

SPH 223: Obesity Prevention in Community Settings

Spring 2015, Thursdays from 2:10-5:00pm

Davis Campus location: [6202 Genome Building](#)

Simulcast to the Sacramento Campus: [Education Building 2102](#)

3 units

CRN: 53768

Limited to 20 seats

Instructor: Diana Cassady, DrPH

Prospective Students: Graduate students in Public Health, Nutrition, Community Development, and Nursing.

Course Summary

Students will learn about the rise of overweight and obesity in the US among adults and children and how rates have varied across demographics and geographic areas. Lectures will focus on consensus recommendations by national agencies such as the Institute of Medicine. Using a journal club format, students will critically review the most recent research presenting results from prevention programs designed to reduce overall all rates of obesity and to reduce disparities by age, socioeconomic status, and race/ethnicity.

Topics covered during the course include obesity prevention in the clinical setting with a focus on new opportunities provided by the ACA; obesity prevention in the school setting and implications for disparities; assessment of obesity and standard measures of change; recommendations for policy change to reverse the obesity epidemic and the role of politics in public health efforts; and lessons from tobacco control.

Grading

Assignments will include participating in a weekly journal club this is a part of the regular class (20%); writing two short papers that critically assesses a research paper (40%); writing an op-ed article demonstrating the ability to communicate a scientific argument to the general public (10%); and a final exam (30%).

Required Reading

Readings will be assigned from key government reports and the research literature published in major medical and public health journals. Access to Smartsite required.

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