**Course Title: *Food and Mediterranean Culture***

**Course Number:** *INTL 0692*

**Course Pre- and Co-requisite(s):** *None*

**Course Location:** Harokopio University (Athens, Greece) and the Peloponnese

**Course Date & Time:** *May 28-June 10, 2023 M-F classes begin most days at 9:30 am*

**Course Instructor:** *Shauna Downs, Ph.D., Associate Professor, Department of Health Behavior, Society and Policy, Rutgers School of Public Health E-mail:* *sd1081@sph.rutgers.edu*

 *Antonia Matalas, Ph.D., Professor of Nutritional Anthropology, Department of Nutrition and Dietetics, Harokopio University Email:* *amatala@hua.gr*

**Office Hours:** *By Appointment Only*

**Course Assistant:** Christine Oller

 E-mail:**cjo62@sph.rutgers.edu** Cell Phone: +1 732-306-7149

**Course Website:** [*https://rutgers.instructure.com/courses/236303*](https://rutgers.instructure.com/courses/236303)

**Required Course Text:** *None*

**Additional/Supplemental Readings/Resources:** The class readings consist of articles and/or book chapters. Readings will be posted on the Canvas system for the course. If this is not possible, some readings will be distributed in class, via e-mail, or through links to electronic journals or other websites. **Students are assigned reading for each day of the course, which should be read prior to the class session.**

**Course Description:**  *This course will provide in-depth knowledge and analysis of food production and consumption in the Mediterranean region using a food systems approach. Students will learn about the various components of the Mediterranean Diet pattern, its health, economic, social and environmental considerations and trade-offs, as well as how to measure its adherence. Through a combination of in-class lectures and experiential learning, students will gain a deep understanding of the historical, cultural and culinary aspects of food production and consumption in the Mediterranean region.*

**Selected Concentration Competencies Addressed:**

 The competencies addressed in this course for the MPH include:

* Analyze local and global food systems (Public Health Nutrition)
* Utilize culturally appropriate assessment methodologies to identify and prioritize diet and nutritional problems for diverse population groups (Public Health Nutrition)
* Critique epidemiologic literature, assess its strengths and weaknesses, and determine if conclusion(s) are supported (Epidemiology)
* Demonstrate an understanding of the economic, educational, political, sociocultural, environmental, ecological, and biological conditions that represent obstacles to attaining global health (Global Public Health)
* Develop or critique health education materials, methods, and programs (Social and Behavioral Health Sciences)

Please visit the Concentration webpages on the School of Public Health’s website at [sph.rutgers.edu](https://sph.rutgers.edu/) for additional competencies addressed by this course for other degrees and concentrations.

**Course Objectives:** By the completion of this course, students will be able to:

* Identify the historical, cultural, and culinary aspects of food consumption within the Mediterranean region
* Describe the Mediterranean Diet model and its health and environmental implications
* Assess and critically analyze adherence to the Mediterranean Diet model
* Analyze the ways in which local food systems can better support the production and distribution of food resources in accordance to a Mediterranean lifestyle
* Formulate strategies to promote a Mediterranean lifestyle in both Greece and the United States

**Course Requirements and Grading:**

* Students will have the opportunity to earn 100 points. The course grades will be based on reflections, group work, a final paper, and class participation. A detailed description of the assignments and their grading criteria will be posted on Canvas. Students are required to actively participate in class lectures, group activities, and field tasks and read the material assigned by the instructors.

***Points Distribution:***

* *Reflection 20 pts.*
* *Group presentations 20 pts.*
* *Final paper 40 pts.*
* *Class Participation 20 pts.*
* *Total 100 pts*
* Students will receive grades for the following tasks:

**Reflection**: Each student will be responsible for writing one brief essay (~1000 words) based on course readings and in-class content. Appropriate citations and APA or AMA-formatted references are required for all essays. Students will reflect on the Mediterranean diet pattern, as a conceptual approach and also, as a way of life, and compare and contrast it to one other healthy eating model promoted by the public health sector and/or by lay people and media (e.g., healthy eating index, DASH diet, The New Scandinavian diet, the Paleo diet, “clean eating”, the Vegan diet, Plant-based diets/Flexitarian, etc.). Students should also reflect on the potential use of the Mediterranean diet pattern as a healthy eating model for populations living outside of the Mediterranean region.

