

# PUBLIC HEALTH NUTRITION



The Public Health Nutrition MPH program is designed for students who are committed to health promotion and disease prevention through healthy eating. The curriculum strongly emphasizes nutritional assessment, healthy eating throughout the life course, public health program planning, healthy behavior change and intervention strategies, research and evaluation methods, and policy development.

**Our unique infrastructure combines Public Health Nutrition, Maternal & Child Health, Community Health, and Epidemiology in one department, giving students access to faculty across disciplines.**

## CURRICULUM & PROGRAM FORMAT

### STANDARD PROGRAM, 44-55 CREDITS\*

The standard program is available for students with or without nutrition/dietetic backgrounds. Coursework emphasizes nutritional assessment, program planning, health behavior change and intervention strategies and policy development.

### COORDINATED MASTER'S PROGRAM, 61-64 CREDITS\*

The coordinated master's program provides both a MPH in Public Health Nutrition and the required coursework and internship hours to be eligible to take the RD exam. A maximum of 11 students are accepted to this program every year.

### NUTRITIONAL EPIDEMIOLOGY EMPHASIS PROGRAM, 44-54 CREDITS\*

The nutritional epidemiology emphasis program is available for students with or without nutrition/dietetic backgrounds who are interested in applying epidemiological and biostatistical methods to studies of nutrition and health.

\* Number of credits are based on undergraduate major.

## ADVANTAGES OF THE PROGRAM

**Career and Impact Focused.** Thorough, application-oriented training develops the skills necessary to create, implement, and evaluate nutrition programs and interventions.

**Innovative Education.** Students can focus their training on epidemiologic methods, pursue the coordinated master's program—one of the only programs of its kind in the U.S., or customize their studies to other specialty areas.

**Tailored Focus.** Through concentrations, certificates, and minors such as global health, public health policy, and health equity, students can tailor the program to their interests.

**Exposure.** Students move through the program with one cohort group and engage with faculty, practitioners, and trainees from various backgrounds in a highly interdisciplinary environment.

## WHO SHOULD APPLY?

Students with career goals in public health and applied nutrition, community intervention, and nutritional epidemiology are ideal candidates for this program. The program is also a valuable prelude to other graduate and professional education, including education in applied health professions (such as medicine, nursing, or dentistry), law school, and agriculture-focused studies.

## CAREER

Public Health Nutrition professionals are involved in nutritional assessment; developing, implementing, and evaluating nutrition interventions; developing nutrition-related public health policies; and monitoring the health of individuals, communities and populations.

Alumni work in national, state, and local public health agencies, nonprofit health agencies, international NGOs, and community service organizations. Students who obtain or hold the registered dietitian credential are also prepared for positions in health care settings such as hospitals and clinics.

## AFFILIATED RESEARCH CENTER

The Obesity Prevention Center supports Public Health Nutrition MPH students through resesarch, professional development opportunities, and educational tools and resources.

## ADMISSIONS

### REQUIREMENTS

#### Standard Program & Nutritional Epidemiology

- One human biology course (with lab)
- Two general chemistry courses (with labs)
- One organic chemistry course
- One biochemistry course
- One social science course
- One introduction to human nutrition

#### Coordinated Master's program

All of the above courses are required, in addition to the following:

- One microbiology course (with lab)
- One human physiology course
- One introduction to food science course
- One food systems operations management course

Note: students that have a Verification Statement from an accredited Didactic Program in Dietetics have met all of the prerequisites of this program.

## APPLICATION DEADLINE

Scholarship priority and final coordinated master's program deadline: **December 1**

Final deadline for standard and nutritional epidemiology programs: **May 1**

## POSITIONS HELD BY GRADUATES OF THIS PROGRAM

**Essentia Institute of Rural Health**  
Research and Evaluation Specialist

**Mayo Clinic**  
Wellness Dietitian

**Centers for Disease Control and Prevention (CDC)**  
Childhood Obesity Prevention Fellow

**BlueCross BlueShield of Minnesota**  
Health Improvement Project Manager

**Texas Department of Aging and Disability Services**  
Clinical Dietitian

**Minnesota Department of Education**  
Nutrition Program Consultant

## FACULTY PROFILE



**Jamie Stang's** expertise is in nutrition and weight status in pregnancy, child and adolescent nutrition, and obesity. She teaches Foundations of Public Health Nutrition and Maternal, Child and Adolescent Nutrition. She has been honored by numerous organizations for her teaching, service and research, including receiving the 2013 Academy of Nutrition and Dietetics Medallion Award.

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