

# Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

## Department of Exercise and Nutrition Sciences

### Master of Public Health Public Health Nutrition

**Academic Year 2023-2024**

All curriculum revisions will be updated immediately on  
the website <http://www.publichealth.gwu.edu>

#### **Program Director**

Karina R. Lora PhD, RD  
Assistant Professor  
950 New Hampshire Avenue, NW  
Washington, DC 20052

#### **Mission**

The mission of the MPH program in Public Health Nutrition at GW's 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 that ensure graduates:

- Understand the factors impacting the accessibility, availability, adequacy and safety of the food systems serving a community, and the relationship between community food 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.
- Appreciate the role of public health policy in altering the food environment at the community level.

#### **Prerequisites**

Admitted students who have not: 1) completed an undergraduate degree in nutrition, OR 2) successfully completed (minimum grade of C or higher) one introductory nutrition and one nutritional biochemistry/advanced nutrition course at the undergraduate level (or higher) will be conditionally admitted to the program, and must complete *PUBH 6619 Fundamentals of Nutrition Science* during their first semester in the program. This course will satisfy both the introductory nutrition and nutritional

biochemistry/advanced nutrition requirements in a single course. Students must receive a grade of B or better to continue in the program. PUBH 6619 will not count towards the 45 credits needed for the MPH degree, but does satisfy the admission requirements. Consult the Program Director for additional information.

### **Program Specific Competencies**

Upon completion of the MPH in Public Health Nutrition, students will possess the following functional competencies:

- **Use appropriate nutrition assessment methods at the individual, community or population levels.** [Relevant Courses: PUBH 6611, 6620, 6614, 6015, EXNS 6242]
- **Design, implement and evaluate food and nutrition programs and policies and their effects on population health outcomes.** [Relevant Courses: PUBH 6500, 6613, 6620, 6015, 6482]
- **Employ systems thinking to identify and address factors impacting the accessibility, availability, adequacy, and safety of the food supply.** [Relevant Courses: PUBH 6612, 6613, 6620, 6015, 6482]
- **Apply a policy, systems and environment approach to creating healthy food environments at the population level.**  
[Relevant Courses: PUBH 6611, 6620, 6015]
- **Utilize appropriate research methods to address public health nutrition issues and support food and nutrition-related policy development.** [Relevant Courses: PUBH 6614, 6613, 6620, 6015, 6611, 6482, 6614; EXNS 6242, 6204]

# Milken Institute School of Public Health

THE GEORGE WASHINGTON UNIVERSITY

Department of Exercise & Nutrition Sciences

Master of Public Health

Public Health Nutrition

2022-2023

Program-At-A-Glance

## Required Core MPH Courses – 19 credits

Course number	Course title	Credits	Semester offered
PUBH 6000	MPH Applied Practice Experience	0	Fall, Spring, Summer
PUBH 6002	Biostatistical Applications for Public Health	3	Fall, Spring, Summer
PUBH 6003	Principles and Practices of Epidemiology	3	Fall, Spring, Summer
PUBH 6007	Social and Behavioral Approaches to Public Health	2	Fall, Spring, Summer
PUBH 6009	Fundamentals of Program Evaluation	2	Fall, Spring, Summer
PUBH 6011	Environmental & Biological Fundamentals of Public Health	3	Fall, Spring, Summer
PUBH 6012	Fundamentals of Health Policy	2	Fall, Spring, Summer
PUBH 6021	Essentials of Public Health Leadership & Practice 1	1	Fall, Spring, Summer
PUBH 6022	Essentials of Public Health Leadership & Practice 2	1	Fall, Spring, Summer
PUBH 6023	Interprofessional Education Experience	0	Fall, Spring, Summer
PUBH 6015	Culminating Experience	2	Fall, Spring, Summer

## Public Health Nutrition Core Courses – 13 credits

Course number	Course title	Credits	Semester offered
EXNS 6242	Nutrition Throughout the Life Cycle	2	Fall
PUBH 6611	Nutrition Assessment	2	Spring
PUBH 6612	Food Systems in Public Health	2	Spring, Fall online
PUBH 6613 OR PUBH 6482	US Food Policy and Politics OR International Food and Nutrition Policy	2	Spring
PUBH 6620	Designing Healthy Communities	2	Spring
PUBH 6500	Planning and Implementing Health Promotion Programs	3	Fall, Spring

