

**Master of Science in Food Science,
Nutrition, and Health Promotion**
Concentration in Health Promotion

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Nutrition, and Health
Promotion



What is Health?

- World Health Organization
 - “A state of complete physical, social and mental well-being, and not merely the absence of disease or infirmity”
- Is anyone truly healthy?
- Working definition

What is Health Promotion?

- “the science of helping people change their lifestyle to move toward a state of balanced health”
- Identify needs
- Develop methods to address needs
- Implement programs
- Evaluation
- Educate

Strategies For Health Promotion

- Build healthy public policy
- Create supportive environments for health
- Strengthen community action for health
- Develop personal skills
- Re-orient health services

Why Worry About Health Promotion?

- Many diseases/illnesses are preventable or treatable
- Cost
- Productivity
- Obligation to society

Healthy People 2010

- Healthy People 2010 presents a comprehensive, nationwide health promotion and disease prevention agenda. It is designed to serve as a roadmap for improving the health of all people in the United States during the first decade of the 21st century.
- Goals
 - Increase quality and years of healthy life
 - Eliminate Health Disparities
- Objectives
 - 467 with 28 Focus Areas
- Indicators
 - 10 used to measure progress

Health Statistics

- Cancer – African-Americans are more likely to have cancer
- CVD – Minority and low-income populations are at a higher risk
- Diabetes – Latinos, African-Am, Native-Am are ~2 times more likely to develop disease
- Infant Mortality – Nat'l average 6.9 per 1000
 - African-Am average 14.1 per 1000

Prevention

- Primary – preventing initial occurrence of disease
- Secondary – Identifying groups/individuals that engage in risk factors but have not developed disease
- Tertiary – Individual has disease so efforts are made to maximize functioning

MS Program at MSU

- 12 month possible
- Practical skills
- Distance format available
- Contact with faculty

Degree Requirements

- 2.75 UG GPA
- 800 GRE
- 15 hours of core classes
- 9 hours of research methods
- 9 hours of electives
- Comprehensive exam

Core Courses

- FNH 8513 Theory and Practice of Health Education
- FNH 8523 Health Promotion Techniques
- FNH 8553 Behavioral Epidemiology
- FNH 8613 Design and Administration of Health Promotion Programs
- FNH 8653 Implementation and Evaluation of Health Promotion Programs

FNH 8513 Theory and Practice of Health Education

- Introduction to Health Promotion
- Fundamental constructs of Health Promotion
 - School setting
 - Community setting
 - Worksite setting

FNH 8523 Health Promotion Techniques

- Implementation of Health Promo Programs
- Health Education strategies and methods
- Preparation of presentations
- Material development
- Mass Media
- Media Advocacy
- Legislative Action
- Coalitions

FNH 8553 Behavioral Epidemiology

- Theoretical framework
- Exploration of behaviors and health

FNH 8613 Design and Administration of Health Promotion Programs

- Principles of Health Promotion Models
- PRECEDE/PROCEDE
- HRA
- Community Health Needs Assessment

FNH 8653 Implementation and Evaluation of Health Promotion Programs

- Administration and Development of Focus Groups
- Development and Implementation Strategies for Health Promotion Programs
- Effective Health Promotion Program Evaluation

Research Methods

- FNH 8990 Intro to Epidemiology and Health Sciences Research
- FNH 7000 Directed Independent Study
- * PE 8313 Interpretation of Data in Exercise Science and Sport

FNH 8990 Introduction to Epidemiology and Health Science Research

- Interpretation of data generated from epidemiological research
- Use of epidemiological data to assess spatial causal associations
- Understanding validity and reliability in research data

FNH 7000 Directed Independent Study

- Independent research project under supervision of advisor

PE 8313 Interpretation of Data in Exercise Science and Sports

- May be substituted for other graduate level statistics course
- Online option available at other institutions

Elective Choices

- FNH 8143 Problems in Health Education
- FNH 8543 Health Education for Diverse Populations
- FNH 8990 Prevention and Control of Disease
- FNH 8623 Seminar in School Health
- FNH 8990 Environmental Health
- FNH 8990 Violence and Injury Prevention

Comprehensive Exams

- 5 cores courses
- Last semester / 6 hours
- 3.0 GPA