

# Community Interventions and Behavior Change

## Friedman Core\*

Nutrition science	Quantitative reasoning	Policy and programs	Experiential learning
NUTR 245 & 246: Scientific Basis for Nutrition, Micro & Macronutrients	NUTR 207: Statistical Methods in Nutrition Science and Policy	NUTR 203 <u>OR</u> NUTR 215 <u>OR</u> NUTR 238 <u>OR</u> NUTB 206**	Internship directed study, practicum, job, or other non-classroom experience
<i>2 courses, 6CR, FALL/SPR</i>	<i>1 course, 3CR, FALL</i>	<i>1 course, 3CR, VARIES</i>	<i>Minimum of 120 hours</i>

## Specialization Requirements

Required courses	Recommended courses	Related courses
<p>NUTR 204: Principles of Epidemiology • 3CR, FALL/SPR</p> <p>NUTR 228: Community and Public Health Nutrition • 3CR, FALL</p> <p>.....</p> <p>NUTR or NUTB or NUTC 211: Theories of Behavior Change and Their Application in Nutrition and Public Health Interventions • 3CR, SPR</p> <p>NUTR 217: Monitoring and Evaluation of Nutrition and Food Security Projects • 3CR, SPR</p>	<p>NUTR 210: Survey Research in Nutrition • 3CR, SPR</p> <p>NUTR 307: Regression Analysis for Nutrition Science and Policy • 3CR, SPR</p> <p>NUTR 310: Qualitative Research Methods for Nutrition • 3CR, SPR</p>	<p>PH 210: Law in Public Health • 3CR, FALL</p> <p>.....</p> <p>PH 262: GIS for Public Health • 3CR, SPR</p> <p>NUTR 273: Social Psychology of Eating Behavior • 3CR, SPR</p> <p>PH 290: Qualitative Methods and Data Analysis • 3CR, SPR</p> <p>.....</p> <p>NUTC 212: Developing Equitable, Inclusive Community Environments for Physical Activity • 3CR, SUM</p> <p>NUTB 227: Global Nutrition Programs • 3CR, SUM</p> <p>PH 246: Public Health Advocacy • VARIES</p>

\*Please speak with your advisor or the Dean for Education if you would like to request an exemption or substitution.

\*\* NUTR203: Fundamentals of Nutrition Policy and Programs; NUTR 215: Fundamentals of US Agriculture; NUTR 238: Economics of Food, Agriculture and Nutrition ; NUTB 206: Global Nutrition Policy and Programs

# Community Interventions and Behavior Change (continued)

## Skills and Knowledge Gained

Use health-related behavior theory to design, implement, and evaluate intervention; Know the strengths and weaknesses of different study designs and be able to choose an appropriate one; Evaluate an intervention by choosing appropriate outcomes and measures, and understand how and when to take measurements; Have a basic knowledge of implementation science; Use frameworks, models, and systems thinking to develop community and individual level evidence-based interventions; Demonstrate the ability to conduct comprehensive needs assessments to identify community priorities to inform nutrition intervention development; Describe community engagement principles and how to apply them to build collaborative partnerships with community members, organizations, and/or interest holders to enhance nutrition interventions; Develop and/or adapt nutrition interventions to be culturally appropriate and relevant, by applying community engagement, equity-focus, cultural adaptation principles to work; Describe the breadth of community intervention settings and strategies for promoting healthy eating and active living; Explain and apply steps in intervention / program development