**Reflection Due: June 2nd at 11:59 pm/23.59 Eastern Time (US)**

**Group presentations:** The aim of the assignment is to examine Mediterranean recipes and menu items and compare them to the [NOVA classification](https://educhange.com/wp-content/uploads/2018/09/NOVA-Classification-Reference-Sheet.pdf) (degree of food processing). Students will be assigned to one component of the Mediterranean diet (i.e., cereals/grains, dairy, fruits, vegetables, fats, and oils, fish and seafood, etc.) and select at least 10 recipes/menu items for that component of the Mediterranean cuisine and assess/score them according to the NOVA classification. Students will discuss how these recipes/menu items compare and contrast to how the foods are depicted within the Mediterranean Diet pattern literature. Students will also propose strategies for better promoting the Mediterranean Diet in the United States and in Greece within their presentation. Students will work in small groups (~4 students) with students from Rutgers and HUA and will present a ~15-minute presentation to the class.

**Group Presentation Due**: Student presentations will take place on June 5th

**Final Paper:** The aim of this paper is to examine different aspects of key foods/food groups included in the Mediterranean Diet pattern. Each student will select one of the “value-added” foods/food groups of the Mediterranean Diet (e.g., fish, olive oil, black currants, etc.) and provide a general overview of the food, discuss its culinary use, nutritional value, and dietary benefits, and sustainability as well as any social and economic considerations (e.g., affordability, access, etc.). The final paper will be written individually. The paper should be no more than 2000 words. Appropriate citations and APA or AMA-formatted references are required for all essays.

**Final Paper Due:** **July 15 at 11:59 pm/23.59 Eastern Time (US) (~5 weeks after the course completion)**

**Class Participation**: This course is designed to be highly interactive. Class participation is expected from everyone during in-class group work, activities, and discussions. Students will be assigned a participation grade each day by the course instruction (out of a possible 2 points for participation each day that the course is in session).

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| --- | --- | --- | --- |
| **Competency** | **Course Objectives(s)** | **Lessons** | **Assessment(s)** |
| Analyze local and global food systems | Analyze the ways in which local food systems can better support the production and sale of food resources in accordance to a Mediterranean lifestyle | * An overview of the sustainability and the Mediterranean Diet pattern
* Food systems and the Diet in Greece
* Activity: Examining the food environment in Athens
* Production practices and sustainability
* Culinary aspects of the Mediterranean food
 | Final paper |
| Utilize culturally appropriate assessment methodologies to identify and prioritize diet and nutritional problems for diverse population groups | Measure and critically analyze adherence to the Mediterranean Diet model  | * Measure and critically analyze adherence to the Mediterranean Diet model

  | In-class activity: Students will complete various Med Diet adherence tools and compare and contrast them.**Note:** This in-class activity will be assessed but no grades provided. |
| **Competency** | **Course Objectives(s)** | **Lessons** | **Assessment(s)** |
| Critique epidemiologic literature, assess its strengths and weaknesses, and determine if conclusion(s) are supported | Describe the Mediterranean Diet model and its health and environmental implicationsMeasure and critically analyze adherence to the Mediterranean Diet model | * The Mediterranean Diet pattern: A model constructed by scientists
* Measuring adherence to the Mediterranean Diet pattern
* An overview of the Mediterranean Diet pattern and health
* Fats and oils and health
* Alcohol and health
 | Reflection |
| Develop or critique health education materials, methods, and programs | Formulate strategies to promote a Mediterranean lifestyle in both Greece and the United States  |   | Group presentationsReflection  |
| Demonstrate an understanding of the economic, educational, political, sociocultural, environmental, ecological and biological conditions that represent obstacles to attaining global health | An overview of the main environmental cultural impacts of food consumption in the Mediterranean | * Food habits in the Mediterranean area, their history and evolution
* Culinary aspects of the Mediterranean food
 | Final paper |

