# Behavioral and Environmental Determinants of Obesity

**HSC 4174/5925| Spring 2022**

**This course will examine the causes of obesity from a variety of perspectives. We will consider biological, psychological, social, environmental, and policy-related causes. We will also consider interventions to prevent and treat obesity.**

## Course Objectives

*Upon completion of this course students are expected to successfully:*

- ✓ Explain the extent of obesity in the US and globally and discuss ways in which it is a public health concern.
- ✓ Identify and describe factors associated with the development of obesity at different levels, including individual, social, and environmental/ecological.
- ✓ Analyze claims of obesity causality and of the effectiveness of interventions to treat or prevent obesity, including behavioral, medical, environmental, and policy interventions.
- ✓ Apply knowledge about determinants of obesity to the development of strategies to promote a healthy weight.


## Instructor

**Megan McVay, PhD**
Assistant Professor
020 Florida Gym|
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## Teaching Assistant

**Haley Swanson**
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## Office Hours

**- In Office**: Tuesdays, 12:00-2:00
**- Virtual**: Wednesdays 12:00-1:00
(https://ufl.zoom.us/j/2050849250)
**- By Appointment:** email me to set up a time!

## Class Location and Time

**Location**: Florida Gym, Room 285
**Time**:

- Tuesdays from 10:40-11:30
- Thursdays from 10:40-12:35

## Text & Reading Material

- Readings posted to Canvas
- No textbook

# Course Requirements

**Total points possible for this course is 1000.**

## Course Assignments – 38% of grade (380 points)

**Course Assignments worth 380 points total**

**Overview: Students are required to complete several individual and one group assignment.**

- All assignments are due Fridays at 5PM.
- Assignments turned in late will receive a 20% deduction for each day that they are late.

## Module Quizzes – 30% of grade (300 points)

**6 quizzes (1 per module)= 50 points each; 300 points total**

**Overview: At the end of each module students will complete a multiple choice assessment that covers the material covered in the lectures, reading, and other activities (such as podcasts or videos).**

- Students are required to complete assessments in CANVAS using honorlock. Please review each assessments instructions & guidelines.

## Reading reflection/quiz – 20% of grade (200 points)

**8 reflections/quizzes = 25 points each; 200 points total**

**Overview: On weeks when a reading is assigned, you will complete a two-item "quiz" and provide a reflection on the reading in CANVAS**

- Due Monday at 8PM (to prepare you to discuss in class on Tuesday)
- You will also be asked to reflect on the reading by writing about one thing you found interesting about the reading (and why) and one thing that you had more questions about from the reading (and why)
- Reading reflections can be turned in up to one day late (by Tuesday at 5PM) with a deduction of 20%. It can not be turned in any later than that.

## Yellowdig and class participation – 12% (120 points)

**Students will earn up to 120 points toward their grade in this class based on Yellowdig and in-class participation.**

**Overview: Throughout the semester, participants engage in discussion of content related to course material on the Yellowdig platform. In-class participation will be rewarded through "accolades" in Yellowdig, which translates to Yellowdig points.**

- Yellowdig is a venue that allows you to reflect on and apply what you are learning in the course through discussion with classmates.
- Full details on how to use Yellowdig are in CANVAS. Briefly, you get points by adding "Pins" and commenting and "liking" things your peers write. To earn all possible 120 points in this course, you need to achieve 14,000 Yellowdig points by the end of the semester. Your final grade will be proportional to how many Yellowdig points you earn. For example if you earn 11,000 Yellowdig points out of the goal of 14,000 (78.6%), then they will receive 94.3 points towards your course total out of the 120 possible points (78.6%). Please note that you can not earn all 14,000 Yellowdig points at the end of the semester; for each week, there is an opportunity to earn 1,200 points.

## Extra credit option – 20 points

**Students will earn up to 20 extra credit points toward their grade in this class by either (1) participating in online surveys through the SONA system, or (2) conduct a critical analysis of an empirical article focused on obesity by March 25. Further details available in CANVAS.**

Please note that the opportunity to do a study through SONA is not guaranteed and depends on availability of studies.

