

**College of Health and Human Performance  
Department of Health Education & Behavior**

**HSC 4950 Behavioral and Environmental Determinants of Obesity**

**Fall 2011 Meeting Time: MWF 8:30 AM Room: NSC 227**

**Instructor:** Christine McLaughlin  
**Email:** ufswmgrl@ufl.edu  
**Office Location:** Florida Gym 106F  
**Office Hours:** Monday 12-2, Wednesday 12-1, and by appointment

**Required Text:** Hu, Frank B. (2008) Obesity Epidemiology, Oxford University Press, New York, NY.

This course is designed to explore the interactions among the range of individual, behavioral and environmental determinants of obesity. The focus will be on the extent of the obesity problem primarily in the US from an epidemiological perspective. Additionally ideas for prevention and control will be discussed as well as effective interventions to address obesity and its determinants including broad based policy development and implementation.

**Objectives:** Upon completion of this course the student will be able to:

- 1) Provide and support a rationale related to the nature and extent of obesity as a public health concern.
- 2) Discuss the socio-cultural context of body weight.
- 3) Describe interventions for prevention and control including scientific evidence of effectiveness.
- 4) Identify the determinants of obesity most often cited in the literature.
- 5) Identify policy-making strategies that may be effective in reducing population obesity levels.

**Class Structure:** The class will comprise of lectures, class discussions, and in- and out- of class projects.

**Class Expectations:**

- 1) Be prepared for every class by reading the chapters to be covered in class.
- 2) Be present at all class meetings, in order to participate in class discussions.
- 3) If you must miss class for any reason please contact me ahead of time. It is your responsibility to obtain missed notes and materials from your classmates.

**Submission of Completed Work:** All assignments must be submitted no later than the specified deadline date. All assignments are to be submitted in hard copy. If work is not submitted by the end of the class period a 10 point deduction will occur for each day it is late.

**Course Assignments:**

Research Article: You will be assigned a research article that you will present to the class and lead a class discussion on. You will also turn in three possible test questions related to your article.

Obesity Paper: You will write a 8-10 page paper discussing the current obesity problem in the US, what you believe is the main cause of the problem, and then develop a solution. A detailed rubric will be provided later in the semester.

**Exams:** You will have three exams throughout the semester. The exams will be given in class, except for the final exam which is scheduled for December 15<sup>th</sup> from 10:00-12:00.

**Evaluation**

Research article	50 points
Obesity paper	100 points
Exam 1	100 points
Exam 2	100 points
Exam 3	100 points
Attendance/Participation	50 points
<b>Total</b>	<b>500 points</b>

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**Grading Scale**

A =93-100

A- =90-92

B + = 87 - 89

B =83-86

B- =80-82

C + = 77 - 79

C =73-76

C- =70-72

D + = 67 - 69

D =60-66

F= LESS THAN 60%

**Academic Honesty:** Every student that is admitted to the University of Florida has signed a statement of academic honesty committing him/her to be honest in all academic work and understanding that failure to comply with this commitment will result in disciplinary action.

This statement is a reminder to uphold your obligation as a student at the University of Florida and to be honest in all work submitted and exams taken in this class and all others.

### **Disabilities**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact the Dean of Students Office, The Disability Resource Center, 001 Reid Hall, 352-392-8565.

### **Tentative Class Schedule**

<b>Date</b>	<b>Topic</b>	<b>Reading/Assignment Due</b>
August 22	Introduction/Syllabus	
August 24	Introduction to Obesity Epidemiology	Read Chapter 1
August 26	Introduction to Obesity Epidemiology	
August 29	Obesity Trends	Read Chapter 2
August 31	Obesity Trends	
September 2	Epidemiological Designs in Obesity Research	Read Chapter 3
September 5	<b><i>No class</i></b>	

September 7	Epidemiological Designs in Obesity Research	
September 9	Interpretation	Read Chapter 4
September 12	Interpretation	
September 14	Body Composition	Read Chapter 5
September 16	Body Composition	
September 19	Diet	Read Chapter 6
September 21	Diet	
September 23	Physical Activity	Read Chapter 7
September 26	Physical Activity	
September 28	Exam 1 Review	
September 30	Exam 1	
October 3	Metabolism	Read Chapter 8
October 5	Metabolism	
October 7	Metabolism	
October 10	Cardiovascular Disease	Read Chapter 9
October 12	Cardiovascular Disease	

October 14	Cancer	Read Chapter 10
October 17	Cancer	
October 19	Mortality	Read Chapter 11
October 21	Mortality	
October 24	Quality of Life	Read Chapter 12
October 26	Quality of Life	
October 28	Economic Cost	Read Chapter 13
October 31	Economic Cost	
November 2	Super Size Me	
November 4	<b>No class</b>	
November 7	Super Size Me	
November 9	Super Size Me	
November 11	<b>No class</b>	
November 14	Treatment Options	
November 16	Treatment Options	
November 18	Exam 2 Review	

November 21	Exam 2	
November 23	TBA	
November 25	<b>No class</b>	
November 28		Obesity Paper Due
November 30	Student Presentations	
December 2	Student Presentations	
December 5	Student Presentations	
December 7	Final Exam Review	

**\*Class schedule may change during the semester**