

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 2018 - 2019

All curriculum revisions will be updated immediately on the website

<http://www.publichealth.gwu.edu>

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 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 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 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:

Students who do not have an undergraduate degree in nutrition must complete successfully 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 into the program. GW's School of Public Health offers EXNS 2119 (undergraduate) and PUBH 6619 (graduate); each course is designed to satisfy both the introductory nutrition and advanced nutrition/nutritional biochemistry requirements in a single course. 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, and population levels.** [Relevant Courses: PUBH 6611, 6620]
- **Design, implement and evaluate food and nutrition programs and policies and their effects on population health outcomes.** [Relevant Courses: PUBH 6482, 6500, 6501, 6613, 6620]
- **Employ systems thinking to identify and address factors impacting the accessibility, availability, adequacy, and safety of the food supply.** [Relevant Courses: PUBH 6482, 6612, 6620]
- **Apply a policy, systems and environment approach to creating healthy food environments.** [Relevant Courses: PUBH 6610, 6620]
- **Utilize appropriate research methods to address public health nutrition issues and support food and nutrition-related policy development.** [Relevant Courses: PUBH 6241, 6482, 6613, 6620, 6621]

Required Core MPH Courses – 15 credits

Course number	Course title	Credits	Semester offered
PUBH 6001	Biological Concepts for Public Health	2	Fall, Spring, Summer
PUBH 6002	Biostatistical Applications for Public Health	3	Fall, Spring, Summer
PUBH 6003	Principles and Practice of Epidemiology	3	Fall, Spring, Summer
PUBH 6004	Environmental and Occupational Health in a Sustainable World	2	Fall, Spring, Summer
PUBH 6006	Management and Policy Approaches to Public Health	3	Fall, Spring, Summer
PUBH 6007	Social and Behavioral Approaches to Public Health	2	Fall, Spring, Summer

Public Health Nutrition Core Courses – 17 credits

Course number	Course title	Credits	Semester offered
PUBH 6610	Public Health Nutrition Practice and Leadership	1	Fall
EXNS 6242	Nutrition Across the Lifespan	2	Fall
PUBH 6611	Nutrition Assessment	2	Spring
PUBH 6612	Food Systems in Public Health	2	Fall
PUBH 6613	US Food Policy and Politics	2	Spring
OR PUBH 6482	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
PUBH 6501	Evaluation of Health Promotion/Disease Prevention Programs	3	Fall, Spring

Research Methods Courses – 3 credits

Course number	Course title	Credits	Semester offered
PUBH 6241	Nutrition Epidemiology	2	Fall
PUBH 6621	Practical Data Analysis in Exercise and Nutrition Sciences	1	Spring

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

Course number	Course title	Credits	Semester offered
PUBH 6236	Systematic Review of the Literature for Public Health	1	Fall
PUBH 6247	Design of Health Studies	3	Fall, Spring
PUBH 6249	Use of Statistical Packages	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 6268	Advanced SAS	1	
PUBH 6273	Ethnographic Methods as Applied in Public Health	1	Summer, Fall
PUBH 6281	Analysis of Complex Surveys using SAS/STATA	1	
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 6437	Global Health Program Evaluation	2	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 and Conduct of Community Health Surveys	1	
PUBH 6534	Community Based Participatory Research	1	Summer
PUBH 6572	Marketing Research for Public Health	3	Spring
PUBH 6599	Economic Evaluation for Health Promotion	3	Online: Fall and Spring

Elective Courses – 4 credits

Must be graduate level (6000 level) courses. Meet with your academic advisor for guidance.

Additional Program Requirements -4 credits

Course number	Course title	Credits	Semester offered
PUBH 6014	Practicum	2	Fall, Spring, Summer
PUBH 6015	Culminating Experience	2	Fall, Spring, Summer
TOTAL		45 credits	

Course Descriptions and Registration information can be found on the website:

<http://publichealth.gwu.edu/academics/>.

Advising Tips

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 five types of courses:

1. Required Core Courses (PUBH 6001, 6002, 6003, 6004, 6006, and 6007)
2. Required Program-Specific Courses
3. Additional Research Methods Courses
4. Electives
5. Required Practicum and Culminating Experience

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. **Grade Point Requirement:** A 3.0 (B average) overall grade point average is required.
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 MPH. Up to 18 credits may be transferred to the MPH from the SPHHS 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.
6. **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.
7. **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>
8. **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!
9. **"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

graduate credits requirement. Students who do not have an undergraduate degree in nutrition when applying to the Public Health Nutrition MPH program must successfully complete one introductory nutrition and one advanced nutrition or nutritional biochemistry course at the undergraduate level (or higher) with a grade of C or higher prior to matriculating into the program. Prospective students can contact the Program Director to determine whether courses they have already taken or plan to take meet the admission requirements.

Sample Public Health Nutrition MPH Course Schedule

Fall – Year 1:

PUBH 6001	Biological Concepts for Public Health	2 credits
PUBH 6003	Principles and Practice of Epidemiology	3 credits
PUBH 6004	Environmental and Occupational Health in a Sustainable World	2 credits
EXNS 6242	Nutrition Across the Lifespan	2 credits
PUBH 6610	Public Health Nutrition Practice and Leadership	1 credit

Total		10 credits
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Spring – Year 1:

PUBH 6002	Biostatistical Applications for Public Health	3 credits
PUBH 6006	Management and Policy Approaches to Public Health	3 credits
PUBH 6611	Nutrition Assessment	2 credits
	Advanced Research Methods/Electives	2 - 3 credits

Total		10 - 11 credits
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Summer – Year 1:

PUBH 6007	Social and Behavioral Approaches to Public Health	2 credits
PUBH 6014	Public Health Nutrition Practicum	2 credits

Total		4 credits
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Fall – Year 2 *:

PUBH 6241	Nutrition Epidemiology	2 credits
PUBH 6612	Food Systems in Public Health	2 credits
PUBH 6500	Planning and Administration of Health Promotion/Disease Prevention Programs	3 credits
	Advanced Research Methods/Electives	2 - 3 credits

Total		10 - 11 credits
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** Students should plan to start working on their Culminating Experience project (with their advisor's approval) in Fall of the second year, but register for the Culminating Experience in 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	2 credits
PUBH 6620	Designing Healthy Communities	2 credits
PUBH 6621	Practical Data Analysis in Exercise and Nutrition Sciences	1 credit
PUBH 6501	Evaluation of Health Promotion/Disease Prevention Programs	3 credits
PUBH 6015	Public Health Nutrition Culminating Experience *	2 credits

Total		10 credits
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