

PUBLIC HEALTH NUTRITION



The Public Health Nutrition MPH program is a practice-based degree that focuses on improving the health of communities and populations, particularly diverse and/or under-represented communities that experience disparities in health outcomes or healthy food access.

Program graduates are prepared to develop, implement, and evaluate nutrition programs, policies, and interventions to ensure that all populations, including those that live in underrepresented and underresourced communities, have opportunities for healthy eating and active living.

Our unique infrastructure combines public health nutrition, maternal and child health, community health promotion, and epidemiology in one department, giving students access across disciplines.

PROGRAM OVERVIEW

TRADITIONAL PROGRAM (42 CREDITS*)

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

COORDINATED PROGRAM (50-56 CREDITS*)

The coordinated program provides both an MPH in Public Health Nutrition and the required coursework and 1,000 hours of supervised practice to be eligible to take the registered dietitian exam. A maximum of 11 students are accepted to this program every year.

* Number of credits depends on undergraduate coursework.

ADVANTAGES OF THE PROGRAM

Impact Focused. Population-based, practice-oriented training develops the skills necessary to create, implement, and evaluate nutrition policies, programs, and interventions for individuals, populations, and communities to address social determinants of health and reduce nutrition-related health disparities.

Innovative Education. Concentrations, certificates, and minors allow students to tailor the program to their interests and develop skills which uniquely position them for future work in public health and community nutrition. Students can pursue a variety of minors including health equity, global public health, American Indian health and wellness, epidemiology and others.

Networking and Community Engagement. Students engage with peers, faculty, practitioners, and mentors from various backgrounds in a highly interprofessional environment. The Twin Cities metro area provides a wide range of opportunities for volunteering, networking and employment.

WHO SHOULD APPLY?

Students with career goals in public health nutrition, maternal and child nutrition, community intervention, and nutrition epidemiology are ideal candidates for this program. The program is also a valuable addition to graduate and healthcare training programs (such as medicine, nursing, or dentistry), law school, and food and agriculture programs.

CAREER

An MPH degree in public health nutrition prepares individuals to work in local, state, or federal nutrition programs as well as non-profit and global non-governmental organizations, private practice, industry, and health promotion and wellness programs. Graduates utilize policy, systems, and environmental change strategies to develop, implement, and evaluate public health and community nutrition programs for populations, including diverse, under-resourced communities.

All graduates of the program are eligible to take the Certification in Public Health (CPH) examination after completion of the program. Students who are in the coordinated program track can take the national examination to become credentialed as a Registered Dietitian Nutritionist (RDN). They are prepared to work in all of the settings above as well as community clinics, and inpatient and outpatient clinical settings. The scope of practice for coordinated program graduates is expanded to include medical nutrition therapy.

AFFILIATED RESEARCH CENTER

The Healthy Weight Research Center supports public health nutrition MPH students through research, professional development opportunities, and educational tools and resources.

ADMISSIONS

APPLICATION REQUIREMENTS

- Official transcripts
- 3 letters of recommendation
- Resume or C.V.
- Statement of purpose and objectives

PREREQUISITES

Traditional Program

- One human biology course
- One general chemistry course
- One social science course
- One introduction to human nutrition

Coordinated Program

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

- One microbiology course
- One human physiology course
- One organic chemistry course
- One biochemistry 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.

POSITIONS HELD BY GRADUATES

USDA FNS Midwest Regional Office

Branch Chief, School Meal Programs and Food Distribution Programs

CDC - Division of Nutrition, Physical Activity and Obesity

Director, Policy, Partnerships and Communications

Second Harvest Heartland

Child Hunger Specialist

University of Minnesota Extension

State Health Improvement Partnership Educator

U.S. Health Resources and Services Administration

Public Health Analyst

Ohio Department of Education

Education Program Specialist

Minnesota Department of Health

Diabetes Supervisor

FACULTY PROFILE



Jamie Stang's expertise is in Maternal and Child Health (MCH) nutrition and public health nutrition. She teaches Foundations of Public Health Nutrition, and Maternal, Infant, Child and Adolescent Nutrition. She served on the 2020 Dietary Guidelines for Americans Scientific Expert Committee and has been honored by numerous organizations for her excellent teaching, service, and research, including receiving the 2013 Academy of Nutrition and Dietetics Medallion Award. Jamie is the current President of the Association of State Public Health Nutritionists.

FOR MORE INFORMATION:

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