Master of Public Health in the Field of Public Health Nutrition

Program Director: K. Robien
Practicum Director: K. Robien

Mission
The mission of the MPH program in Public Health Nutrition at the Milken Institute SPH is to develop and train graduate students to integrate nutrition into the core of public health practice. The program encompasses a social ecological perspective to the role of nutrition in the etiology, prevention, and treatment of both acute and chronic disease at the individual, community, national, and global levels. This program is designed to train students as public health scientists and practitioners in order to assist public and private agencies with program development, implementation, and evaluation with regard to nutrition in health promotion and disease prevention.

Goals
The goals of this MPH program in Public Health Nutrition are to ensure that graduates:

- Understand the pathophysiology of common acute and chronic disease processes and the role that nutrition may play in the development of these diseases;
- Understand the factors impacting the accessibility, availability, adequacy, and safety of the food and water systems serving a community, and the relationship between community food and water systems and health outcomes;
- Develop skills in nutrition assessment of both individuals and communities;
- Utilize appropriate epidemiologic methods for developing and testing hypotheses relating to nutrition and health outcomes at the population level;
- Develop skills in designing, implementing, and evaluating nutrition interventions to improve the health of communities; and
- Appreciate the role of public health policy in altering the food environment at the community level.

COMPETENCIES
Program-Specific Competencies
Upon completion of the MPH in Public Health Nutrition, students will possess the following functional competencies:

- Integrate nutrition within the core functions of public health. Students will be able to translate nutrition research into public health practice through application of skills in nutrition assessment/surveillance, program planning and evaluation, management, education and health promotion, public policy, and health communication.

- Describe the international and US public health nutrition system. Students will identify the governmental structures and processes involved in the development of public policy, legislation, regulations and delivery of services that influence food intake, nutritional status, and health of populations. Students will identify with international, federal, state and local level nutrition surveillance and assistance programs. Students will identify the political, economic and social processes that influence food and nutrition policies and legislation.

- Assess the nutritional status of individuals and communities. Students will use appropriate and current methods to assess nutrition status and prioritize nutritional problems of target populations across the life span. Students will understand the process, rationale, and issues related to establishing nutrient requirements and dietary recommendations.

Relevant courses:

<table>
<thead>
<tr>
<th>Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>PUBH 6500</td>
<td>Planning and Implementing Health Promotion Programs</td>
</tr>
<tr>
<td>PUBH 6610</td>
<td>Public Health Nutrition Practice and Leadership</td>
</tr>
<tr>
<td>PUBH 6014</td>
<td>Practicum</td>
</tr>
<tr>
<td>PUBH 6015</td>
<td>Culminating Experience</td>
</tr>
<tr>
<td>PUBH 6482</td>
<td>Int’l Food and Nutrition</td>
</tr>
<tr>
<td>PUBH 6610</td>
<td>Public Health Nutrition Practice and Leadership</td>
</tr>
<tr>
<td>PUBH 6613</td>
<td>US Food Policy and Politics</td>
</tr>
<tr>
<td>EXNS 6242</td>
<td>Nutrition Throughout the Life Cycle</td>
</tr>
<tr>
<td>PUBH 6014</td>
<td>Practicum</td>
</tr>
<tr>
<td>PUBH 6015</td>
<td>Culminating Experience</td>
</tr>
<tr>
<td>PUBH 6241</td>
<td>Nutritional Epidemiology</td>
</tr>
<tr>
<td>PUBH 6610</td>
<td>Public Health Nutrition Practice and Leadership</td>
</tr>
<tr>
<td>PUBH 6611</td>
<td>Nutrition Assessment</td>
</tr>
</tbody>
</table>

- Evaluate the accessibility, adequacy and safety of the food and water systems for a given community, and understand how these factors could affect the desired outcomes of health promotion and disease prevention activities. Students will identify potential environmental, economic,
behavioral, political, cultural and historical factors that impact the food system (including the production, processing, distribution, and consumption of food) and water supply.

**Relevant courses:**

- EXNS 6242 Nutrition Throughout the Life Cycle
- PUBH 6014 Practicum
- PUBH 6015 Culminating Experience
- PUBH 6610 Public Health Nutrition Practice and Leadership
- PUBH 6612 Food and Water Systems in Public Health
- PUBH 6613 US Food Policy and Politics

- Apply evidence-based knowledge and understanding of the relationship between nutrition and health outcomes across the life-span. Students will describe the role of nutrition in the health of the general population. Students will identify the health consequences of both under- and over-nutrition. Students will identify and critically evaluate relevant nutrition research, and apply research findings to food and nutrition programs and policies.

**Relevant courses:**

- EXNS 6242 Nutrition Throughout the Life Cycle
- PUBH 6014 Practicum
- PUBH 6015 Culminating Experience
- PUBH 6241 Nutritional Epidemiology
- PUBH 6610 Public Health Nutrition Practice and Leadership
- PUBH 6613 US Food Policy and Politics

- Design, implement, and evaluate population-based nutrition interventions, policies, and programs. Students will apply the principles of community assessment, planning, marketing, implementation and evaluation in order to assure the success of food and nutrition interventions. Students will understand and apply theories of social and behavioral change when developing nutrition interventions.

