



# PUBLIC HEALTH NUTRITION MAJOR—M.P.H.



UNIVERSITY OF MINNESOTA

School of Public Health

The Public Health Nutrition major emphasizes nutritional assessment, program planning, health behavior change and intervention strategies, research and evaluation methods, and policy development. A separate emphasis in nutritional epidemiology is also available to help prepare public health nutrition professionals address significant issues in the field with up-to-date epidemiologic methods.

## For more information about the Public Health Nutrition Major

Website: [www.epi.umn.edu](http://www.epi.umn.edu)

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## School of Public Health, Student Services Center, and application informa- tion and materials

Website:  
[www.sph.umn.edu/  
students/application/  
sph-ssc@umn.edu](http://www.sph.umn.edu/students/application/sph-ssc@umn.edu)  
Phone: (612) 626-3500  
Toll Free: (800) 774-8636  
Fax: (612) 624-4498

## Standard Program Curriculum

- ▶ 16-month option – 44 credits
- ▶ 24-month option – 50–55 credits (without DIGS)
- ▶ 24-month option – 75–83 credits (with DIGS)

### Public Health Nutrition Core (13–15 credits)

Foundations of Public Health Nutrition Leadership (*PubH 6901, 2 credits*)  
Nutrition Assessment (*PubH 6915, 2 credits*)  
Community Nutrition Intervention (*PubH 6914, 3 credits*)  
Nutrition and Chronic Diseases (*PubH 6933, 2 credits*)

### 24-month option (with DIGS) – all of the following courses:

Maternal and Infant Nutrition (*PubH 6902, 2 credits*)  
Child and Adolescent Nutrition (*PubH 6903, 2 credits*)  
Nutrition and Aging (*PubH 6904, 2 credits*)

### 16- and 24-month options (without DIGS) – two of the following:

Maternal and Infant Nutrition (*PubH 6902, 2 credits*)  
Child and Adolescent Nutrition (*PubH 6903, 2 credits*)  
Nutrition and Aging (*PubH 6904, 2 credits*)  
Global Nutrition (*PubH 6906, 2 credits*)

### Research Methods (6 credits)

Critical Review of Research in Public Health Nutrition  
(*PubH 6910, 1 credit*)  
Master's Project (*PubH 7994, 2 credits*)

### Plus 3 credits from the following:

Program Evaluation for Public Health Practice (*PubH 6034, 3 credits*)  
Applied Research Methods (*PubH 6035, 3 credits*)  
Data Processing with PC-SAS (*PubH 6325, 1 credit*)  
Epidemiologic Methods II (*PubH 6342, 3 credits*)  
Epidemiologic Methods: Data Collection (*PubH 6345, 3 credits*)  
Biostatistical Methods II (*PubH 6415, 3 credits*)  
Introduction to SAS Programming (*PubH 6420, 1 credit*)  
Biostatistics II (*PubH 6451, 4 credits*)  
Community Based Participatory Research (*PubH 6650, 1 credit*)  
Practical Methods for Secondary Data Analysis (*PubH 6617, 3 credits*)  
Community Health Assessment (*PubH 6705, 2 credits*)  
Conducting a Systematic Literature Review (*PubH 6803, 2 credits*)  
Principles of Public Health Research (*PubH 6806, 2 credits*)

Program Evaluation in Health and Mental Health Settings  
(*PubH 6852, 2 credits*)

Nutritional Epidemiology (*PubH 6389, 2 credits*)

Designing and Conducting Focus Group Interviews (*PubH 7250, 1 credit*)

Data Analysis from Focus Groups (*PubH 7251, 1 credit*)

Qualitative Research Design and Methods (*Nurs 8171, 3-4 credits*)

### Field Experience (2–6 credits)

Field Experience (*PubH 7996, 2 credits*) (1 credit each semester)

Block Field Experience (*PubH 7996, 4 credits*) (optional)

### Public Health Core (11–12 credits)

Environmental Health (*PubH 6101, 2 credits*) **or**

Issues in Environmental and Occupational Health (*PubH 6102, 2 credits*)

Fundamentals of Epidemiology (*PubH 6320, 3 credits*) **or**

Epidemiologic Methods I (*PubH 6341, 3 credits*)

Biostatistical Methods I (*PubH 6414, 3 credits*) **or**

Biostatistics I (*PubH 6450, 4 credits*)

Ethics in Public Health: Professional Practice and Policy (*PubH 6741, 1 credit*) **or**

Ethics in Public Health: Research and Policy (*PubH 6742, 1 credit*)

Principles of Management in Health Services Organizations (*PubH 6751, 2 credits*)

### Electives (11–12 credits)

#### Science Courses for 24-month Option (6–10 credits)

Pathophysiology of Human Disease (*PubH 6355, 4 credits*) **or**

Human Physiology (*Phsl 3051, 4 credits*)

Human Nutrition and Health (*PubH 6905, 2 credits*)

Macronutrient and Metabolism (*Nutr 5621, 4 credits*)

#### Additional Didactic Requirements for 24-month Option doing DIGS (32 credits):

Food: Safety Risk and Technology (*FScN 1102, 3 credits*)

Introduction to Food Science (*FScN 3102, 3 credits*)

Sociocultural Aspects of Food, Nutrition, and Health (*FScN 3615, 3 credits*)

Food Operations Management Lab (*FScN 3731, 2 credits*)

Food Operations Management Lecture (*FScN 3732, 3 credits*)

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Requirements are subject to change for each incoming class, without prior notice to applicants. Contact a Major Coordinator for specific information. 9/08