## Research Methods Courses – 5 credits

Course number	Course title	Credits	Semester offered
PUBH 6614	Nutritional Epidemiology: Study Design & Analysis	2	Fall
EXNS 6204	Research Methods and Biostatistics in EXNS	3	Fall

**Additional Research Methods Courses – 2 credits** *(selected from the options listed below)*

Course number	Course title	Credits	Semester offered
PUBH 6047	Systematic Reviews for Synthesizing Evidence in Public Health Practice	1	Summer
PUBH 6247	Design of Health Studies	3	Fall, Spring
PUBH 6260	Advanced Data Analysis in Public Health	3	Fall, Spring
PUBH 6262	Introduction to Geographic Information	1	Summer, Fall, Spring
PUBH 6263	Advanced Geographic Information Systems	1	Summer, Fall, Spring
PUBH 6273	Ethnographic Methods as Applied in Public Health	1	Summer, Fall
PUBH 6281	Analysis of Complex Surveys using SAS/STATA	1	
PUBH 6299	Dissemination and Implementation Research in Health	2	Spring
PUBH 6310	Statistical Analysis in Health Policy	3	Fall, Spring
PUBH 6410	Global Health Study Design	2	Fall, Spring
PUBH 6411	Global Health Qualitative Research Methods	2	Spring, Summer
PUBH 6412	Global Health Quantitative Research	2	Spring, Summer
PUBH 6488	Cost-effectiveness Analysis in Public Health and Healthcare	2	Spring
PUBH 6489	Evaluation of Food and Nutrition Programs	1	Summer
PUBH 6504	Social and Behavioral Science Research	3	Fall
PUBH 6530	Qualitative Methods in Health Promotion	2	Spring
PUBH 6533	Design & Conduct of Community Health Surveys	1	
PUBH 6534	Community Based Participatory Research	2	Summer
PUBH 6572	Marketing Research for Public Health	3	Spring
PUBH 6599	Economic Evaluation for Health Promotion	3	Online: Fall and Spring
PUBH 6853	Use of Statistical Packages	3	Fall, Spring
PUBH 6856	Advanced SAS	1	Summer

**Elective Courses – 6 credits**

Must be graduate level (6000 level) courses. Meet with your academic advisor for guidance. Students interested in working in the field of Nutrition Epidemiology after graduation, or those who plan to go on to a doctoral degree program in the future are encouraged to use their elective credits to take additional Advanced Research Methods courses, especially those offered by the Department of Epidemiology (6200 series course numbers).

**TOTAL****45 credits**

## Advising Tips

**Course Descriptions and Registration** information can be found on the website:  
<http://publichealth.gwu.edu/academics>

Always see your advisor for course scheduling and sequencing strategies, but remember that proper course selection, fulfilling requirements, and on-time graduation are your responsibilities.

The Master of Public Health (MPH) curriculum consists of four types of courses (*45 credits*):

1. Required Core Courses (PUBH 6000, 6002, 6003, 6007, 6009, 6011, 6012, 6015, 6021, 6022 and 6023) (*19 credits*)
2. Required Program-specific courses (*13 credits*)
3. Research Methods courses (*7 credits*)
4. Electives (*6 credits*)

As an accredited School of Public Health, students in all GWSPH MPH programs are also required to fulfill both an interprofessional education experience and an applied practice experience. GWSPH has incorporated these requirements into the curriculum as follows:

### Interprofessional Education (IPE) Experience:

Following (or simultaneous to) enrollment in PUBH 6021 *Essentials in Public Health Practice & Leadership 1: Leading Self and Teams* (1-credit), students will be required to select an IPE experience from a host of options provided throughout your enrollment as a MPH student to participate in a one- time, case-based or activity-based learning experience. The IPE experience is a way to experience working with people from other professions/programs outside of public health. Students will have many opportunities to register for this zero-credit (no fee) IPE 'class' (PUBH 6023- *Interprofessional Education Experience*) and will receive credit upon successful completion.

### Applied Practice Experience (Practicum & EPR):

The Applied Practice Experience (APEX) may be satisfied with either a practicum or, for experienced public health professionals, through an expedited portfolio review (EPR).

