| Milken Institute School of Public Health<br>THE GEORGE WASHINGTON UNIVERSITY | **Department of Exercise & Nutrition Sciences**<br><br>**Master of Public Health**<br>**Public Health Nutrition**<br><br>Academic Year 2025-2026<br>All curriculum revisions will be updated immediately on the website http://www.publichealth.gwu.edu |
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**Program Director**

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**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 andchronic 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:

1. 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.
2. Develop skills in nutrition assessment of both individuals and communities.
3. Utilize appropriate epidemiologic methods for developing and testing hypotheses relating to nutrition and health outcomes at the population level.
4. Develop skills in designing, implementing, and evaluating nutrition interventions to improve the health of communities.
5. 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:

1. Use appropriate nutrition assessment methods at the individual, community, or population levels. [Relevant Courses: PUBH 6611, 6620, 6614, 6015, EXNS 6242]
2. Design and evaluate food and nutrition programs and policies and their effects on population health outcomes. [Relevant Courses: PUBH 6500, 6613, 6620, 6015, 6482]
3. 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]
4. Apply a policy, systems and environment approach to creating healthy food environments at the population level. [Relevant Courses: PUBH 6611, 6620, 6015]
5. Utilize appropriate research methods to address public health nutrition issues and support food and nutrition-related policy development. [Relevant Courses: 6614, 6613, 6620, 6015, 6611, 6482; 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
# 2025-2026
# 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 & Practice of Epidemiology | 3 | Fall, Spring, Summer |
| PUBH 6007 | Social & Behavioral Approaches to Public Health | 2 | Fall, Spring, Summer |
| PUBH 6009 | Fundamentals of Public Health Program Evaluation | 2 | Fall, Spring, Summer |
| PUBH 6011 | Environmental & Biological Foundations of Public Health | 3 | Fall, Spring, Summer |
| PUBH 6012 | Fundamentals of Health Policy | 2 | Fall, Spring, Summer |
| PUBH 6021 | Essentials of Public Health Practice & Leadership 1 | 1 | Fall, Spring, Summer |
| PUBH 6022 | Essentials of Public Health Practice & Leadership 2 | 1 | Fall, Spring |
| 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 | Fall |
| PUBH 6613<br>OR<br>PUBH 6482 | US Food Policy & Politics<br>OR<br>International Food & Nutrition Policy | 2 | Spring<br><br>Spring |
| PUBH 6620 | Designing Healthy Communities | 2 | Spring |
| PUBH 6500 | Planning & Implementing Health Promotion Programs | 3 | Fall, Spring |

**Research Methods Courses – 5 credits**

| Course number | Course title | Credits | Semester offered |
|---|---|---|---|
| PUBH 6614 | Study Design & Analysis in Nutritional Epidemiology | 2 | Fall |
| EXNS 6204 | Biostatistical Methods & Research Design | 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 to Synthesize Evidence in Public Health Practice | 1 | Summer |
| PUBH 6247 | Epidemiologic Methods 1: Design of Health Studies | 3 | Fall, Spring |
| PUBH 6260 | Applied Epidemiologic Data Analysis | 3 | Fall, Spring |
| PUBH 6262 | Introduction to Geographic Information Systems | 1 | Summer, Fall, Spring |
| PUBH 6263 | Advanced GIS | 1 | Summer, Fall, Spring |
| PUBH 6273 | Ethnographic Methods | 1 | Summer, Fall |
| PUBH 6281 | Analysis of Complex Surveys Using SAS & STATA | 1 | |
| PUBH 6299 | Dissemination & 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 & Health Care | 2 | Spring |
| PUBH 6489 | Evaluation of Food & Nutrition Programs & Policies | 1 | Summer |
| PUBH 6504 | Social & Behavioral Science Research Methods | 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, Spring |
| PUBH 6853 | Use of SAS for Data Management & Analysis | 3 | Fall, Spring |
| PUBH 6856 | Advanced SAS for Public Health Research | 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 fulfillboth an interprofessional education experience and an applied practice experience. GWSPH has incorporated these requirements into the curriculum as follows:

Interprofessional Education (IPE) Experience (PUBH 6023)
MPH students are required to select an IPE experience from a host of options provided throughout enrollment to participate in a one-time, case-based or activity-based learning experience. The IPE experience is a way to actively participate in a supervised environment to work with people from other professions/programs outside of public health. Students are eligible to enroll in the IPE upon successful completion of most of the MPH core coursework including: PUBH 6002, 6003, 6007, 6011, 6012 and 6021. Students will have many opportunities to register for this zero-credit (no fee) IPE course (PUBH 6023 Interprofessional Education Experience) and will receive credit upon successful completion.

