner LM, Morton J, Lawrence RA, Naylor AJ, O'Hare D, Schanler RJ, Eidelman AI: American Academy of Pediatrics Section on Breastfeeding. Breastfeeding and the use of human milk. Pediatrics. 2005;115:496-506.

Birch L, Dietz W. Eating behaviors of young child: Prenatal and postnatal influences on healthy eating. American Academy of Pediatrics, 2008. Supporting parents around early feedings p185-203

Roberts SB, Heyman MB. Feeding your child for lifelong health. New York, NY: Bantam books 1999. Chapter 5. Breastfeeding made easy and Chapter 6. New options in formula feeding.

Feb 13th

Infant Nutrition: Introduction of solids to table foods

Readings

Roberts SB, Heyman MB. Feeding your child for lifelong health. New York, NY: Bantam books 1999. Chapter 9. Four to twelve months. The big transition to solid food

Satter E. Child of mine. Feeding with love and good sense. Boulder, CO: Bull Publishing Co. 2000. Chapter 2. Your child knows how to eat and grow and Chapter 7. Feeding your older baby (6-12 months).

Birch L, Dietz W. Eating behaviors of young child: Prenatal and postnatal influences on healthy eating. American Academy of Pediatrics, 2008. Dietary intakes of infants and toddlers: Problems start early. Page 123-140.

Butte N, Cobb K, Dwyer J, Graney L, Heird W, Rickard K.; American Dietetic Association; Gerber Products Company. The Start Healthy Feeding Guidelines for Infants and Toddlers. J Am Diet Assoc. 2004;104:442-454.

Pac S, McMahon K, Reidy K, Ziegler P, Myers E. Development of the Start Healthy Feeding Guidelines for Infants and Toddlers. J Am Diet Assoc. 2004;104:455-467.

Feb 20th

**Toddler and preschool nutrition
Prevention of dental caries/oral health**

Readings

Position of the American Dietetic Association: Dietary guidance for healthy children ages 2-11 years. J Am Diet Assoc. 2004; 104:660-677 (Due to be updated in 2008)

Position of the American Dietetic Association: Benchmarks for nutrition programs in childcare settings. J Am Diet Assoc. 2005. 2005;105:979-986.

Birch L, Dietz W. Eating behaviors of young child: Prenatal and postnatal influences on healthy eating. American Academy of Pediatrics, 2008. Linking television viewing and childhood obesity. Page 101-121 and Using childcare programs as a portal for changing the eating behaviors of young children. Page 247-262

Roberts SB, Heyman MB. Feeding your child for lifelong health. New York, NY: Bantam books 1999. Chapter 10. Twelve to twenty one months. A nine month window of opportunity. Chapter 11. Twenty one months to three years. Feeding your terrific “terrible two” Chapter 12. Three to six years. Moving into the outside world.

Satter E. Child of mine. Feeding with love and good sense. Boulder, CO: Bull Publishing Co. 2000. Chapter 8 Feeding your toddler (12-36months) and Chapter 9 Feeding your preschooler:3-5 years

Faine MP. The role of dietetics professionals in preventing early childhood caries. Pediatric nutrition- A building block for life. 2006;29(4):1-8

Feb 27th

Childhood and adolescence

Readings

Boyle MA, Holben D. Community nutrition in action: an entrepreneurial approach. 4th edition. Thompson Wadworth, 2006. Chapter 11, page 346-356.

Nicklas TA, Demory-Luce D, Yang SJ, Baranowski T, Zakeri I, Berenson G. Children’s food consumption patterns have changed over two decades (1973–1994): the Bogalusa heart study. J Am Diet Assoc. 2004;104:1127-1140.

Van Horn L, Obarzanek E, Aronson Friedman L, Gernhofer N, Barton BA, Children’s adaptations to a fat reduced diet: The Dietary Intervention Study in Children (DISC). Pediatrics. 2005;115:1723-1733.

Striegel-Moore RH, Thompson DR, Affenito SG, Franko DL, Barton BA, Schreiber GB, Daniels SR, Schmidt M, Crawford PB; The National Heart, Lung and Blood Institute (NHLBI) Growth and Health Study (NGHS). Fruit and vegetable intake : Few adolescent girls meet national guidelines. Prev Med. 2006.

Kranz S, Lin PJ, Wagstaff DA. Children’s dairy intake in the United States: Too little, too fat? J Pediatr 2007;151:643-646

March 5th **Food and nutrition programs**
‘School nutrition program in action’
Guest speaker Melissa Pflugh MS, RD

Readings

Position of the American Dietetic Association: Child and adolescent food and nutrition programs. J Am Diet Assoc. 2006;106:1467-1475.

Boyle MA, Holben D. Community nutrition in action: an entrepreneurial approach. 4th edition. Thompson Wadsworth, 2006. Chapter 5 pages 133-148, Chapter 10 pages 331-343 and Chapter 11 pages 358-378

Berez A. The dietitian’s role to improve the nutrition integrity of school lunches. Pediatric nutrition- A building block for life. 2006;29(2):1-4.

Curtis S. Action for healthy kids, Washington State. Frequently asked questions about school nutrition, physical activity and wellness. Pediatric nutrition- A building block for life. 2006;29(2):8,10 and 11.

Additional readings may be assigned

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|------------------------------|--|
| March 12th | Midterm Exam. Q&A discussion on presentations and papers |
| March 19th | Spring break |
| March 26th | MCN Research Topic 1. Health outcomes pregnancy/breastfeeding
Readings TBA |
| April 2nd | MCN Research Topic 2. Child feeding practices across cultures
Readings TBA |
| April 9th | MCN Research Topic 3. Special topics in infant nutrition
Readings TBA |
| April 16th | MCN Research Topic 4. Special topics in toddler nutrition
Readings TBA |
| April 23rd | MCN Research Topic 5.
Special topics in child/adolescent nutrition
Readings TBA |
| April 30th | MCN Research Topic 6.
Special topics in food assistance programs/nutrition
education programs – women and children
Readings TBA |
| May 7th | Final Exam |

New York University

The Steinhardt School of Education

Department of Nutrition, Food Studies and Public Health

Department policies and expectations for student performance

Graduates of the department receive degrees as nutrition and food professionals, and professional behavior constitutes a key component of our academic programs. The department expects all students – at any level and in any program – to:

Attend classes

Come to class on time

Complete reading assignments on schedule

Complete all course assignments

Write assignments using correct format, grammar, spelling, and reference style

Turn in work that meets ethical standards and is not plagiarized

Take responsibility for obtaining and making up missed work

Finish all course work by the end of the semester

Inform instructors in *advance* if classes need to be missed

Provide documentation to support reason for missing assignments

Ethics: “The department believes that the maintenance of high ethical standards is an important aspect of professional training. We consider plagiarism, the presentation of someone else’s written or visual work as though it were your own, to be a serious form of academic misconduct that can result in a failing grade or dismissal from the university. Students are responsible for knowing the rules and how to follow them (see any standard guide to writing term papers).”

Grading: Takes the above standards into consideration and applies penalties for failure to meet them. Instructors are not required to read or give a passing grade to work that is late, incomplete or inadequately prepared.

Incomplete grades: The department does not permit instructors to give incomplete grades except in documented situations of dire emergency. In such circumstances, the department requires instructors to obtain and prepare an Incomplete Grade contract form and to have it signed by the program director and the department chair.

Additional notes

Learning support: Any student who needs an accommodation due to a chronic, psychological, visual, mobility and/or learning disability, or is Deaf or Hard of Hearing should register with the Moses Center for Students with Disabilities at 212 998-4980, 240 Greene Street, www.nyu.edu/csd.