*SPH Grading Policy: 94 – 100 A*

 *90 – <94 A-*

 *87 – <90 B+*

 *84 – <87 B*

 *80 – <84 B-*

 *77 – <80 C+*

 *70 – <77 C*

 *<70 F*

**Course Schedule:** *Day-by-Day Schedule of Activities*

**Saturday, May 27, 2023-** Rutgers Students Arrive in Athens.

**Sunday, May 28, 2023***-* Rutgers Students Meet at 9 am at the 360 Degrees Pop Art hotel for group breakfast and orientation with an optional walking tour of Monastiraki and the surrounding area.

**Remember:****Students are assigned reading for each day of the course, which should be read prior to the class session. Please check the class schedule and Canvas site for the assigned readings for the next day. All students will meet at Harokopio University at 9:30 am during week 1.**

**Day 1 - Monday - May 29, 2023**

Rutgers Students will meet in the hotel lobby at 9 am and travel together by metro to Harokopio. All students will meet at Harokopio University at 9:30 am.

Required Readings:

* Moro E., 2016). The Mediterranean Diet from Ancel Keys to the UNESCO Cultural Heritage. A Pattern of Sustainable Development between Myth and Reality. Procedia - Social and Behavioral Sciences 223, pp. 655 -661.
* Tourlouki E, Matalas A-L, Panagiotakos DB. , 2011). Cultural, social and environmental influences on surviving dietary patterns of the past: a case study from the Greek island of Karpathos in the Aegean Sea. Nature and Culture 6, pp. 244-262.

9:30 am: Registration

9:45 am: Seminar expectations and introduction

9:45-10:30 am: Defining the Mediterranean Diet (group discussion) Shauna Downs (Presenter)

**Objectives:**

* To discuss how students from Greece and the US view the Mediterranean Dietary pattern
* To discuss the similarities and differences in what the Mediterranean Diet means to students

10:30am-11:00 am: Coffee Break

11:00 am-12:00 pm: An overview of the environmental and cultural impacts of food consumption in the Mediterranean Antonia Matalas (Presenter)

**Objectives:**

* To examine the Mediterranean diet pattern in relation to natural resources
* To examine the constantly evolving Mediterranean lifestyle

12:00-12:45 pm: Icebreaker activity

12:45-1:30 pm (13.30): Lunch

2:00-3:00 pm (14.00-15.00): Lecture: Foods of ancient times based on archeological findings Mrs. Rouboy and Vaios Karathanos (Presenters)

4:00-6:00 pm (16.00-18.00): Activity: National Archaeological Museum of Athens: <https://www.namuseum.gr/en/>

7:00 pm (19:00): Welcome Dinner

End of Day 1

**Day 2 - Tuesday - May 30, 2023**

Required Readings:

* Nestle, M., 1995. Mediterranean diets: historical and research overview. *American Journal Clinical Nutrition,* 61(6 Suppl), pp. 1313S-1320S.
* Vetrani, C., Piscitelli, P., Muscogiuri, G., Barrea, L., Laudisio, D., Graziadio, C., Marino, F., & Colao, A., 2022. "Planeterranea": An attempt to broaden the beneficial effects of the Mediterranean diet worldwide. *Frontiers in nutrition*, *9*, 973757.

Optional Readings:

* Davis, C., Bryan, J., Hodgson, J. and Murphy, K., 2015. Definition of the Mediterranean diet; a literature review. Nutrients, 7(11), pp. 9139-9153.
* Colao, A., Vetrani, C., Muscogiuri, G., Barrea, L., Trichopoulou, A., Soldati, L., Piscitelli, P., & UNESCO Chair on Health Education and Sustainable Development (2022). "Planeterranean" Diet: extending worldwide the health benefits of Mediterranean Diet based on nutritional properties of locally available foods. Journal of translational medicine, 20(1), 232.