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Food Chemistry (FScN 4111, 3 credits) **or**  
Food Microbiology and Fermentation (FScN 4121, 3 credits)  
Human Nutrition (FScN 4612, 3 credits)  
Experimental Nutrition (FScN 4613, 2 credits)  
Medical Nutrition Therapy I (FScN 4665, 3 credits)  
Medical Nutrition Therapy II (FScN 4666, 3 credits)  
General Microbiology w/lab (VBS 2032, 4 credits)

### Nutritional Epidemiology Emphasis Curriculum

- 16-month option – 44-45 credits
- 24-month option – 48-55 credits

#### Public Health Nutrition Core (11–17 credits)

*Both program options:*

Public Health Nutrition: Principles and Programs (PubH 6901, 2 credits)  
Community Nutrition Intervention (PubH 6914, 3 credits)  
Nutrition Assessment (PubH 6915, 2 credits)  
Nutrition and Chronic Diseases (PubH 6933, 2 credits)

*Plus one course from the following list:*

Maternal and Infant Nutrition (PubH 6902, 2 credits)  
Child and Adolescent Nutrition (PubH 6903, 2 credits)  
Nutrition and Aging (online) (PubH 6904, 2 credits)  
Global Nutrition (PubH 6906, 2 credits)

*24-month program option only:*

Nutrition and Metabolism (Nutr 5621, 4 credits)  
Human Nutrition and Health (PubH 6905, 2 credits) (optional if had equivalent content)

#### Epidemiology Core (24 or 28 credits)

Epidemiologic Methods I (PubH 6341, 3 credits)  
Epidemiologic Methods II (PubH 6342, 3 credits)  
Epidemiologic Methods III (PubH 6343, 4 credits)  
Epidemiologic Methods IV (PubH 6344, 2 credits)  
Nutritional Epidemiology (PubH 6389, 2 credits)  
Pathophysiology of Human Disease (PubH 6355, 4 credits)  
Biostatistics I (PubH 6450, 4 credits)  
Biostatistics II (PubH 6451, 4 credits)

*Plus one of the following four courses:*

Epidemiology and Control of Infectious Diseases (PubH 6385, 2 credits)  
Public Health Aspects of Cardiovascular Disease (PubH 6386, 2 credits)  
Cancer Epidemiology (PubH 6387, 2 credits)  
Obesity and Eating Disorders: Etiology/Epidemiology (PubH 6390, 2 credits)

#### Field Experience/Master's Project (4 credits)

Master's Research Project (PubH 7994, 2 credits)  
Field Experience (PubH 7996, 2 credits) (1 credit per semester)

#### Public Health Core Courses (5–6 credits)

Environmental Health (PubH 6101, 2 credits) **or**  
Issues in Environmental and Occupational Health (PubH 6102, 2 credits)  
Ethics in Public Health: Professional Practice and Policy (PubH 6741, 1 credit) **or**  
Ethics in Public Health: Research and Policy (PubH 6742, 1 credit)  
Principles of Management in Health Services Organizations (PubH 6751, 2 credits) **or**  
Public Health Management (PubH 6752, 3 credits)

### Field Experience and Master's Project

Hands-on field experiences in the community allow students to explore nutrition service delivery strategies and develop competency in providing nutrition community nutrition programs. Designing and completing an applied master's

project allows students to develop research, organizational, and analytical skills in an area of interest. Opportunities are available to work closely with faculty on research projects.

### Coordinated Master's Program

An exciting new Coordinated Master's Program is in development. This program will allow students to complete their M.P.H. and their internship component concurrently. Check back in November 2008 for these exciting details.

### Dietetic Internship for Graduate Students in Nutrition (DIGS)

Graduate students in Nutrition and Public Health Nutrition who intend to become Registered Dietitians may also complete the DIGS program. Participation is only open to students accepted into these master's programs and is completed after graduate coursework. Requirements for DIGS are in addition to the M.P.H. degree and include completing the didactic requirements in dietetics. **Additional didactic requirements will lengthen the program for 24-month students.**

Interested applicants may access DIGS information at [www.fsci.umn.edu/grad\\_students/nutr\\_grad\\_students/DIGS.html](http://www.fsci.umn.edu/grad_students/nutr_grad_students/DIGS.html) or call (612) 624-1290 for a brochure detailing admission requirements and expectations, and to have a transcript evaluation completed.

### Admission Preferences

Admission requires a baccalaureate degree from an accredited college or university. Admissions committees in each major review applicants according to their personal statements, background and experience, record of academic achievement, demonstrated academic potential, letters of recommendation, compatibility of interests with program faculty, and other factors. Test scores and GPAs provide competitive points of reference for admission but are not used exclusively in the admissions review.

#### Preferred Performance Levels

- GPA of 3.0
- Combined GRE (verbal, quantitative) score of 1000, and a 3.5 analytical writing score
- TOEFL scores of 600 on the paper test **or** 250 on the computer-based test **or** 90 on the internet-based (iBT) test for applicants whose native language is not English

#### 16-month Standard or Nutritional Epidemiology Program Option Prerequisites

- Baccalaureate degree in nutrition or dietetics
- Registered dietician (R.D.) or R.D. eligible

#### 24-month Standard or Nutritional Epidemiology Program Option Prerequisites

- Biology, 3 semester credits; general chemistry, 6-8 semester credits; organic chemistry, 3 semester credits; biochemistry, 3 semester credits

### Application Deadlines

- Priority: December 15
- Final: April 15

### Admission Decisions

Applicants are notified by mail about admission decisions approximately six weeks after their completed application is received.