

# FAST FACTS: Public Health Nutrition



**CEPH Accredited**  
Master of Public Health (MPH) Degree  
*Public Health Nutrition Program*

The 45-semester credit MPH degree is offered via the Northwest Ohio Consortium for Public Health (NOCPH), a collaboration of Bowling Green State University (BGSU) and the University of Toledo (UT). The MPH program is accredited by the Council on Education for Public Health (CEPH). BGSU co-coordinates the Public Health Nutrition program with the UT Department of Public Health & Homeland Security in the College of Medicine.

## ***What is a Public Health Nutrition Professional?***

**Public Health Nutritionists** integrate the knowledge, skills and experiences fundamental to all public health disciplines and apply this integrated knowledge to alleviate diet-related health problems among diverse population groups. Graduates will be prepared to advance knowledge regarding the role of nutrition in disease prevention and health promotion and apply this knowledge to planning, managing, delivering, and evaluating nutrition services and programs. Employment often includes health departments, federal and private food assistance programs, worksite health promotion programs, nutrition advocacy organizations, health centers and schools.

An understanding of human nutrition is important to maximize the health of individuals in a diverse society that faces nutrition-related diseases of both deficiency and excess. A complete understanding of human nutrition is built on knowledge of its fundamental biological and biochemical bases. It also involves an understanding of societal, psychological, cultural and behavioral influences that affect food consumption, and therefore, human well being.

Public health nutrition advances knowledge regarding the role of nutrition in disease prevention and health promotion and applies this knowledge to planning, managing, delivering and evaluating nutrition services and programs. The MPH major in public health nutrition trains students to integrate the knowledge, skills, and experience fundamental to all public health disciplines and to apply this integrated knowledge to alleviate diet-related health problems among diverse population groups.

The program is designed to train professionals to assume leadership positions in assessing community-nutrition needs and in planning, directing and evaluating the nutrition component of health-promotion and disease-prevention efforts. Graduates of the program will be expected to participate in policy analysis, program development, and to design and manage population-based community wide interventions as part of large-scale public health programs.

- Identify and assess diet-related health problems of under-nutrition and over-nutrition among diverse population groups
- Identify the social, cultural, economic, environmental and institutional factors that contribute to the risks of under-nutrition and over-nutrition among diverse populations
- Develop educational and other population-based intervention strategies to improve food security
- Develop policies to reduce barriers to food insecurity and to improve the food choices and nutritional status of diverse populations
- Describe techniques to guide consumers in selection of food and nutritionally adequate diets
- Communicate nutrition related issues skillfully, utilizing different media in varied settings
- Apply the principles of management to community-nutrition programs
- Participate in advocacy efforts to improve the nutritional status of various populations
- Monitor and recommend public policies to protect and promote nutritional status and health of diverse populations
- Contribute to the body of nutrition knowledge through active research of an applied nature

***(please turn Fast Fact sheet to the reverse side)***



# FAST FACTS: Public Health Nutrition

## What are the entrance requirements/prerequisites?

Applicant may qualify for "**Regular Admission**" if he/she satisfies all of these requirements:

- Completed bachelor degree, including foundation courses. It is expected that all applicants will have successfully completed college-level mathematics and biology and course work in the social sciences. (In addition, completion of college-level courses in inorganic and organic chemistry are required for the Environmental and Occupational Health and Safety Science major.)
- GPA  $\geq$  3.0 (or equivalent)
- TOEFL  $\geq$  550 (Not Applicable if English is Applicant's Primary Language)
- Recommended by 3 References

Applicant may qualify for "**Provisional Admission**" if he/she has one or more of the following deficiencies:

- Must complete necessary foundation course(s)
- GPA  $\geq$  2.7 but  $<$  3.0 (or equivalent)

**What is the application timeline?** Applications are processed, and students are accepted, as applications are received (rolling admission), but should be received no later than June 15 for Fall term, October 15 for Spring term, and March 15 for Summer term.

**How long is the program? Can I complete the program on a part-time basis?** The curriculum requires completion of 45 semester credits of advised courses. The duration of the program is 16 months (i.e. four consecutive terms) for full-time students and approximately 32-36 months for part-time students.

**Is the program offered on evenings or weekends?** Classes are scheduled on Monday through Thursday nights, one night per week per course and on some courses on Saturdays.

**I already have completed some graduate college courses; can I apply any of the credits I have completed?** A maximum of 12 credits of approved transfer of graduate courses completed elsewhere.

**What type of financial aid is available?** Federal financial aid programs are available. Each NOCPH institution offers two to three tuition scholarships and one to two graduate assistantships per major. Additional funding may be available via funded grants and contracts.

**What are the features of a successful candidate?** Academically prepared; writes and speaks well; has a true desire to work with and help people; curious and excited by challenges involving problem-solving.

**What are the job opportunities? What is a typical salary for a new graduate?** Salaries vary greatly depending on geographic location and type of facility. New graduates can expect to start at \$40,000 – \$60,000.

## Why should I attend the Northwest Ohio Consortium for Public Health (Bowling Green State University and University of Toledo)?

- Reasonable, public school tuition
- MPH students attend classes and have access to facilities on all campuses.
- Relatively small class sizes (typically 10-20 students per class in areas of concentration)
- Technologically sophisticated classroom and laboratory learning environments.
- Faculty have national reputations for practice and research
- Fieldwork/Internship and Research opportunities
- Beautiful campuses, reasonable off-campus housing costs

## Where can I find more information about the profession and the program requirements?

- The Northwest Ohio Consortium for Public Health website: [www.nocphmph.org](http://www.nocphmph.org)
- American Public Health Association ([www.apha.org](http://www.apha.org)); Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov))
- Phone 419-383-4112 or e-mail [publichealth@utoledo.edu](mailto:publichealth@utoledo.edu) for questions regarding admissions.
- Debra Boardley, PhD, Professor, UT Department of Public Health & Preventive Medicine or Rebecca Pobocik, BGSU Dept. of Public Health & Rehabilitative Services, Northwest Ohio Consortium for Public Health [debra.boardley@utoledo.edu](mailto:debra.boardley@utoledo.edu) or 419-383-6735 / [pobocik@bqnet.bgsu.edu](mailto:pobocik@bqnet.bgsu.edu) or 419-372-7849