## *Differences for students enrolled in the Graduate Version of course (5925)*

Students enrolled in 5925 will complete a research review report and give a presentation to the class on that report at the end of the semester. Students will work with the instructor to select an original research article published in the past 2-3 years reporting on an evaluation of an obesity intervention. At the end of the semester, students will present to the class a 15-25 minute presentation about the target article as well as turn in a 5 page report that reviews that article and related articles.

Grades for these assignments will account for 140 points of their course assignment grade, with the other assignments making up 200 points. The point value for other assignments will be adjusted in CANVAS at the end of the course.

# Course Schedule

| Week/date | Topic | Assignments and Quizzes | Reading/Listening |
|---|---|---|---|
| **MODULE 1: Epidemiology of obesity** | | | |
| **1** 1/5/22 | **Introduction to obesity** | | |
| **2** 1/10/22 | **Obesity prevalence across groups** | - **Assignment 1**: Visualizing obesity disparities<br>- **Reading reflection 1** | Guyenet, The Hungry Brain Ch. 1 |
| **MODULE 2: Biological determinants of obesity** | | | |
| **3** 1/18/22 | **Biological Determinants of Obesity** | -**Reading reflection 2** | The Guardian Podcast w/ Dr. Yeo |
| **4** 1/24/22 | **Targeting biological determinants of obesity** | **-Reading reflection 3** | Guyenet, The future of weight loss |
| **MODULE 3: Dietary factors and obesity research** | | | |
| **5** 1/31/22 | **Dietary factors and research, part 1** | -**Reading reflection 4**<br>-**Assignment 2**: Addressing hyper-palatability | -Moss, The Extraordinary Science of Addictive Junk Food, NYT<br>-Tobias & Hall article |
| **6** 2/7/22 | **Dietary factors and research, part 2** | - **Assignment 3:** Digesting obesity research and media coverage | -Lowe et al., Effects of Time-Restricted Eating…<br>- *Parade* and *NYT* articles on intermittent fasting |
| **MODULE 4: Environmental and economic determinants of obesity** | | | |
| **7** 2/14/22 | **Environmental factors** | **-Reading reflection 5**<br>***-Grad student Assignment Part 1*** | Environmental article, TBA |
| **8** 2/21/22 | **Economic factors** | - **Assignment 4**: Article summary for policy brief | |
| **9** 2/28/22 | **Multi-level interventions** | | |
| **MODULE 5: Psychosocial determinants of obesity and stigma** | | | |
| **10** 3/14/22 | **Stigma and social influence** | -**Reading reflection 6**<br>-**Assignment 5**: Research policy brief (group)<br>***-Grad student Assignment Part 2*** | - Hobbes, Everything you know..<br>- Blog response posts |
| **11 3/21/22** | **Addiction and mental health** | | |
| **MODULE 6: Behavioral interventions for obesity** | | | |
| **12 3/28/22** | **Behavioral interventions for adults** | - **Reading reflection 7**<br>- **Assignment 6A**: DPP video draft | - CDC Diabetes Prevention Program (DPP) material<br>- DPP original study |
| **13 4/4/22** | **Weight regain and commercial programs** | -**Reading reflection 8** | -Brodesser-Akner article |
| 14 4/11/22 | **Child & family interventions** | ***-Grad student assignment Part 3*** | |
| 15 4/18/22 | **Child & family intervent. Presentations** | **-Assignment 6B:** DPP final video<br>***-Grad student assignment part 4*** | |

## Overview of schedule

- **Reading reflections** are due either on Monday or Wednesdays at 11:59PM in Canvas
- **Assignments** are usually due Fridays at 11:59PM in Canvas
- **Yellowdig** points for the week can be obtained until Friday at 11:49 PM, every week
- **Module Quizzes** can be completed between Thursday at noon and Sunday at 11:59 PM in CANVAS (with honorlock)

## Grading Standards

| | | | |
|---|---|---|---|
| A | = 100-93 | C(S) | = 76.99-73 |
| A- | = 92.99-90 | C-(U) | = 72.99-70 |
| B+ | = 89.99-87 | D+ | = 69.99-67 |
| B | = 86.99-83 | D | = 66.99-63 |
| B- | = 82.99-80 | D- | = 62.99-60 |
| C+ | = 79.99-77 | E | = 59.99-0 |

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## In-person Meeting Schedule

We will be meeting in Florida Gym Room 285 on Tuesdays and Thursdays at 10:40, unless noted. Please follow all UF guidelines on COVID related precautions.

