

# Nutrition

The Nutrition concentration introduces students to the applied methods used in nutrition program and policy assessment, development, and evaluation, with an emphasis on diverse and vulnerable populations and community-based interventions. You will learn about relationships between macronutrients, micronutrients and food intake patterns and health outcomes, and have a foundation in a variety of skills used in the promotion of healthy eating and active living. This concentration is offered in cooperation with the Tufts University Gerald J. and Dorothy J. Friedman School of Nutrition Science and Policy.



## Required Courses

- Principles of Nutrition Science
- Community & Public Health Nutrition
- Nutrition in the Lifecycle
- Nutrition & Chronic Disease

## You will learn to...

- Identify building blocks of healthy eating that can be used to inform personal, programmatic and/or policy choices that promote health.
- Explain how food access and/or diet act as determinants of individual or population health.
- Evaluate nutrition-related/active living issues, programs or policies.
- Apply discipline-relevant theory, evidence, or quality improvement approaches to nutrition/active living issues, programs, or policies.
- Describe how systemic racism and/or social inequities can impact food/nutrition or active living issues.

## Sample Concentration Electives

- Global Food and Nutrition Policy
- Survey Research in Nutrition
- Determinants of U.S. Food Policy
- Community Food Planning & Programs
- International Nutrition Programs
- Qualitative Research Methods for Nutrition
- Nutrition Data Analysis
- Applied Nutritional Biochemistry
- Design of Epidemiologic Studies for Nutrition Research

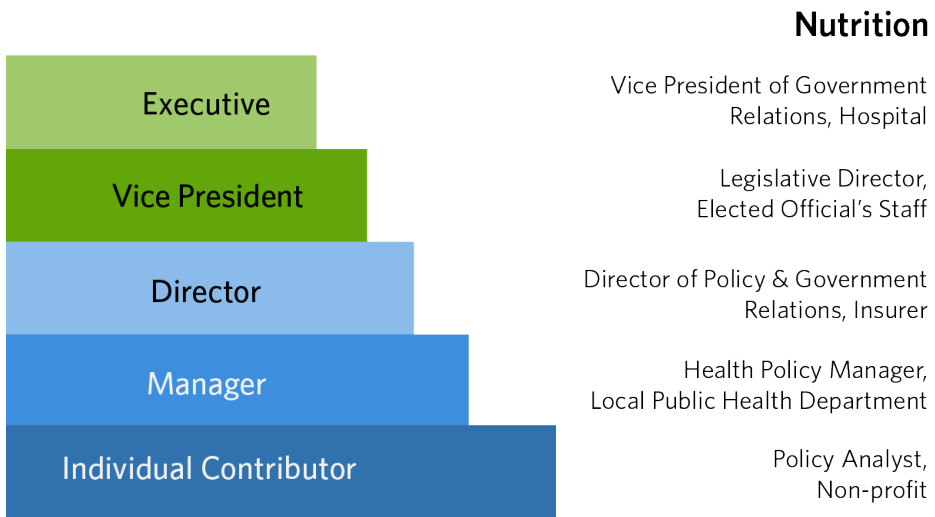


## Sample Applied Learning Experience Projects

- Multi-Service Eating Disorder Association, "Improving Non-profit Education & Outreach to Enhance Early Detection of Eating Disorders"
- Cambridge Health Alliance, "Health in the Haitian Immigrant Population: Creating a Culturally-Sensitive Nutrition Curriculum to Enhance the Health of Cambridge Haitian Adults"
- Bowdoin Street Health Center, "Using Quantitative and Qualitative Methods to Improve the Bowdoin Geneva Health Center Farmer's Market"
- Steward Health Care System, "Developing Best Practices of Sugar Sweetened Beverage Reduction Initiatives"
- Massachusetts Department of Public Health, "Trends and Patterns of Retention in the Women, Infants, and Children (WIC) programs in Massachusetts"
- John Snow, Inc., "Understanding Pathways to Better Nutrition at the District Level in Uganda"

## Career Path Examples

Career Services in the Tufts Public Health programs is here to support you for more than just your first post-graduate job. We understand that a public health career can take many paths, and our comprehensive career advising focuses on your long-term development, helping you to expand experience and build credentials for future promotions, career changes, and leadership roles. The following chart gives sample job titles and employers at different stages of a prospective career in Nutrition.



### Hierarchy of Job Titles