

E33.2115.099: *International Issues in Nutrition: Puebla, Mexico*

Department of Nutrition, Food Studies, and Public Health
Steinhardt School of Culture, Education, and Human Development
New York University
January 2010

COURSE INSTRUCTORS

Domingo Pinero, Ph.D.
Yumary Ruiz, Ph.D., M.P.H.

3 POINTS

COURSE DESCRIPTION

Students will examine the main factors affecting nutrition and health practices in the state of Puebla, Mexico, and focus on the impact of migration on these factors. Students will learn about traditional nutrition and health practices, nutrition programs and the Mexican health care system through a combination of lectures, seminars, field trips, fieldwork, and research.

COURSE OBJECTIVES

1. To examine and understand through in-class and observational learning:
 - i. Issues and challenges associated with malnutrition in the state of Puebla and Mexico in general.
 - ii. Mexico's Food and Nutrition policies and programs.
 - iii. The association between changes in dietary practices and chronic diseases.
2. To examine major nutrition and health problems in Mexico in relation to migration, with a focus on the state of Puebla.
3. Encourage creativity and critical thinking in comparing nutrition and health issues and policies across borders.

LEARNING OBJECTIVES

By the end of this course students will develop the ability to:

1. Understand the components of public health nutrition and their application on a global level.
2. Understand the major nutritional problems of the Poblano people in the sociopolitical context of the state of Puebla and Mexico.
3. Describe how migration may impact dietary behaviors and nutritional status of Poblanos on both sides of the border.
4. Compare the nutritional programs and access to care on both sides of the border.

FORMAT

This experiential course will take place in Puebla, Mexico. There is a combination of in-class lectures and interactive exercises\ discussions, site-visits and fieldtrips, and assignments. The in-class component serves as the basis for the experiential site visits and

field trips. The assignments provide students with an opportunity to integrate the class content with the hands-on experience through their final project and group presentation. The first half of the course is a shared experience with the course International Issues in Global Public Health: Puebla, Mexico, and the second half is specific of this course.

REQUIREMENTS & ASSIGNMENTS & GRADING CRITERIA

- 1. Pre-class assignment 10%:** Students will submit a tentative proposal for the course final project (two-pages, double spaced, 12 font size, 1 in. margins).
- 2. In-Class activities and Participation 30%:** Students are expected to attend and actively participate in all lectures and in-class exercises, discussions, debriefing sessions and site visits. If you can not attend a certain class period/activity, it is your responsibility to notify the instructor beforehand. All other absences will be considered unexcused and will impact the final grade (see section on Grading). In addition, students are expected to come to class on time to prevent disrupting the lecture and classroom activities.
- 3. Thought Paper 10%:** Write a thought paper, which will synthesize course readings, lectures, discussion, and experiences, with the course theme. (the thought paper must be three-pages, double spaced, 12 font, 1in. margins, cite sources)
- 4. Final project/Group Presentation 50%:** Working in groups of three, students will compare a nutritional health problem and/or policy across borders. The final project and presentation should include:
 - Background and Significance section detailing a cross-country comparison of a health topic.
 - Data section: Students will use secondary data (qualitative and/or quantitative), compile observational data (if appropriate), and use informal data collection methods (if appropriate).
 - Findings: Analysis of data findings
 - Discussion & Recommendations section.

Grading:

An “A” grade demonstrates superior participation and mastery of the material via thoughtful synthesis and analysis; a “B” grade demonstrates above average participation and work; a “C” grade demonstrates adequate work or participation.

READINGS

CHRONIC DISEASE

Diabetes

- Jimenez-Cruz, A., Bacardi-Gascon, M. (2004). The Fattening Burden of Type 2 Diabetes on Mexicans. *Diabetes Care*, 27(5), 1213-1215.
- Lujan, J., Ostwald, S.K., Ortiz, M. (2007) Promotora Diabetes Intervention for Mexican Americans. *The Diabetes Educator*, 33:660.
- Rull, J.A., et al. (2005) Epidemiology of Type 2 Diabetes in Mexico. *Archives of Medical Research*, 36:188–196

Cardiovascular Disease

- Garcia-Garcia G, et al. (2006) Cardiovascular Risk Factors in the Mexican Population. *Renal Failure* 28:677-87.

Hispanic Paradox

- Crimmins, E.M., Kim, J.K., Alley, D.E., Karlamangia, A., Seeman, T. (2007). Hispanic Paradox in Biological Risk Profiles. *American Journal of Public Health*, 97(7), 1305-1310.