Please always check your email/CANVAS the morning of classes, as I will post there that class is cancelled (e.g., due to illness).

## Students missing class

Students are encouraged not to come to class if you are feeling unwell. Students will not be graded on attendance. You will have access to pre-recorded lectures that distill the primary elements of lectures, and may watch these if they missed a class. However, some additional content will be included in in-person lectures that may appear on the exam, and students are encouraged to obtain notes from other students for classes they miss.

Students attending class will have the opportunity to receive "in-class participation accolade" points from the instructor through Yellowdig. However, students who miss class can obtain Yellowdig points by other strategies, such as writing more posts.

## Technology devices policy

You may use your laptop during class only for taking notes and engaging in activities requested by the instructor. Engaging in activities other than these can distract your classmates and is not permitted. I will occasionally walk around to ensure that no one is off-task, and will deduct 10 points from your final grade if you are engaging in computer use that is not permitted.

Cell phone use is not permitted during class time. Cell phones should not be on desks during class time.

# Course Policies & Information

**Make Up Policy:**
Late assignments will receive a 20% reduction from scored grades for each day they are late. Reading reflections can be completed a day late for a 20% deduction, but can not be completed more than one day late. Excused absences must be consistent with university policies in the Graduate Catalog and require appropriate documentation.

**Communication and Questions:**
Students should use their university email for all university related correspondence – The instructor may not read emails from or send emails to any non-UF email addresses (e.g., john.doe@hotmail.com). Email subject should start with "HSC 4174 – First name, Last name - …" Email use does not relieve students from the responsibility of confirming the communication with the instructor. The instructor will answer your email within two business days, when possible.

You may email me through the course site with any questions or concerns you have, and I will attempt to respond to your emails within 48 business hours (e.g., not counting weekends or holidays). If you have an urgent issue, please call my office and/or email my personal UF email, megan.mcvay@ufl.edu.

All students are expected to follow rules of common courtesy in email messages, discussions, chats, etc. Please review the Netiquette Guide (also on course website) for further important information. Sensitive topics such as grades may require a phone conversation rather than email to discuss.

**Honorlock Quiz and Exam Proctoring Information:**
Honorlock will proctor your quizzes and examinations this semester. Honorlock is an online proctoring service that allows you to take your exam from the comfort of your home. You DO NOT need to create an account, download software or schedule an appointment in advance. Honorlock is available 24/7 and all that is needed is a computer, a working webam, and a stable internet connection.

To get started, you will need Google Chrome and to download the Honorlock Chrome Extension. You can download the extension at **wwww.honorlock.com/extension/install**

When you are ready to test, log into Canvas/E-Learning, go to your course, and click on your exam. Clicking launch Proctoring will begin the Honorlock authentication process, where you will take a picture of yourself, show your ID, and complete a scan of your room. Honorlock will be recording your exam session by webcam as well as recording your screen. Honorlock also has an integrity algorithm that can detect search-engine use, so please do not attempt to search for answers, even if it's on a secondary device.

Honorlock support is available 24/7/365. If you encounter any issues, you may contact Honorlock by live chat, phone (844-243-2500), and/or email (**support@honorlock.com**)

**Grade Appeal Policy:**
Should you want to contest a grade, you will have up to three (3) days after a grade has been posted to contact me and discuss your issue; after which the grade is final. Grades are based on a point scale and will not be rounded. Discussion about grades will occur in-person or via a phone or video call, not via email.

# Course Policies & Information

**Honor Code Policy:**
***"We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity."*** The following pledge will be either required or implied on all work:
"On my honor, I have neither given nor received unauthorized aid in doing this assignment."

All students must adhere to university regulations regarding academic integrity. Any form of academic dishonesty (including but not limited to any form of cheating, plagiarism, misrepresentation, etc.) will not be tolerated. Any student guilty of academic dishonesty will receive a failing grade (E) for the course, and the matter will be forwarded to the UF Office Student Affairs and the Dean of Students.

