

FNH 477: Nutrition and Disease Prevention Course Schedule (Term 2, Winter 2024/25)

#	Date	Topic	Reading	Format
1	Jan 6	Introduction and expectations	Review syllabus and Canvas site	Lecture
2	Jan 8	Evaluating evidence		Lecture
3	Jan 10	Evaluating evidence		Lecture
4	Jan 13	Cancer	Ch 86: Epidemiology of Diet & Cancer Risk	Lecture
5	Jan 15	Cancer		Lecture
6	Jan 17	Cancer/ Introduction to Problem 1		Lecture
A	Jan 20	Problem set: Cancer		Group work
B	Jan 22	Problem set: Cancer		Group work
7	Jan 24	Cardiovascular disease	Hu, 2009; Mente, 2009	Lecture
8	Jan 27	Cardiovascular disease		Lecture
9	Jan 29	Hypertension	Ch 66: Diet & Blood Pressure	Lecture
C	Jan 31	Problem set: Cancer SIR feedback due (Case 1)		Group work
D	Feb 3	Problem set: Cancer		Group work
10	Feb 5	Hypertension		Lecture
11	Feb 7	Review for midterm exam		Lecture
E	Feb 10	Problem set: Case 2		Group work
	Feb 12	Midterm exam		
12	Feb 14	Obesity	Ch 58: Obesity: Epidemiology, Etiology, and Prevention	Lecture
	Feb 17-21	Midterm break		
13	Feb 24	Obesity Evidence table due SIR feedback due (Case 1)		Lecture
F	Feb 26	Problem set: Case 2		Group work

14	Feb 28	Type II diabetes Individual report due	Watch: Peter Attia: What if we are wrong about diabetes? Read: Ley, 2014	Lecture
G	Mar 3	Problem set: Case 2		Group work
H	Mar 5	Problem set: Case 2		Group work
I	Mar 7	Problem set: Case 2 SIR feedback due (Case 2)		Group work
15	Mar 10	Type II diabetes		Lecture
16	Mar 12	Osteoporosis	Ch 90: Prevention and Management of Osteoporosis	Lecture
17	Mar 14	Fetal origins of adult disease	Calkins & Devaskar, 2011	Lecture
18	Mar 17	Fetal origins of adult disease		Lecture
19	Mar 19	Fetal origins of adult disease		Lecture
20	Mar 21	Gut microbiota	van de Wouw, 2017	Lecture
	Mar 23	Sunday deadline: Presentations in ppt due for all groups – Final versions (no changes allowed after the deadline)		
P1	Mar 24	Problem set: Presentations Part I SIR feedback due (Case 2)		Group Presentations
P2	Mar 26	Problem set: Presentations Part II		Group Presentations
P3	Mar 28	Problem set: Presentations Part III		Group Presentations
P4	Mar 31	Problem set: Presentations Part IV		Group Presentations
P5	Apr 2	Problem set: Presentations Part V		Group Presentations
21	Apr 4	Dementia		Lecture
22	Apr 7	Review_Cumulative Final Summary due		Lecture
	Apr 12- 27	Final exam (cumulative)		

Reading List:

1. Introduction

Ch 104: Foundations of a Healthy Diet (PDF available through Library on-line reserves)

Book Chapter from “Modern Nutrition in Health and Disease” by A. Catharine Ross, Benjamin Caballero, Katherine L. Tucker, Thomas R. Ziegler (11th Edition)

Ch 63: Nutrition and Inflammatory Processes (PDF available through Library on-line reserves)

Book Chapter from “Modern Nutrition in Health and Disease” by A. Catharine Ross, Benjamin Caballero, Katherine L. Tucker, Thomas R. Ziegler (11th Edition)

2. Cancer

Ch 86: Epidemiology of Diet & Cancer Risk (PDF available through Library on-line reserves)

Book Chapter from “Modern Nutrition in Health and Disease” by A. Catharine Ross, Benjamin Caballero, Katherine L. Tucker, Thomas R. Ziegler (11th Edition)

3. Cardiovascular Disease (CVD)

Hu FB. **Diet and lifestyle influences on risk of coronary heart disease.** Curr Atheroscler Rep. 2009 Jul;11(4):257-63. (PDF posted on CANVAS)

Mente A1, de Koning L, Shannon HS, Anand SS. **A systematic review of the evidence supporting a causal link between dietary factors and coronary heart disease.** Arch Intern Med. 2009 Apr 13;169(7):659-69. doi: 10.1001/archinternmed.2009.38. (PDF posted on CANVAS)

4. Hypertension

Ch 66: Diet & Blood Pressure (PDF available through Library on-line reserves)

Book Chapter from “Modern Nutrition in Health and Disease” by A. Catharine Ross, Benjamin Caballero, Katherine L. Tucker, Thomas R. Ziegler (11th Edition)

5. Obesity

Ch 58: Obesity: Epidemiology, Etiology, and Prevention (PDF available through Library on-line reserves)

Book Chapter from “Modern Nutrition in Health and Disease” by A. Catharine Ross, Benjamin Caballero, Katherine L. Tucker, Thomas R. Ziegler (11th Edition)

6. Type 2 Diabetes (T2D)

Ley SH, Hamdy O, Mohan V3, Hu FB. **Prevention and management of type 2 diabetes: dietary components and nutritional strategies.** Lancet. 2014 Jun 7;383(9933):1999-2007. doi: 10.1016/S0140-6736(14)60613-9. (PDF posted on CANVAS)

Video (TED MED talk): Dr. Peter Attia: What if we are wrong about diabetes?

<https://www.youtube.com/watch?v=UMhLBPPtlrY>

7. Osteoporosis

Ch 90: Prevention and Management of Osteoporosis (PDF available through Library on-line reserves)
Book Chapter from “Modern Nutrition in Health and Disease” by A. Catharine Ross, Benjamin Caballero, Katherine L. Tucker, Thomas R. Ziegler (11th Edition)

8. Fetal origins of adult disease

Calkins K1, Devaskar SU. **Fetal origins of adult disease.** Curr Probl Pediatr Adolesc Health Care 2011 Jul;41(6):158-76. doi: 10.1016/j.cppeds.2011.01.001. (PDF posted on CANVAS)

9. Gut microbiome

van de Wouw M, Schellekens H, Dinan TG, Cryan JF. **Microbiota-Gut-Brain Axis: Modulator of Host Metabolism and Appetite.** J Nutr. 2017 May;147(5):727-745. doi: 10.3945/jn.116.240481. Epub 2017 Mar 29. (PDF posted on CANVAS)