9:30-11:00 am: The Mediterranean Diet pattern: A model constructed by scientists Mary Yannakoulia (Presenter)

**Objectives:**

* Examine the Seven Countries Study, its implications in preventive nutrition and how it introduced the model of the Mediterranean diet
* Provide an overview of the Mediet guides (pyramids) and how they progressed over the past few decades
* Describe the main dietary components of the Mediterranean Diet pattern

11:00-12:00 pm: Group work + discussion: Compare and contrast the Med Diet pyramid with US Dietary Guidelines Shauna Downs (Presenter)

**Objectives:**

* Describe the similarities and differences between the Mediterranean dietary pattern and the 2020-2025 US Dietary Guidelines
	+ Discuss to what extent these dietary patterns are appropriate for diverse populations in both the US and Greece

12:00-12:30 pm: Coffee break

12:30-2:00 pm (14.00): An overview of the sustainability and the Mediterranean Diet pattern Shauna Downs (Presenter)

**Objectives:**

* To describe sustainable diets and food systems
	+ To examine the sustainability of the Mediterranean Diet pattern and compare it to alternative eating patterns
	+ To compare the carbon and water footprints of the different components of the Mediterranean Diet pattern

2:00 pm (14.00): Lunch

 **End of Day 2**

**Day 3 - Wednesday - May 31, 2023**

Required Readings:

* *Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance, J Am Diet Assoc 2016.*

Optional Readings:

* Jonvic et al. New Opportunities to Advance the Field of Sports Nutrition. Front Sports Act Living. 2022.

9:30-11:00 am: Measuring adherence to the Mediterranean Diet pattern Demosthenis Panagiotakos (Presenter)

**Objectives:**

* To compare tools used to measure adherence to the Mediterranean Diet pattern
* To apply tools to assess adherence to the Mediterranean Diet pattern

11:00 am-12:00 pm: Activity: Students use different Med Diet Adherence tools to assess their diets Meropi Kontogianni mkont@hua.gr (Presenter)

12:00 pm-12:30 pm: Coffee Break

12:30-1:30 pm (13.30): Group discussion: compare and contrast different Med Diet Adherence tools Demosthenis Panagiotakos (Presenter)

1:30-3:00 pm (13.00-15.00): An overview of the Mediterranean Diet pattern and health “Meropi Kontogianni" (Presenter)

**Objectives:**

* To examine the health outcomes associated with consuming a Mediterranean Diet pattern
* To examine the strength of the evidence linking the Mediterranean Diet pattern and health

3:00 pm (15.00): Lunch

6:00 pm (18.00): Evening Lecture at the Panathenaic stadium (http://www.panathenaicstadium.gr/): “ The importance of nutrition in human performance. From the ancient Greek athlete to the modern athlete **"** Giannis Arnaoutis (Presenter)

**Objectives:**

* Understand the basic principles of sports nutrition for exercisers & athletes
* Get informed about the role of nutritional support in maximizing athletic performance

**End of Day 3**

**Day 4 - Thursday - June 1, 2023**

Required Readings:

* Guasch-Ferré M, Willett WC. The Mediterranean diet and health: a comprehensive overview. J Intern Med. 2021 Sep;290(3):549-566.
* Monteiro CA, Cannon G, Moubarac JC, Levy RB, Louzada MLC, Jaime PC. The UN Decade of Nutrition, the NOVA food classification and the trouble with ultra-processing. Public Health Nutr. 2018 Jan;21(1):5-17. doi: 10.1017/S1368980017000234. Epub 2017 Mar 21. PMID: 28322183.

