COURSE SYLLABUS

Course Title:  
**CHS M234/HS M255 Obesity, Physical Activity and Nutrition Seminar**

Instructors:  
William J. McCarthy, PhD  
Toni (Antronette) Yancey, MD, MPH  
Dept. of Health Services  
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DCPCR, A2-125, CHS  
31-235B, SPH  
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Assn't Danielle Osby, [dosby@ph.ucla.edu](mailto:dosby@ph.ucla.edu)

Course Offered:  
Fall Quarter

Day & Time:  
Thursdays, 12:00-2:50 pm

Room:  
61-235 CHS

Target Enrollment:  
25 intermediate / advanced graduate-level students & postdoctoral fellows

Prerequisites:  
Graduate standing or permission of instructor.

Course description:  
4-credit weekly seminar designed for intermediate or advanced graduate students, medical residents, and postdoctoral fellows. This course focuses on the current status of preventive and therapeutic interventions for obesity in adults and children, with an emphasis on public health policy approaches to promoting healthier eating and active living. Brief overviews of the epidemiology, physiology, chronic disease implications of obesity will be covered. Class sessions are a combination of lecture and class discussion. Fieldwork is also required. Ideally, the fieldwork will consist of a report of a public meeting of public policy-making relevant to promoting increased physical activity and healthier food choices. Alternatively, the fieldwork requirement can be met by participation in obesity-related research.

ASPH Learning Objectives for this course

<table>
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<tr>
<th>#</th>
<th>Learning objectives</th>
<th>Teaching/learning activities</th>
<th>Methods of evaluating performance</th>
<th>ASPH # competencies</th>
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<tbody>
<tr>
<td>1</td>
<td>Translate Dietary Guidelines for Americans into practical, culturally-appropriate lifestyle recommendations</td>
<td>Class lectures; class discussions</td>
<td>Cite the DGA in final paper</td>
<td>D.1, D.2, D.3, D.4; E.1, E.2, E.7</td>
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<tr>
<td>2</td>
<td>Translate Physical Activity Guidelines for Americans into practical, culturally-appropriate lifestyle recommendations</td>
<td>Class lectures; class discussions</td>
<td>Cite the PAGA in final paper</td>
<td>D.1, D.2, D.3, D.4; E.1, E.2, E.7</td>
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<td>3</td>
<td>Evaluate major population approaches to obesity prevention and health promotion, regardless of risk status</td>
<td>Class lectures; class discussions; class oral presentations; fieldwork</td>
<td>Critiques of major population approaches in final paper</td>
<td>D.3, D.5; E.5, E.6</td>
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<tr>
<td>4</td>
<td>Evaluate subpopulation-specific approaches to obesity prevention, obesity treatment, and health promotion, esp. in high-risk subgroups</td>
<td>Class lectures; class discussions; class oral presentations; fieldwork</td>
<td>Critiques of subpopulation-specific approaches in final paper</td>
<td>D.3, D.5; E.5, E.6</td>
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<td>5</td>
<td>Design major population approaches to obesity prevention and health promotion, regardless of risk status</td>
<td>Class lectures; class discussions; class oral presentations</td>
<td>Major thesis or alternative models in final paper</td>
<td>D.4., D.5, D.6, D.9, D.10; E.3, E.4, E.8, E.9, E.10</td>
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<td>6</td>
<td>Design subpopulation-specific approaches to obesity prevention, obesity treatment, and health promotion, esp. in high-risk subgroups</td>
<td>Class lectures; class discussions; class oral presentations</td>
<td>Major thesis or alternative models in final paper</td>
<td>D.4, D.5, D.7, D.8, D.10; E.3, E.4, E.8, E.9, E.10</td>
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GRADING:

I. **Oral Proposal Presentation.** Students present to the class a brief [ ~ 5 minutes] outline of an obesity-related research proposal, designed for an organization or setting with which they are familiar. Whether the topic is prevention or treatment, targeting youth or adults, is up to the student to choose. (20%)

II. **Written Proposal.** Students prepare a written presentation elaborating the proposal introduced orally, with a maximum length of 20 pp double-spaced. (60%)

III. **Fieldwork Practicum.** Students attend one public meeting of a governance or advisory body involved in obesity control policy, producing a 2-p written report outlining the obesity-related challenge under discussion with the meeting agenda as an attachment or research participation option, in consultation with the instructors. (10%)

IV. **Class Participation** reflecting command of main themes from readings, through class discussion and/or acquisition/sharing of materials in class. (10%)

COURSE TEXTBOOKS:

COURSE REFERENCES:

The specific required readings listed below are available electronically from Biomed Library reserves for this course: [http://tinyurl.com/fall10-comhltm234](http://tinyurl.com/fall10-comhltm234). Additional background readings are included for those who are interested in pursuing the topic in more depth.

