

## *The Hebrew University of Jerusalem*

### *Syllabus*

## **MODIFYING NUTRITIONAL BEHAVIOR - FROM THEORY TO PRACTICE - 73968**

*Last update 08-08-2023*

*HU Credits:* 2

*Degree/Cycle:* 2nd degree (Master)

*Responsible Department:* Nutritional Sciences - International Prog.

*Academic year:* 0

*Semester:* 2nd Semester

*Teaching Languages:* English

*Campus:* Rehovot

*Course/Module Coordinator:* Dr. Limor Ben-Yacov

*Coordinator Email:* [Limor.Ben-Yacov@mail.huji.ac.il](mailto:Limor.Ben-Yacov@mail.huji.ac.il)

*Coordinator Office Hours:* by appointment by email

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Teaching Staff:

Dr. Limor Ben-Yacov

Course/Module description:

*This course will present the theories behind nutrition related behaviors and its' main components. Common barriers to carrying out nutritional recommendations as well as primary variables known to increase compliance will be discussed.*

Course/Module aims:

- To acquaint students with the theme of compliance to dietary advice.*
- To understand the factors that affect nutritional behaviors.*
- To allow the student to experience dietary change of their choice.*

Learning outcomes - On successful completion of this module, students should be able to:

- Outline the major components of health behavior change models*
- Explain the complexity of nutritional adherence, especially in weight regulation*
- Discuss the factors that impact compliance to dietary recommendations*

Attendance requirements(%):

100%

*Teaching arrangement and method of instruction: weekly lectures (3 hours) with class exercises and Assignments.*

Course/Module Content:

- 1. Importance of compliance to nutritional modification.*
- 2. The Health Belief Model (Rosenstock, 1988) and the Theory of planned Behavior (Ajzen, 1991). The major components of these theories.*
- 3. Scientific research of nutritional interventions based on these theories and their outcomes in hypertension, diabetes and obesity.*
- Introducing assignment 1: The variables that affect compliance to dietary advice.*
- 4. Examples of variables impacting the components of behavior change theories. Weight loss: the importance including Corona Virus comorbidities.*
- Presentation of students' Ass.1.*
- 5. Long term weight reduction results. Weight regulation and physiological barriers.*

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Presentation of students' Ass.1.

6. 6. Weight loss successors: the National Weight Control Registry findings.

Introducing assignment 2: Self-modifying a dietary habit.

7. Perceived self-efficacy. Discussion of Ass.2: The students' response to his choice of a dietary modification. Further recommendations for nutritional adherence.

Presentation of students' Ass.1.

8. The influence of the dietitian. Limitations and strengths.

9. The role of self-regulation in long-term nutritional treatment. The habit loop vs decision making.

10. Discussion and summary of the important variables that affect success of dietary change in research and in practice and in light of "The Health Belief Model".

#### Required Reading:

To be distributed during the course

#### Additional Reading Material:

1. Kahneman D. Thinking, fast and slow. Farrar, Straus and Giroux, 2011.
2. Harari YN. 21 Lessons for the 21st Century. Spiegel & Grau, Jonathan Cape, 2018.
3. Wood W. Good Habits, Bad Habits. The Science of Making Positive Changes That Stick. 2019. Farrar, Straus and Giroux. Macmillan Publishers
4. Browne S et al. Effectiveness of interventions aimed at improving dietary behaviors among people at higher risk of or with chronic non-communicable diseases: an overview of systematic reviews. Eur J Clin Nutr. 2019, 73:9-23.
5. Desroches S & al. Interventions to enhance adherence to dietary advice for preventing and managing chronic diseases in adults. Cochrane Database Syst Rev. 2013, CD008722.
6. Hodder RK & al. Interventions for increasing fruit and vegetable consumption in children aged five years and under. Cochrane Database Syst Rev. 2018, CD008552.
7. Nagpal TS & al. Measuring Adherence to a Nutrition and Exercise Lifestyle Intervention: Is Program Adherence Related to Excessive Gestational Weight Gain? Behav Anal Pract. 2017, 10:347-354.
8. Browne S & al. Effectiveness of interventions aimed at improving dietary behaviours among people at higher risk of or with chronic non-communicable diseases: an overview of systematic reviews. Eur J Clin Nutr. 2019, 73:9-23.
9. [www.nwcr.ws](http://www.nwcr.ws)
10. <https://goodhabitsbadhabits.com/habit-surveys/>

#### Grading Scheme:

Essay / Project / Final Assignment / Home Exam / Referat 50 %

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*Presentation / Poster Presentation / Lecture/ Seminar / Pro-seminar / Research proposal 50 %*

*Additional information:*