Optional Readings:

* Pagliai, G., Dinu, M., Madarena, M. P., Bonaccio, M., Iacoviello, L., & Sofi, F. (2021). Consumption of ultra-processed foods and health status: a systematic review and meta-analysis. British Journal of Nutrition, 125(3), 308-318.

9:30 am-11:00 am: Food Systems and the Diet in Greece George Boskou (Presenter)

**Objectives:**

* Provide a brief overview of the food system and its components (e.g., drivers, supply chain, food environment, etc.)
* To examine the sources of food and how it moves throughout the food system in Greece
* To analyze how Greek’s interface with their food system
* To examine the evolution of agricultural value chain from ancient times until now
* To examine how Greek food became internationally recognized

11:00 am-12:00 pm: Unraveling the chronic disease-preventive properties of the Mediterranean diet Tzortzis Nomikos (Presenter)

**Objectives:**

* To provide a critical overview of the latest epidemiological studies supporting the chronic-disease preventive properties of the Mediterranean Diet with a focus on CVDs
* To explain, in simple terms, the nutritional characteristics of the Mediterranean Diet that explain its disease-preventive properties
* To provide an overview of the "value added" foods in the Greek diet and their nutrition and health benefits

12:00-12:30 pm: Coffee Break

12:30-2:00 pm (14.00): NOVA Classification Lecture Joachim Sackey (Presenter)

**Objectives:**

* To examine why the level of food processing matters for health
* To describe the NOVA classification to assess the degrees of food processing
* To examine how the NOVA classification can be used to assess different foods or recipes

2 pm-3:00 pm (15.00): Group activity: Comparison of dietary patterns between countries in the Mediterranean region and other regions worldwide Shauna Downs (Presenter)

**Objectives:**

* Students will work in pairs and use the Dietary Quality Questionnaire data to compare the diets in Greece with a country outside of the region
* Students will compare and contrast the diets and examine how they compare to the med diet pattern:
	+ <https://www.dietquality.org/indicators/gdr-score/map>
* Students will have 30 minutes to work on this and then will briefly report back to the larger group some of their key findings.

3:00 pm (15.00): Lunch

**End of Day 4**

**Day 5 - Friday - June 2, 2023**

Required Readings:

* Jiménez-Sánchez A, Martínez-Ortega AJ, Remón-Ruiz PJ, Piñar-Gutiérrez A, Pereira-Cunill JL, García-Luna PP. Therapeutic Properties and Use of Extra Virgin Olive Oil in Clinical Nutrition: A Narrative Review and Literature Update. Nutrients. 2022 14(7):1440.

9:30 am - 11:00 am: Activity: Examining the food environment in Athens   Shauna Downs, Antonia Matalas, Chef (Presenters)

* Students will work in groups and examine the food environment in Athens
	+ They will assess:
		- What types of food outlets (supermarkets, wet/farmer’s markets, bodegas, etc.) that people have access to within a given pre-determined radius
		- Qualitatively describe the types of foods sold
		- Qualitatively assess price differentials

11:30 am - 12:30 pm: Lecture: Fats, oils, and health: Part A  Antonia Chiou (Presenter)

**Objectives:**

* To examine the evidence associated with the consumption of fats and oils
* To examine the sources of food and how it moves throughout the food system in Greece

12:30-1:00 pm (13.00): Coffee break

1:00-2:00 pm (13.00-14.00): Group activity: Cooking

**Objectives:**

* Students will prepare food together George Boskou and Nafsika Papaharalampous (Presenters)
* Students will report back on their observations from the food environment, Antonia Matalas and Shauna Downs

2:00 pm-3:00 pm: Fats, oils, and health: Part B   Antonia Chiou (Presenter)

**Objectives:**

* To examine the evidence associated with the consumption of fats and oils
* To examine the sources of food and how it moves throughout the food system in Greece

3:00 pm (15.00): Lunch with a wrap-up of week 1 and overview of week 2 activities and logistics