The practicum is a planned, supervised, and evaluated practice experience that aims to provide students with an opportunity to synthesize, integrate, and apply practical skills, knowledge, and training learned through courses, to gain applied experience in a professional public health work environment, and to work on public health practice projects that are of particular interest to you. Information about the Practicum will be introduced through school-wide Practicum Information Sessions held by the Office of Applied Public Health and through meetings with your department practicum staff and faculty.

During the practicum, you will work at least 120 hours in the field under the supervision of the site preceptor who has agreed to directly supervise the work you are conducting. Students are required to fulfill all requirements of the 120-hour practicum to receive credit for PUBH 6000.

If you have had prior work experience, then you will find that the practicum provides the opportunity to hone skills or to gain new experience in a different area. However, if you have substantial public health experience relevant to your department/track, including 5+ years of full-time public

health work for students after receiving your undergraduate degree, or 3+ years of full-time work for students who already have a graduate degree prior to beginning the MPH, then you may be able to satisfy the APEx requirement through an EPR instead of doing the practicum, with advanced approval by your department's practicum team.

**Students are strongly encouraged to consult the GWU Schedule of Classes before finalizing their class schedule.**

## Graduation Requirements

1. **Graduate Credit Requirement:** 45 graduate credits are required.
2. **Course Requirements:** Successful completion of the Core Courses and the Program-Specific Courses are required.
3. **Practicum Requirement:** Students are required to fulfill all requirements of the Applied Practice Experience.
4. **Interprofessional Education Experience (IPE):** Students are required to enroll and participate in an authorized IPE activity (PUBH 6023).
5. **Grade Point Requirement:** A 3.0 (B average) overall grade point average is required.
6. **Time Limit Requirement:** The degree must be completed within five years.
7. **Transfer Credit Policy:** Up to 12 graduate credits that have not been applied to a previous graduate degree may be transferred to the MPH upon approval. Credits must have been earned from an accredited institution in the last 3 years with a grade point of 3.0 or better.
8. **CITI Training requirement:** All students are required to complete training regarding human subject protection regulation and the Health Insurance Portability and Accountability Act of 1996 (HIPAA). To fulfill this requirement, you must complete the Collaborative IRB Training Initiative (CITI) Course in The Protection of Human Research Subjects.
9. **Integrity Quiz & Plagiarism requirement:** All students are required to review the George Washington University Code of Academic Integrity and take the quiz within their first semester of study. The Code of Integrity and step-by-step instructions can be found here: <http://publichealth.gwu.edu/integrity>
10. **Professional Enhancement requirement:** Students must participate in 8 hours per degree program of advisor pre-approved Public Health-related lectures, seminars, and symposia, related to your field of study. Professional Enhancement activities supplement the academic curriculum and help prepare students to participate actively in the professional community. Opportunities for professional enhancement are regularly publicized via the Milken Institute SPH Listserv and through your department or advisor. Students must submit documentation of Professional Enhancement activities to the Office of Student Records. The documentation consists of the Professional Enhancement Form <http://publichealth.gwu.edu/academics/forms> (which includes a prior approval signature from the student's advisor, a description of the program agenda, and proof of attendance. Remember to submit your documentation before you apply to graduate!
11. **"Additional Course" Requirements:** "Additional Course(s)" are determined at the time of admission to the Exercise and Nutrition Sciences Department, and do not count toward the 45-credit program requirement. Admitted students who have not: 1) completed an undergraduate degree in nutrition, OR 2) successfully completed (minimum grade of C or higher) one introductory nutrition and one nutritional biochemistry/advanced nutrition course at the undergraduate level (or higher) will be conditionally admitted to the program. If conditionally admitted, students must complete *PUBH 6619 Fundamentals of Nutrition Science* (which is designed to satisfy both the introductory nutrition and nutritional biochemistry/advanced nutrition requirements in a single course) during their first semester in the program with a grade of B or better to continue in the program.