It is the duty of the student to abide by all rules set forth in the UF Undergraduate Catalog. Students are responsible for reporting any circumstances, which may facilitate academic dishonesty. University Policy on Academic Misconduct: Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at: https://sccr.dso.ufl.edu/policies/student-honor-code-student-conduct-code/

**Class Recording Information**
Per the House Bill 233 Intellectual and Viewpoint Diversity Act, students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A "class lecture" is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session.

Publication without permission of the instructor is prohibited. To "publish" means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third-party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

See additional details here: http://aa.ufl.edu/policies/in-class-recording/

**Copyright Statement:**
The materials used in this course are copyrighted. The content presented is the property of UF and may not be duplicated in any format without permission from the College of Health and Human Performance and UF, and may not be used for any commercial purposes.

Content includes but is not limited to syllabi, videos, slides, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy or distribute the course materials, unless permission is expressly granted. Students violating this policy may be subject to disciplinary action under the UF Conduct Code.

# Course Policies & Information

**Course Evaluation**

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Click here for guidance on how to give feedback in a professional and respectful manner. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via ufl.bluera.com/ufl/. Summaries of course evaluation results are available to students here.

**Diversity and Inclusion**

I endorse this statement about respect for diversity and inclusion: "I strive to make this classroom a place where you will be treated with respect, and I welcome individuals of all ages, backgrounds, beliefs, ethnicities, social classes, genders, gender identities, gender expressions, national origins, documentation statuses, religious affiliations, sexual orientations, abilities – and other visible and nonvisible differences. All members of this class are expected to contribute to a respectful and inclusive environment for every other member of the class. This does not mean we cannot disagree or have different ideas. It does mean we try to consider perspectives other than our own, though they may differ from our own beliefs/experiences. If you experience disrespect or discrimination in this class, please report your experiences to me." (Statement courtesy of Cal Poly Center for Teaching, Learning, & Technology)

I endorse the following UF-suggested comments on preferred names and name changes: "It is important to the learning environment that you feel welcome and safe in this class; and that you are comfortable participating in class discussions and communicating with me on any issues related to the class. If your preferred name is not the name listed on the official UF roll, please let me know as soon as possible by e-mail or otherwise. I would like to acknowledge your preferred name, and pronouns that reflect your identity. Please let me know how you would like to be addressed in class, if your name and pronouns are not reflected by your UF-rostered name. I welcome you to the class and look forward to a rewarding learning adventure together. You may also change your "Display Name" in Canvas. Canvas uses the "Display Name" as set in myUFL. The Display Name is what you want people to see in the UF Directory, such as "Ally" instead of "Allison." To update your display name, go to one.ufl.edu, click on the dropdown at the top right, and select "Directory Profile." Click "Edit" on the right of the name panel, uncheck "Use my legal name" under "Display Name," update how you wish your name to be displayed, and click "Submit" at the bottom. This change may take up to 24 hours to appear in Canvas. This does not change your legal name for official UF records."

**Disclaimer:** This syllabus represents the objectives and tentative plans for the course. As we go through the semester, those plans may need to change to enhance the class learning opportunity. Such changes, will be communicated clearly, are not unusual, and should be expected.

***Campus Resources:***

**Health and Wellness**

I care about your health and wellbeing. I am happy to discuss any challenges you are having this semester—please reach out if you want to talk.

**U Matter, We Care:**
If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575 so that a team member can reach out to the student.

**Counseling and Wellness Center:** counseling.ufl.edu/cwc, and 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

**Sexual Assault Recovery Services (SARS)**
Student Health Care Center, 392-1161.

**University Police Department** at 392-1111 (or 9-1-1 for emergencies), or police.ufl.edu.

**Academic Resources**

**E-learning technical support**, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu.

**Career Resource Center**, Reitz Union, 392-1601. Career assistance and counseling.

**Library Support**, Various ways to receive assistance with respect to using the libraries or finding resources.

**Teaching Center**, Broward Hall, 392-2010 or 392-6420. General study skills and tutoring.

**Writing Studio**, 302 Tigert Hall, 846-1138. Help brainstorming, formatting, and writing papers.

**Student Complaints Campus**

**On-Line Students Complaints**