

NUTRITION, MPH

The MPH in Nutrition program emphasizes the social and environmental determinants of nutrition and food security and how to solve them through nutritional assessment of populations, community nutrition actions, health promotion programs, and food and nutrition policies. The program trains future public health nutritionists to manage programs and shape policies that improve the nutritional health and food security of populations. A full spectrum of contexts is addressed, including: humanitarian crises in low-income countries; sustainable development in low- and middle-income countries; and the dual burden problems of under- and over-nutrition common to middle and high-income countries.

The mission of the MPH Nutrition Program is to train future public health leaders to shape policies, administer programs, and to communicate to the public to improve nutritional health and food security of population groups across a full spectrum of economic context.

This program is a member of the Association of Graduate Programs in Public Health Nutrition (AGPPHN). (<https://www.aspph.org/>)

Program Competencies

Students who graduate from this degree program can expect to develop the following competencies as they successfully meet and complete the program degree requirements.

- Identify the major types of food and nutrition related health problems in domestic and international settings and the factors that cause them.
- Apply various methods in order to assess the food security and nutritional status of populations, including anthropometric, biochemical, clinical, dietary, and ecological methods.
- Describe and design a theory-based public health intervention or program.
- Develop a plan to monitor and evaluate a public health intervention or program, based on a theory of change.
- Conduct analysis of nutrition and food security data using statistical software, including the interpretation and communication of results.
- Describe major policies and programs that affect food, nutrition, and health and explain the logic of their impacts.
- Demonstrate proficiency in applying the concepts of public health programming and evaluation to food, nutrition, and health problems.

Prerequisites for admission into the MPH in Nutrition program include a basic nutrition course and a basic biological basis of health and disease course.

This program is no longer accepting new students. Check out the MSPH in Nutrition.

Requirements

The MPH Degree in Nutrition requires a total of **45 credits** that includes:

Course ID	Title	Credits
SPHTM Foundational Requirements		
SPHL 6020	Foundations in Public Health	3
SPHL 6050	Biostatistics for Public Health	3
SPHL 6060	Epidemiology for Public Health	3
SPHL 6070	Health Systems Policy and Management	3
SPHL 6080	Design Strategies in Public Health Programs	3
Program Course Requirements		
SBPS 6030	Social and Behavioral Aspects of Health	3
SBPS 6340	Monitoring and Evaluation of Health Programs	3
SBPS 6750	Population Nutrition Assessment	3
SBPS 6770	Food and Nutrition Policy	3
SBPS 6780	Nutrition in Low- and Middle-Income Countries	3
Elective Courses ¹		15
SPHL 9980	Applied Practice Experience ²	0
SBPS 7980	Professional Practice Seminar ³	1
or SPHL 7950	Integrative Learning Experience	

¹ For Public Health Nutrition students, the nutrition faculty suggest the following electives:

- SBPS 6610 - Local Food Systems and Nutrition;
- IHSD 6331 – Public Health and Nutrition in Complex Emergencies
- IHSD 6790 - Food Security and Resilience

For students accepted into the HRSA funded MCH Nutrition Leadership Training Program, students, the nutrition faculty suggests selecting two of the following electives:

- SBPS 6140 – Developing Leadership and Communication Skills
- SBPS 6490 - Key Policy and Programs in Maternal and Child Health;
- SBPS 6510 - Essential Issues in Maternal and Child Health;
- SBPS 7510 - Maternal and Child Health: Lifecourse Perspective

Those who are eligible for the Tulane Dietetic Internship can fulfill these elective credits through the 12 internship course credits during year 2.

² The Applied Practice Experience (APE) is a supervised practice experience conducted in an agency or organization external to the university to gain practical experience.

³ All students must complete an Integrative Learning Experience (ILE) that demonstrates the synthesis of foundational and concentration competencies. The ILE for students in the MPH in Nutrition may be either the Public Health Analysis or the Capstone Course - SBPS 7980 Practice Seminar in Nutrition.

Model Course Schedule

Year 1		Credit Hours
Fall		
SPHL 6020	Foundations in Public Health	3
SPHL 6060	Epidemiology for Public Health	3
SPHL 6080	Design Strategies in Public Health Programs	3
SBPS 6750	Population Nutrition Assessment	3
Credit Hours		12
Spring		
SPHL 6050	Biostatistics for Public Health	3
SBPS 6030	Social and Behavioral Aspects of Health	3
SBPS 6610	Local Food Systems & Nutrition	3
SBPS 6340	Monitoring and Evaluation of Health Programs	3
Credit Hours		12
Summer Session		
SPHL 9980	Applied Practice Experience	0
Credit Hours		0
Year 2		
Fall		
SPHL 6070	Health Systems Policy and Management	3
SBPS 6770	Food and Nutrition Policy	3
Electives		6
Credit Hours		12
Spring		
SBPS 6780	Nutrition in Low- and Middle-Income Countries	3
SPHL 7950 or SBPS 7980	Integrative Learning Experience or Professional Practice Seminar	0
Electives		6
Credit Hours		9
Total Credit Hours		45

Contact

To learn more about the department, visit <https://sph.tulane.edu/contact-us> (<https://sph.tulane.edu/contact-us/>).