**End of Day 5**

**Day 6 - Saturday - June 3, 2023-** Free Day

**Week 2- Peloponnese**

**Day 7 - Sunday - June 4, 2023**

10:00am: Travel to Nafplion

Visit Mycenae Archaeological Site Vaios Karathanos vkarath@hua.gr *and* Antonia Matalas *amatala@hua.gr*

**End of Day 7-** Stay in Nafplion

**Day 8 - Monday - June 5, 2023**

10:00 am-1:00 pm (13.00): Student presentations at hotel Shauna Downs Antonia Matalas *(Moderators)*

1:00 pm (13:00): Lunch

Free Time until 5:00 pm (17.00)

5:00 pm-8:00 pm (17.00-18.00): Activity: Visit the site of Epidaurus (Ancient theater and Asklepion) Vaios Karathanos and Antonia Matalas *(Presenters)*

**End of Day 8- Stay in Nafplion**

**Day 9 - Tuesday - June 6, 2023**

Required Readings:

* Haber, B., 1997. The Mediterranean diet: a view from history. T*he American Journal of Clinical Nutrition, 66*(4), pp. 1053S-1057S.

Optional Readings:

* Matalas AL., 2006. Disparities within traditional Mediterranean food patterns: a historical approach to the Greek diet. International Journal of Food and Sciences and Nutrition, 57, pp. 259-536.

10:00 am-11:00 am: Lecture: Production Practices and Sustainability Vaios Karathanos (Presenter)

**Objectives:**

* To examine the impact of different production practices on sustainability (including animal welfare, labor issues, etc.) and how they apply to the Mediterranean Diet
* To analyze the trade-offs between different aspects of sustainability

11:30 am-1:00 pm (13.00): Lecture: Historical perspectives of food habits in the Mediterranean regions Antonia Matalas (Presenter)

**Objectives:**

* To understand the historical origins and context that have influenced the Mediterranean Dietary pattern and its evolution over time

1:00 pm (13.00): Lunch in downtown Nafplion and free time at Nafplion beach

4:00 pm (16.00): Return to Hotel

**End of Day 9-**Stay in Nafplion

**Day 10 - Wednesday - June 7, 2023**

Required Reading:

* Wood, A.M., Kaptoge, S., Butterworth, A.S., Willleit, P., Varnakula, S., Bolton, T., Paige, e., Paul, D.S., Sweeting, M., Burgess, S. and Bell, S., 2018. Risk thresholds for alcohol consumption: combined analysis of individual-participant data for 599 912 current drinkers in 83 prospective studies. *The Lance, 391 (10129),* pp. 1513-1523.
* Burton, R. and Sheron, N., 2018. No level of alcohol consumption improves health. *The Lancet, 392* (10152), pp. 987-988.

10:00am: Travel to Kalamata

10:45am-1:00pm (13.00): Activity: Guided tour at a local winery

 Lecture at Winery: Wine and Health Evangelia Karvela (Presenter)

**Objectives:**

* To examine the evidence associated with the benefits of wine consumption on health

Travel to Kalamata Hotel

3:00 pm (15.00): Lunch

FREE TIME

**End of Day 10-** Stay in Kalamata

**Day 11 - Thursday - June 8, 2023**

Required Readings:

* Boskou, D., Blekas, G., & Tsimidou, M. (2006). Olive oil composition. In Olive oil (pp. 41-72). AOCS press.
* Assimopoulou, A. N., & Papageorgiou, V. P. (2002). Inhibitory activity of minor polyphenolic and nonpolyphenolic constituents of olive oil against in vitro low-density lipoprotein oxidation. *Journal of medicinal food, 5*(1), 1-7.