**Copies of most class slides can be obtained from:** [www.tonivancey.com/chs234](http://www.tonivancey.com/chs234).
PUTTING PROMOTION INTO PRACTICE:
Students are advised to wear clothing and shoes that permit low-impact, moderate intensity physical activity. A 10-minute Instant Recess® break or “Lift Off!” opportunity for instructor-led, group activity will be included in each class.

**COURSE SCHEDULE**

<table>
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<th>Week 1</th>
<th>Introduction/Course Logistics (Drs. McCarthy &amp; Yancey)</th>
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<td>09/22/11</td>
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**Required readings**
- Kumanyika & Brownson – Chapters 1 & 5

**Background readings**
Week 2  Epidemiology of Obesity: Global to Local  (Dr. McCarthy)  09/29/11

**Required readings**
- Kumanyika & Brownson – Chapters 2, 3 & 11

**Background readings**

Week 3  Why Do We Move or Not Move?  (Dr. Yancey)  10/06/11

**Required readings**
- Yancey – Chapters 1-4

**Background readings**
- Kumanyika & Brownson Chapter 8 – Built environment
**Week 4**  
10/13/11  

**Why Do We Eat the Foods We Eat?**  
(Drs. McCarthy & Leslie)

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**One-page abstract of research proposals due**

**Required readings**


**Background readings**


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**Week 5**  
10/20/11  

**Health Disparities Symposium**  
(off-site event)  
(Drs. McCarthy & Wang)

**Background readings**


Ludwig D, Currie J. The association between pregnancy weight gain and birthweight:

**Week 6**

**Pediatric & Adult Obesity: Development and Obesity (Dr. Yancey)**

**Obesity Prevention Intervention**

**Required readings**

Kumanyika & Brownson – Chapter 18-21
Yancey – Chapter 5

**Background readings**

Week 7
11/03/11
Medical and Surgical Approaches to Obesity Treatment
(Drs. Maggard Gibbons & Roberts)

Required readings
Kumanyika & Brownson – Chapter 14

Background readings

Week 8
11/10/11
Macro-environmental changes: Organizational and Legislative & Regulatory Policy Approaches
(Dr. Yancey)

Required readings
Kumanyika & Brownson – Chapters 13 and 14

Background readings
Boyle M, Lawrence S, Schwarte L, Samuels S, McCarthy WJ. Health care providers' perceived role in changing environments to promote healthy eating and physical activity: Baseline findings from health care providers participating in the Healthy Eating, Active Communities program. *Pediatrics.* Jun 2009;123:S293-S300.
Green L. From research to best practice in other settings and populations. *Am J*


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**Week 9**
11/17/11  
**Student Concept Proposal Presentations**

**Week 10**
11/24/11  
**Thanksgiving Day Holiday**

**Week 11**
12/01/11  
**Micro-Environmental (Single Venue) Approaches (Dr. McCarthy)**

**Required readings**
Kumanyika & Brownson Chapters 7, 12, 15, and 16

**Background reading**

**GUEST LECTURERS (selected from the following list as available):**
Harold Goldstein, DrPH, Executive Director, California Center for Public Health Advocacy, Sacramento
Cynthia Harding, MPH, Director, Maternal, Child and Adolescent Health, Los Angeles County Department of Public Health
Joanne Leslie, ScD, Arch Deacon, Episcopal Diocese of Los Angeles
Gail Harrison, PhD, RD, Professor, Department of Community Health Sciences, UCLA School of Public Health
May Wang, DrPH, Associate Professor, Department of Community Health Sciences, UCLA School of Public Health
Melinda Maggard Gibbons, MD, Associate Professor of Surgery, Department of Medicine, UCLA School of Medicine.