



1 Year
3 Courses
Countless Opportunities

Tufts
UNIVERSITY

Gerald J. and Dorothy R.
Friedman School of
Nutrition Science and Policy

Developing Healthy Communities: Nutrition, Behavior, and Physical Activity

◀ ◀ An Online Graduate Certificate Program ▶ ▶

Why This Program? >

The relationship between diet, physical activity and health is well researched, documented, and broadly disseminated to the public. Despite the extensive evidence, the obesity epidemic continues to grow in all segments of society, the impact of which can be felt through increased chronic disease, poor quality of life, early death, and the amplified burden on society as a whole stemming from ever swelling healthcare costs.

It takes more than just awareness to instigate significant change. This program will arm professionals from a variety of sectors with the scientific knowledge, as well as research supported methods of interventions, approaches and programs proven to help curb the prevalence of lifestyle-related health problems in our communities, towns and individual lives.



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◀ Nourishing Minds. Nourishing Humanity. ▶

What Will You Achieve? >

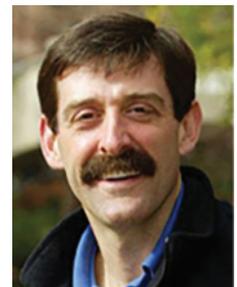
STUDY basic nutrition science, including the role of nutrition in chronic diseases and throughout the lifecycle. **EXPLORE** theories of behavior change as they relate to nutrition and public health interventions. **DESIGN** a research and program intervention that addresses a problem in your community. **ANALYZE** policy and environmental approaches being utilized nationwide to create settings that support healthier choices.

An Exceptional Experience >

- ▶ 100% online - and highly interactive - coursework that allows flexibility and convenience without sacrificing quality
- ▶ All courses developed *and taught* by Tufts faculty
- ▶ Student to Faculty ratio = 17:1
- ▶ Graduate-level academic credit from Tufts University
- ▶ Courses held to the same academic standards as our campus-based, graduate degree courses
- ▶ Join a diverse student body from 15 countries and 23 states

Certificate Courses >

- ▶ Foundations of Nutrition Science
- ▶ Theories of Behavior Change and their Application in Nutrition and Public Health Interventions
- ▶ Policy, Systems, and Environmental Change for Physical Activity



Featured Faculty >

Mark Fenton is a national public health, planning, and transportation consultant, an Adjunct Associate Professor at the Friedman School of Nutrition Science & Policy, and former host of the "America's Walking" series on PBS television. He teaches the *Policy, Systems, and Environmental Change for Physical Activity* class.