Applied Practice Experience (Practicum & EPR) (PUBH 6000)
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 GW 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) program 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 graduatedegree 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 subjectprotection 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 ofstudy. 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 fieldof 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 admissionto 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 nutritionand 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 & Practice of Epidemiology | 3 credits |
| PUBH 6007 | Social & Behavioral Approaches to Public Health | 2 credits |
| PUBH 6011 | Environmental & Biological Foundations of Public Health | 3 credits |
| EXNS 6242 | Nutrition Throughout the Life Cycle | 2 credits |
| PUBH 6021 | Essentials of Public Health Practice & Leadership 1 | 1 credit |
| Total | | **11 credits** |

**Spring – Year 1**:

| | | |
|---|---|---|
| PUBH 6002 | Biostatistical Applications for Public Health | 3 credits |
| PUBH 6009 | Fundamentals of Public Health Program Evaluation | 2 credits |
| PUBH 6012 | Fundamentals of Health Policy | 2 credits |
| PUBH 6611 | Nutrition Assessment | 2 credits |
| PUBH 6011 | Essentials of Public Health Practice & Leadership 2 | 1 credit |
| Total | | **10 credits** |

**Summer – Year 1:**

| | | |
|---|---|---|
| PUBH 6500 | Planning & Implementing Health Promotion Programs | 3 credits |
| PUBH 6000 | MPH Applied Practice Experience | 0 credits |
| Total | | **3 credits** |

**Fall – Year 2 *:**

| | | |
|---|---|---|
| PUBH 6614 | Study Design & Analysis in Nutritional Epidemiology | 2 credits |
| PUBH 6612 | Food Systems in Public Health | 2 credits |
| PUBH 6023 | Interprofessional Education Experience | 0 credits |
| EXNS 6204 | Biostatistical Methods & Research Design | 3 credits |
| | Choice of Advanced Research Methods/Electives | 3 credits |
| Total | | **10 credits** |

** Students should plan to work on their Culminating Experience project (with their advisor's approval) according to theCulminating 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 6482 | International Food & Nutrition Policy | 2 credits |
| Or | Or | |
| PUBH 6613 | US Food Policy & Politics | |
| PUBH 6620 | Designing Healthy Communities | 2 credits |
| PUBH 6015 | Public Health Nutrition Culminating Experience * | 2 credits |
| | Choice Advanced Research Methods/Electives | 4 credits |
| Total | | **10 credits** |

**Total: 45 credits**

## Sample Public Health Nutrition MPH Course Schedule – Full-time student who needs to take PUBH 6619

**Fall - Year 1:**

| | | |
|---|---|---|
| PUBH 6003 | Principles & Practice of Epidemiology | 3 credits |
| PUBH 6011 | Environmental & 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 1 | 1 credit |
| Total | | **12 credits** |

**Spring – Year 1:**

| | | |
|---|---|---|
| PUBH 6002 | Biostatistical Applications for Public Health | 3 credits |
| PUBH 6007 | Social & 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 2* | 1 credit |
| Total | | **10 credits** |

**Summer – Year 1:**

| | | |
|---|---|---|
| PUBH 6009 | Fundamentals of Public Health Program Evaluation | 2 credits |
| PUBH 6000 | MPH Applied Practice Experience | 0 credits |
| | Choice Research Methods/Electives | 3 credits |
| Total | | **5 credits** |

*** 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 | Study Design & Analysis in Nutritional Epidemiology | 2 credits |
| EXNS 6204 | Biostatistical Methods & Research Design | 3 credits |
| PUBH 6612 | Food Systems in Public Health | 2 credits |
| PUBH 6500 | Planning & Implementing Health Promotion Programs | 3 credits |
| PUBH 6023 | Interprofessional Education Experience | 0 credits |
| | Additional Research Methods/Electives | 2 credits |
| Total | | **12 credits** |

**Spring – Year 2:**

| | | |
|---|---|---|
| PUBH 6482 | International Food & Nutrition Policy | 2 credits |
| Or | Or | |
| PUBH 6613 | US Food Policy & Politics | |
| PUBH 6620 | Designing Healthy Communities | 2 credits |
| PUBH 6015 | Public Health Nutrition Culminating Experience ** | 2 credits |
| | Additional Research Methods/Electives | 3 credits |
| Total | | **9 credits** |

**Total: 48 credits**