

Minerals and Water Controversy

No unread replies.No replies.

**** Before starting on this discussion, please check your current point score. This is a discussion where you have the opportunity to 'just watch a video' and provide a 'little summary' (= 200 words), telling us 'what you found amazing and how it will affect your future choices'. Please remember however, if you do NOT comply with the below grading criteria (= using science to support 'what you are sharing with us', the highest amount of points you can receive is '4 points'. Also, please don't forget that **Term Project part #2 is due next week.** ****

Since chapter 8 covers water as well as minerals, and one of our course learning objectives is "global awareness", we will look at two things in this discussion: water and mineral deficiencies. Depending **on your interest, please choose one (#1 or #2 or #3):**

1. Please watch the documentary video "Tapped", which examines the role of the bottled water industry and its effects on our health, climate change, pollution, and our reliance on oil.

<https://www.youtube.com/watch?v=iHon8BT1IWU> (Links to an external site.)Links to an external site.



Both the "manufacture" of the water itself, and also where the bottles come from, where they go after use and how they influence our lives while they are with us are presented in the video.

After watching the video, please look at available research studies: What does science show reg. bottled vs. tap water? What is contained in tap water that may (or may not) be found in bottled water and has positive (or negative) effects on human health? What

does science say reg. plastic bottles and PBA (bisphenol A) - with regard to human health and the environment?

Address at least one of these questions in your initial post to the class, present the study(ies), cite your sources, and share with us how this research project has changed or affirmed your life style and future choice of water; is there anything you would suggest to alleviate the issue locally and globally?

2. Hip fractures are usually seen after fall injuries and often result in longterm functional impairment, nursing home admission and increased mortality. As our population ages, the number of hip fractures is likely to increase.

In 2010, there were 258,000 hospital admissions for hip fractures among people aged 65 and older according to the National Hospital Discharge Survey (NHDS).

Additionally, according to the CDC, one out of five hip fracture patients dies within a year of their injury.

Visit some of the web sites listed below, review the attached article (to give you an idea 'what can be of interest for our discussion', but please note it possibly contains some 'dated references'), look at current scientific research, and **answer the question if there is anything that nutrition (and life style) can do to help prevent hip fractures or promote healing once they occurred?** Share with the class information that you found interesting -- present the study(ies) and cite your sources. Also, share with us **how this research project will change or has affirmed your life style and future choice of food and water?** **Is there anything you would suggest to alleviate the issue locally and globally?**

- <http://www.cdc.gov/homeandrecreationalsafety/falls/adulthipfx.html> (Links to an external site.)Links to an external site.
- <http://orthoinfo.aaos.org/topic.cfm?topic=A00392> (Links to an external site.)Links to an external site.
- http://www.hopkinsmedicine.org/cec/series/fixing_hip_fractures (Links to an external site.)Links to an external site. (Links to an external site.)Links to an external site.
- <http://www.nof.org/wp-content/uploads/2016/02/What-You-Should-Know-About-Calcium.pdf> (Links to an external site.)Links to an external site.
- <https://www.nof.org/patients/treatment/calciumvitamin-d/> (Links to an external site.)Links to an external site.

3. Please find a controversial magazine, newspaper or social media headline involving minerals or trace elements, such as "[can] dietary iron cause heart attacks?", does "cooking with aluminum foil cause cancer or Alzheimer's Disease?", does "low calcium intake cause weight-gain?", or can "adequate selenium intake slow the aging process?" and similar. Just tell us 'where you found the news', and what real science (published in peer-reviewed journals) has to say about it ;-). Also, please share with us how this research project will change or has affirmed your lifestyle and future choice of food and water? Is there anything you would suggest to alleviate the issue locally and globally?

I am looking forward to reading your findings.

***Remember, in order to be eligible for full credit, your initial response needs to advance the conversation academically and be posted by Thursday at 11:55pm PT. Since this is a written discussion that can be reviewed, a unique contribution from each student is expected; this means if someone has already identified the connection between PBA and ADHD, it should not be repeated in subsequent initial discussion contributions if full credit is desired -- unless the first contribution was incomplete, and the new post provides additional (or different) research findings and references. In essence this means that the earlier you get your contribution into the discussion board, the easier it will be for you to write about the topic of your choice. If someone posted the same right before you, you will unfortunately have to change your initial contribution -- however, on the bright side: you can then use your work in the reply post to this student ;-)*

--Your initial post should be at least 250 words (not counting the words in the posed questions; if we include those in the count, your initial post should be 300 words or more this week); also, please do not include your references in this count!

--Back up your answers with references, and cite your sources! You will need at least 2 scientific references (from peer-reviewed journals) in order to receive full credit for your initial post. Please remember: Wikipedia is NOT an accepted scientific reference!!

--Respond to at least one other student by Sunday night at 11:55pm PT with a well-thought-out reply that advances the conversation academically and contains at least 1 scientific reference.

--Each response to classmates should be at least 100 words (do not include your references in this count!).

Grading Rubric

Your Initial Post is worth 14 points

4 points will be deducted for each day late (after Thursday) until the final Sunday night deadline

5 points will be deducted for only citing 1 peer-reviewed scientific article (again: I want to see at least 2 peer-reviewed scientific journal references -- found in the MedLine or PubMed database).

7 points will be deducted for short posts (< 250 / 300 words)

7 points will be deducted for incomplete, unresearched and/or poorly formatted posts (this includes file uploads, which can NOT be read in discussions; hence, please PASTE your words into the discussion text box!)

10 points will be deducted if the post does not advance the topic academically (this includes the use of Wikipedia, [Livestrong.com](http://www.livestrong.com), and other commercial [dot.com](http://www.dot.com) web sites)

10 points will be deducted for not citing and referencing your sources

10 points will be deducted for not citing any peer-reviewed journal articles

14 points will be deducted for plagiarizing, including 'copy & paste' postings from other websites.

14 points will be deducted for uploading your contribution as an attachment (which nobody can easily read).

Your 1 Peer Response is worth 6 points (you are welcome to post a 2nd Peer Response worth up to 6 points)

3 points will be deducted for each short post (< 100 words)

3 points will be deducted for not citing 1 peer-reviewed scientific article

3 points will be deducted for each poorly formatted posts (spelling, grammar, etc...)

4 points will be deducted for not citing and referencing your source(s) in each post

6 points will be deducted if the post does not advance the topic academically (e.g., posting 'opinions' without scientific back-up, or citing Wikipedia, Livestrong.com, and other commercial dot.com web sites)

6 points will be deducted for plagiarizing, including 'copy & paste' postings from other websites.

Enjoy this week's discussion. I will be checking in with clarifications and additional information if needed.