**Sample Public Health Nutrition MPH Course Schedule – Full-Time Student**

**Fall – Year 1:**

PUBH 6003	Principles and Practice of Epidemiology	3 credits
PUBH 6007	Social and Behavioral Approaches to Public Health	2 credits
PUBH 6011	Principles of Environmental Health Science	3 credits
EXNS 6242	Nutrition Throughout the Life Cycle	2 credits
PUBH 6021	Essentials of Public Health Leadership & Practice I	1 credit
<b>Total</b>		<b>11 credits</b>

**Spring – Year 1:**

PUBH 6002	Biostatistical Applications for Public Health	3 credits
PUBH 6009	Fundamentals of Program Evaluation	2 credits
PUBH 6012	Fundamentals of Health Policy: Public Health and Healthcare	2 credits
PUBH 6611	Nutrition Assessment	2 credits
	Choice Advanced Research Methods/Electives	2 credits
<b>Total</b>		<b>10 credits</b>

**Summer – Year 1:**

PUBH 6022	Essentials of Public Health Leadership & Practice II	1 credit
	Choice Advanced Research Methods/Electives	3 credits
<b>Total</b>		<b>4 credits</b>

**Fall – Year 2\*:**

PUBH 6614	Nutritional Epidemiology: Study Design & Analysis ONLY	2 credits
PUBH 6612	Food Systems in Public Health	2 credits
PUBH 6500	Planning and Implementing Health Promotion Programs	3 credits
PUBH 6023	Interprofessional Education Experience	0 credits
EXNS 6204	Research Methods and Biostatistics in EXNS	3 credits
<b>Total</b>		<b>11 credits</b>

*\* Students should plan to work on their Culminating Experience project (with their advisor's approval) according to the Culminating Experience calendar found in the PUBH 6015 syllabus. Students should register for the Culminating Experience in the semester in which they plan to complete the project (usually Spring semester of Year 2).*

**Spring – Year 2:**

PUBH 6613	US Food Policy and Politics (OR PUBH 6482 International Food and Nutrition Policy)	2 credits
PUBH 6620	Designing Healthy Communities	2 credits
PUBH 6015	Public Health Nutrition Culminating Experience *	2 credits
	Choice Advanced Research Methods/Electives	3 credits
<b>Total</b>		<b>9 credits</b>

**Total: 45 credits**



### Sample Public Health Nutrition MPH Course Schedule – Full-time Student taking PUBH 6619

#### Fall – Year 1:

PUBH 6003	Principles and Practice of Epidemiology	3 credits
PUBH 6011	Environmental and Biological Foundations of Public Health	3 credits
PUBH 6619	Fundamentals of Nutrition Science	3 credits
EXNS 6242	Nutrition Throughout the Life Cycle	2 credits
PUBH 6021	Essentials of Public Health Practice & Leadership I	1 credit
<b>Total</b>		<b>12 credits</b>

#### Spring – Year 1:

PUBH 6002	Biostatistical Applications for Public Health	3 credits
PUBH 6007	Social and Behavioral Approaches to Public Health	2 credits
PUBH 6012	Fundamentals of Health Policy	2 credits
PUBH 6611	Nutrition Assessment	2 credits
PUBH 6022	Essentials of Public Health Practice & Leadership II *	1 credit
<b>Total</b>		<b>10 credits</b>

#### Summer – Year 1:

PUBH 6009	Fundamentals of Public Health Program Evaluation.	2 credits
PUBH 6023	Interprofessional Education Experience	0 credits
	Additional Research Methods/Electives	3 credits
<b>Total</b>		<b>5 credits</b>

*\*\* Students should plan to work on their Culminating Experience project (with their advisor's approval) according to the Culminating Experience calendar found in the PUBH 6015 syllabus. Students should register for the Culminating Experience in the semester in which they plan to complete the project (usually Spring semester of Year 2).*

#### Fall – Year 2:

PUBH 6614	Nutritional Epidemiology: Study Design & Analysis	2 credits
EXNS 6204	Biostatistical Methods and Research Design	3 credits
PUBH 6612	Food Systems in Public Health	2 credits
PUBH 6500	Planning and Implementing Health Promotion Programs	3 credits
		2 credits
<b>Total</b>		<b>12 credits</b>

#### Spring – Year 2:

PUBH 6613	US Food Policy and Politics (OR PUBH 6482 – International Food and Nutrition Policy)	2 credits
PUBH 6620	Designing Healthy Communities	2 credits
PUBH 6015	**Culminating Experience - Public Health Nutrition	2 credits
	Additional Research Methods/Electives	3 credits
<b>Total</b>		<b>9 credits</b>

**Total: 48 credits**