**Relevant courses:**

- PUBH 6014 Practicum

- Demonstrate effective communication, management and leadership skills to ensure the success of public health nutrition programs and services. Students will communicate food and nutrition information appropriate for broad and diverse audiences, including individuals, families, communities, health professionals, media, policy and decision makers, food industries, and businesses. Students will interact sensitively, effectively and professionally with persons from diverse cultural, socioeconomic, educational, and professional backgrounds, and with persons of all ages and lifestyle preferences.

**Relevant courses:**

- PUBH 6014 Practicum
- PUBH 6015 Culminating Experience
- PUBH 6610 Public Health Nutrition Practice and Leadership

**Requirements**

**Requirements**

Prerequisite to program requirements: Students who do not have an undergraduate degree in nutrition must complete one introductory nutrition and one advanced nutrition or nutritional biochemistry course at the undergraduate level (or higher) with a minimum grade of C prior to matriculation. GW courses that can fulfill this requirement are EXNS 2114 Nutrition Sciences I, EXNS 2115 Nutrition Sciences II, and EXNS 2119 Basic Nutrition.

The following requirements must be met: 45 credits, including 15 credits in core courses, 14 credits in courses in the field, 4 credits in research courses, 8 credits in elective courses, and 4 credits in practicum and culminating experience courses.

**Program Requirements**

**Core courses:**

- PUBH 6001 BiologicalConcepts/PublicHlth
- PUBH 6002 Biostatistical Applic for PubH
- PUBH 6003 Prin & Practice/Epidemiology
- PUBH 6004 Environmental and Occupational Health in a Sustainable World
- PUBH 6006 Mgt & Policy Approaches to PH
- PUBH 6007 Social&BehaviorAppr-Pub.Hlth
Courses in the field:

- PUBH 6241: Nutritional Epidemiology
- EXNS 6242: Nutrition Throughout the Life Cycle
- PUBH 6500: Planning and Implementing Health Promotion Programs
- PUBH 6610: Public Health Nutrition Practice and Leadership
- PUBH 6611: Nutrition Assessment
- PUBH 6612: Food and Water Systems in Public Health
- PUBH 6613: US Food Policy and Politics
  or PUBH 6482: International Food and Nutrition Policy

Research courses:

4 credits from the following:

- PUBH 6247: Design of Health Studies
- PUBH 6249: StatPackages/DataMgt&DataAnlys
- PUBH 6260: Adv DataAnalysis-Public Health
- PUBH 6262: Intro-Geog Information Systems
- PUBH 6263: Advanced GIS
- PUBH 6273: Ethnographic Methods
- PUBH 6410: Global Health Study Design
- PUBH 6411: Global Health Qualitative Research Methods
- PUBH 6412: Global Health Quantitative Research Methods
- PUBH 6437: Case Study Methods for Global Health Evaluation
- PUBH 6501: Program Evaluation
- PUBH 6530: Qual Methods/Hlth Promotion
- PUBH 6534: Comm-Based Participatory Res
- PUBH 6572: Marketing Rsch for Publ Health

Elective courses:

8 credits. Suggested related courses below:

- PUBH 6099: Topics in Public Health (Emerging Zoonotic Diseases and Global Food Production)
- PUBH 6099: Topics in Public Health (Systematic Review of the Literature for Public Health)
- PUBH 6099: Topics in Public Health (Chronic Disease Epidemiology)
- PUBH 6127: Germs: An Introduction to Environmental Health Microbiology
- PUBH 6305: Fundamentals for Health Policy: Public Health and Health Care
- PUBH 6400: Global Health Frameworks
- PUBH 6440: Global Health Economics and Finance
- PUBH 6485: Prevention and Control of Water and Sanitation Diseases
- PUBH 6503: Introduction to Public Health Communication & Marketing
- PUBH 6514: Preventing Health Disparities
- PUBH 6515: High Risk & Special Populations
- PUBH 6550: Maternal & Child Health I
- PUBH 6551: Maternal & Child Health II
- PUBH 6552: Women’s Health
- PUBH 6553: Adolescent Health
- PUBH 6556: Maternal & Child Nutrition
- PUBH 6599: Topics in PCH
- EXNS 6202: Advanced Exercise Physiology I
- EXNS 6203: Advanced Exercise Physiology II
- EXNS 6208: Physical Activity: Physiology and Epidemiology
- EXNS 6209: Advanced Concepts in Nutrition Science

Practicum and culminating experience courses:

- PUBH 6014: Practicum
- PUBH 6015: Culminating Experience

Graduation Requirements

1. Graduate credit requirement: 45 graduate credits
2. Course requirements: Successful completion of core and program-specific courses
3. Grade point requirement: 3.0 (B average) overall grade point average
4. Time limit requirement: The degree must be completed within four years.

5. Transfer credit policy: Up to 12 graduate credits that have not been applied to a previous graduate degree may be transferred to the Master of Public Health program. Up to 18 credits may be transferred to the Master of Public Health from the SPH graduate certificate. Credits must have been earned from an accredited institution in the last 3 years with a grade point of 3.0 or better.