

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 2015-2016

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 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.
- 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 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. GW's SPH offers EXNS 2114 Nutrition Sciences I and EXNS 2115 Nutrition Sciences II. Together, these courses satisfy the Public Health Nutrition MPH program pre-requisite coursework.

Updated Sept 2015

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 [Relevant Courses: PubH 6500, 6610]

- **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. [Relevant Courses: PUBH 6610, 6613, 6482, 6014, 6015]
 - Students will identify international, federal, state and local level nutrition surveillance and assistance programs. [Relevant Courses: PUBH 6610, 6613, 6482, 6014, 6015]
 - Students will be able to identify the political, economic and social processes that influence food and nutrition policies and legislation. [Relevant Courses: PUBH 6610, 6613, 6482, 6014, 6015]

- **Assess the nutritional status of individuals and communities.**
 - Students use appropriate and current methods to assess nutrition status and prioritize nutritional problems of target populations across the life span. Examples might include anthropometric, biochemical, clinical, dietary, functional (e.g. physical mobility or feeding skills), environmental and socioeconomic assessment. [Relevant Courses: PubH 6610, 6611, 6241, 6014, 6015, EXNS 6242]
 - Students will understand the process, rationale, and issues related to establishing nutrient requirements and dietary recommendations [Relevant Courses: PubH 6611, 6241, 6014, 6015, EXNS 6242]

- **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: PubH 6610, 6612, 6613, 6014, 6015]
 - Students will implement or advocate for improvements in the food and water supply chain as needed to improve the health of the communities they serve. [Relevant Courses: PubH 6610, 6613, 6014, 6015, EXNS 6242]

- **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. [Relevant Courses: PUBH 6014, 6015, 6241; EXNS 6242]
- Students will identify the health consequences of both under- and over-nutrition. [Relevant Courses: PUBH 6014, 6015, 6241; EXNS 6242]
- Students will identify and critically evaluate relevant nutrition research, and apply research findings to food and nutrition programs and policies. [Relevant Courses: PUBH 6610, 6613, 6014, 6015, 6241; EXNS 6242]
- **Design, implement, and evaluate population-based nutrition interventions, policies, and programs.**
 - Students apply the principles of community assessment, planning, marketing, implementation and evaluation in order to assure the success of food and nutrition interventions. [Relevant Courses: PubH 6014, 6015]
 - Students will understand and apply theories of social and behavioral change when developing nutrition interventions. [Relevant Courses: PubH 6014, 6015]
- **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. [Relevant Courses: PUBH 6610, 6014, 6015]
 - 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 6610, 6014, 6015]

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Required Core MPH Courses – 15 credits

Course number	Course title	Credits	Semester offered
PubH 6001	Biological Concepts for Public Health	2	Fall, Spring, Summer (6 week)
PubH 6002	Biostatistical Applications for Public Health	3	Fall, Spring, Summer (10 week)
PubH 6003	Principles and Practice of Epidemiology	3	Fall, Spring, Summer (10 week)
PubH 6004	Environmental and Occupational Health in a Sustainable World	2	Fall, Spring, Summer (6 week)
PubH 6006	Management and Policy Approaches to Public Health	3	Fall, Spring, Summer (10 week)
PubH 6007	Social and Behavioral Approaches to Public Health	2	Fall, Spring, Summer (6 week)

Public Health Nutrition Core Courses – 14 credits

Course number	Course title	Credits	Semester offered
PubH 6610	Public Health Nutrition Practice and Leadership	1	Fall
PubH 6611	Nutrition Assessment	2	Spring
PubH 6500	Planning & Implementing Health Promotion Programs	3	Fall, Spring
PubH 6612	Food and Water Systems in Public Health	2	Summer
PubH 6613 <i>or</i>	US Food Policy and Politics- <i>or</i>	2	Spring
PubH 6482	International Food & Nutrition Programs & Policy	2	Spring
EXNS 6242	Nutrition Across the Lifespan	2	Fall
PubH 6241	Nutrition Epidemiology	2	Fall