Optional Readings:

* Loumou, A., Giourga, C. Olive groves: ``The life and identity of the Mediterranean''. *Agriculture and Human Values 20*, 87–95 (2003). https://doi.org/10.1023/A:1022444005336

9:00 am: Full-day activity: Travel to Sparta – visit Mystras, olive oil museum, and olive oil packaging and export company Vaios Karathanos (Presenter)

**Objectives:**

* To examine the products of the olive tree and their significance in traditional and modern Mediterranean society

**End of Day 11- Stay in Kalamata**

**Day 12 - Friday - June 9, 2023**

Required Reading:

* Stefanaki, Anastasia & Andel, Tinde. (2021). Mediterranean aromatic herbs and their culinary use. 10.1016/B978-0-12-822716-9.00003-2.

10:00 am-11:30 am: Morning Lecture: Culinary Aspects of the Mediterranean Diet and Video George Boskou (Presenter)

FREE TIME

4:00 pm (16.00): Dinner & Closing Reception at Kalamata [ArtFarm](https://hellasagrotourism.org/en/art-farm-agroktima-marini-en)

**End of Day 12- Stay in Kalamata**

**Day 13 - Saturday – June 10, 2023**

7:30 am: Leave for Athens Airport

##### **Learning Management System:** Canvas will be used extensively throughout the semester for course syllabus, assignments, announcements, communication and/or other course-related activities. It is the student’s responsibility to familiarize themselves with Canvas and check it regularly. If you have difficulties accessing Canvas, please inform the instructor and Canvas Support (help@canvas.rutgers.edu). Canvas is accessible at [canvas.rutgers.edu](https://canvas.rutgers.edu/).

**School of Public Health Honor Code:** The School of Public Health Honor Code is found in the School Catalog ([sph.rutgers.edu/academics/catalog.html](https://sph.rutgers.edu/academics/catalog.html)). Each student bears a fundamental responsibility for maintaining academic integrity and intellectual honesty in his or her graduate work. For example, all students are expected to observe the generally accepted principles of scholarly work, to submit their own rather than another’s work, to refrain from falsifying data, and to refrain from receiving and/or giving aid on examinations or other assigned work requiring independent effort. In submitting written material, the writer takes full responsibility for the work as a whole and implies that, except as properly noted by use of quotation marks, footnotes, etc., both the ideas and the works used are his or her own. In addition to maintaining personal academic integrity, each student is expected to contribute to the academic integrity of the School community by not facilitating inappropriate use of her/his own work by others and by reporting acts of academic dishonesty by others to an appropriate school authority. It should be clearly understood that plagiarism, cheating, or other forms of academic dishonesty will not be tolerated and can lead to sanctions up to and including separation from the Rutgers School of Public Health.

**Students with Disabilities:** Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student must apply for Services by first completing a Registration Form with the Rutgers Office of Disability Services (ODS) at [ods.rutgers.edu](https://ods.rutgers.edu/). The student will also be required to participate in an ODS intake interview and provide documentation. If reasonable accommodations are granted, ODS will provide you with a Letter of Accommodations which should be shared with your instructors as early in your courses as possible.

**Commitment to Safe Learning Environment:** The Rutgers School of Public Health is committed to helping create a safe learning environment for all students and for the School as a whole. Free expression in an academic community is essential to the mission of providing the highest caliber of education possible. The School encourages civil discourse, reasoned thought, sustained discussion, and constructive engagement. Provocative ideas respectfully presented are an expected result. An enlightened academic community, however, connects freedom with responsibility. The School encourages all students to disclose any situations where you may feel unsafe, discriminated against, or harassed. Harassment or discrimination of any kind will be not tolerated and violations may lead to disciplinary actions.

**Student Well-Being:** The School of Public Health recognizes that students may experience stressors or challenges that can impact both their academic experience and their personal well-being. If the source of your stressors or challenges is academic, students are encouraged to discuss these challenges and circumstances with their instructor, if they feel they may need additional support or temporary accommodations at the beginning or during this course. The course instructor may consider making reasonable temporary adjustments depending on the student’s situation. For personal concerns or if additional support is needed, students may reach out to the Office of Student Affairs or any of the appropriate referral resources listed on the [SPH Student Connect](https://rutgers.instructure.com/courses/16570) Canvas page.

