Course Learning Outcomes

Upon successful completion of this course, you should be able to:

1. Characterize the current Canadian context for public health nutrition, including Canadians' eating habits, nutritional and health status, and demographic trends.

2. Identify, discuss and critically analyze individual, interpersonal, organizational, community and public policy determinants that shape nutrition-related behaviours.

3. Describe, critically evaluate, and apply program planning models and theories of health behaviour change (e.g., Health Belief Model, Social Cognitive Theory, Transtheoretical Model/Stages of Change) to community-based projects.

4. Explain the importance of policy in public health nutrition education and advocacy in food security, and strategies used to support program and policy development, implementation, and evaluation.

5. Activate, apply and value the self-directed learning skills that are emphasized in this course.

6. Work as an effective team member in a well-functioning small group to **assess, plan, implement, and evaluate** public health nutrition initiatives; and professionally communicate perspectives and outcomes from your group's work in a presentation and report.

7. Engage in meaningful reflection on personal learning and professional activities, including those with your community partner; provide effective, relevant, and constructive feedback to peers (as an active audience member); and receive and respond to the same from others in this community of learning.