ENVIRONMENTAL ISSUES

- Ramos, I.N., May, M., Ramos, K.S. (2001). Environmental Health Training of Promotoras in Colonias Along the Texas-Mexican Border. *American Journal of Public Health*, 91(4), 568-570.
- Rivera J.A., et al. (2004). Nutrition Transition in Mexico and in Other Latin American Countries. *Nutr. Reviews* 62(7):(II)S149-S157.

MATERNAL, CHILD & INFANT HEALTH

- Castro, R., Peek-Asa, C., Ruiz, A. (July 2003). Violence Against Women in Mexico: A Study of Abuse Before and During Pregnancy. *American Journal of Public Health*, 93(7), 1110-1116.
- Ceron-Mireles, P., Harlow, S.D., Sanchez-Carrillo, C.I. (1996). The Risk of Prematurity and Small-for-Gestational-Age Birth in Mexico City: The Effects of Working Conditions and Antenatal Leave. *American Journal of Public Health*, 86(6), 825-831.
- González-Barranco, J., Ríos-Torres J.M. (2004) Early Malnutrition and Metabolic Abnormalities Later in Life. *Nutr Reviews* 62(7), (II)S134-139.
- Notzon, F.C., Bobadilla, J.L., Coria, I. (1992). Birthweight Distributions in Mexico City and among US Southwest Mexican Americans: The Effect of Altitude. *American Journal of Public Health*, 82(7), 1014-1017.
- Perez-Escamilla, R., Maulen-Radovan, I., Dewey, K.G. (1996). The Association between Cesarean Delivery and Breast-Feeding Outcomes among Mexican Women. *American Journal of Public Health*, 86(6), 832-836.
- Pick de Weiss, S., David, H.P. (1990). Illegal Abortion in Mexico: Client Perceptions. *American Journal of Public Health*, 80(6), 715-716.

MEDICAL SERVICES

Barriers to Care

- Borges, G., Wang, Philip, S.W., Medina-Mora, M.E., Lara, C. Chiu, W.T. (2007). Delay of First Treatment of Mental and Substance Use Disorders in Mexico. *American Journal of Public Health*, 97(9), 1638-1643.
- Frenk, J., Knaul, F.M., Vazquez-Segovia, L.A., Nigenda, G. (1999). Trends in Medical Employment: Persistent Imbalances in Urban Mexico. *American Journal of Public Health*, 98(7), 1054-1058.

Reform

- Cardaci, D. (2000). Mexico: health promotion initiatives. *Promotion & Education*, 7(4), 17.
- Frenk J. (2006). Bridging the divide: global lesson from evidence-based health policy in Mexico. *Lancet* 368:954.
- Gakidou, E., Lozano, R., Gonzalez-Pier, E., Abbott-Klafter, J., Barofsky, J.T., Bryson-Cahn, C., Feehan, D.M., Lee, D.K., Hernandez-Llamas, H., Murray, C.J.L. (2006). Health System Reform in Mexico 5: Assessing the effect of the 2001-06 Mexican health reform: an interim report card. *The Lancet*, 368, 1920-1934.
- Sepulveda, J., Bustreo, F., Tapia, R., Rivera, J., Lozano, R., Olaiz, G., Partida, V., Garcia-Garcia, L., Valdespino, J.L., (2006). Health System Reform in Mexico 6: Improvement of child survival in Mexico: the diagonal approach. *The Lancet*, 368, 2017-2027.
- Tapia-Conyer, R., Kuri-Morales, P., Gonzalez-Urban, L., Sarti, E. (2001). Evaluation and Reform of Mexican Nacional Epidemiological Surveillance System. *American Journal of Public Health*, 91(11), 1758-1760.

Migration

- Angel, R.J., Angel, J.L., Lee, G., Markides, K.S. (1999). Age at Migration and Family Dependency Among Older Mexican Immigrants: Recent Evidence from the Mexican American EPESE. *The Gerontologist*, 39(1), 59.

Globalization

- Homedes, N., Ugalde, A. (2003). Globalization and Health at the United States-Mexico Border. *American Journal of Public Health*, 93(12), 2016-2022.

Other assigned readings will be made available on Blackboard.

-oOo-

Institutions involved:

- National Institute of Public Health. Cuernavaca Morelos.
- National Institute of Nutrition. Mexico City
- Secretaría de Salubridad, Puebla.
- DIF-Puebla.
- Hospital del Niño Poblano.
- Instituto Mexicano del Seguro Social, Puebla.

- Office of International Programs, Continuing Education and Health Sciences Graduate Programs
Department, and Culinary School, UPAEP.

DRAFT