**Reporting Discrimination or Harassment:** If you experience any form of gender or sex-based discrimination or harassment, including sexual assault, sexual harassment, relationship violence, or stalking, know that help and support are available. You may report such incidents to the [RBHS Title IX Office](https://uec.rutgers.edu/programs/title-ix/) or to the School of Public Health’s [Office of Student Affairs](https://sph.rutgers.edu/student-life/contact-student-affairs.html). Rutgers University has staff members trained to support survivors in navigating campus life, accessing health and counseling services, providing academic and housing accommodations, and more. If you experience any other form of discrimination or harassment, including racial, ethnic, religious, political, or academic, please report any such incidents to the School’s [Office of Student Affairs](https://sph.rutgers.edu/student-life/contact-student-affairs.html). The School strongly encourages all students to report any incidents of discrimination or harassment to the School. Please be aware that all Rutgers employees (other than those designated as confidential resources such as advocates, counselors, clergy and healthcare providers as listed in Appendix A to [Policy 10.3.12](https://policies.rutgers.edu/view-policies/academic-%E2%80%93-section-10)) are required to report information about such discrimination and harassment to the School and potentially the University. For example, if you tell a faculty or staff member about a situation of sexual harassment or sexual violence, or other related misconduct, the faculty or staff member must share that information with the [RBHS Title IX Coordinator](https://uec.rutgers.edu/programs/title-ix/coordinators/). If you wish to speak to a confidential employee who does not have this reporting responsibility, you can find a list of resources in Appendix A to University [Policy 10.3.12](https://policies.rutgers.edu/view-policies/academic-%E2%80%93-section-10). For more information about your options at Rutgers, please visit [Rutgers Violence Prevention and Victim Assistance](https://oasa.rbhs.rutgers.edu/violence-prevention-victim-assistance/).

**Overview of School Policies:** Academic and non-academic policies and procedures, such as Auditing a Course, Retaking Courses, Grade Grievance and others that cover registration, courses and grading, academic standing and progress, student rights and responsibilities, graduation and more may be found under [Policies](https://sph.rutgers.edu/academics/policies.html) on the School of Public Health website. Below are select specific policies; however, students are responsible for keeping informed about academic and non-academic policies and procedures beyond those noted on this syllabus.

**Graduate Student Computer Policy:** Students are required to possess a personal laptop, no older than approximately two years, that must meet minimum requirements which may be found online at: [sph.rutgers.edu/student-life/computer-support.html](https://sph.rutgers.edu/student-life/computer-support.html)

**Policy Concerning Use of Recording Devices and Other Electronic Communications Systems:** When personally owned communication/recording devices are used by students to record lectures and/or classroom lessons, such use must be authorized by the faculty member or instructor who must give either oral or written permission prior to the start of the semester and identify restrictions, if any, on the use of mobile communications or recording devices.

**Policy Concerning Use of Turnitin:** Students agree that by taking this course all required papers may be subject to submission for textual similarity review to Turnitin.com (directly or via learning management system, i.e. Canvas) for the detection of plagiarism. All submitted papers will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site. Students who do not agree should contact the course instructor immediately.

**Withdrawal/Refund Schedule:** Students who stop attending their course(s) without submitting a completed [Add/Drop Course](https://sph.rutgers.edu/academics/forms.html) form will receive a failing grade. Furthermore, students dropping to zero credits for the semester are considered withdrawn and must submit a completed [Leave of Absence](https://sph.rutgers.edu/academics/forms.html) form from the School of Public Health’s Office of Student Affairs. The School of Public Health refunds tuition only. Administrative and technology fees are non-refundable. You may find the Withdrawal/Refund Schedule on the School of Public Health website at:
[sph.rutgers.edu/academics/academic-calendar.html](https://sph.rutgers.edu/academics/academic-calendar.html)