Advanced Research Methods Courses – 4 credits *(selected from the options listed below)*

Course number	Course title	Credits	Semester offered
PubH 6247	Design of Health Studies	3	Fall, Spring
PubH 6249	Use of Statistical Packages		
PubH 6260	Advanced Data Analysis in Public Health		
PubH 6262	Introduction to GIS		
PubH 6263	Introduction to Geographic Information Systems	1	Spring
PubH 6273	Ethnographic Methods as Applied in Public Health		
PubH 6410	Global Health Study Design and Ethics	2	Fall, Spring
PubH 6411	Global Health Data Collection	2	Spring, Summer
PubH 6412	Global Health Data Analysis	2	Spring, Summer
PubH 6437	Global Health Program Evaluation	2	Summer

PubH 6501	Evaluation of Health Promotion/Disease Prevention Programs	3	Fall, Spring
PubH 6530	Qualitative Methods in Health Promotion	2	Spring
PubH 6534	Community Based Participatory Research	1	
PubH 6572	Marketing Research for Public Health		

Elective Courses – 8 credits

Must be graduate level (6000 level) courses. The following courses are especially relevant to the field of Public Health Nutrition.

Course number	Course title	Credits	Semester offered
PubH 6487	Emerging Zoonotic Diseases and Global Food Production	1	Fall
PubH 6099.14	Systematic Review of the Literature for Public Health	1	Summer
PubH 6237	Chronic Disease Epidemiology	2	Fall
PubH 6127	Applied Environmental Health Microbiology	2	Spring
PubH 6305	Fundamentals for Health Policy	2	Fall, Spring, Summer
PubH 6400	Global Health Frameworks	3	Spring
PubH 6440	Global Health Economics and Finance	2	Spring
PubH 6485	Prevention and Control of Water and Sanitation Diseases	1	Summer
PubH 6503	Introduction to Public Health Communication and Marketing	3	Fall, Spring
PubH 6514	Preventing Health Disparities	2	Fall
PubH 6515	High Risk and Special Populations	2	Fall (alternate years)
PubH 6550	Maternal and Child Health I	3	Spring
PubH 6551	Maternal and Child Health II	3	Spring
PubH 6552	Women's Health	2	Spring
PubH 6553	Adolescent Health	2	Fall
PubH 6556	Maternal and Child Nutrition	2	Fall
PubH 6562	Physical Activity and Obesity Interventions	2	Summer
EXNS 6202	Advanced Exercise Physiology I	3	Fall
EXNS 6203	Advanced Exercise Physiology II	3	Spring
EXNS 6208	Physical Activity: Physiology and Epidemiology	2	Spring, Summer
EXNS 6209	Advanced Concepts in Nutritional Science	3	

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. Advanced 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 credit 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 6241	Nutrition Across the Lifespan	2 credits
PubH 6610	Public Health Nutrition Practice and Leadership	1 credit
Total		10 credits

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
	Electives	2-3 credits
Total		10-11 credits

Summer – Year 1:

PubH 6007	Social and Behavioral Approaches to Public Health	2 credits
PubH 6612	Food and Water Systems in Public Health	2 credits
Total		4 credits

Fall – Year 2:

PubH 6241	Nutrition Epidemiology	2 credits
PubH 6500	Planning and Administration of Health Promotion/ Disease Prevention Programs	3 credits
	Advanced Research Methods course(s)	2 credits
	Electives	2 credits
PubH 6014	Public Health Nutrition Practicum	2 credits
Total		11 credits

Spring – Year 2:

PubH 6613	US Food Policy and Politics	2 credits
	Advanced Research Methods course(s)	2 credits
	Electives	4-5 credits
PubH 6015	Public Health Nutrition Culminating Experience	2 credits
Total		10-11 credits