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 **OR** NUTR 370/371: Nutritional Biochemistry and Physiology: Macronutrients / Micronutrients	NUTR 207: Statistical Methods in Nutrition Science and Policy	NUTR 203 **OR** NUTR 215 **OR** NUTR 238 **OR** NUTB 206**	Internship directed study, practicum, job, or other non-classroom experience
2 courses, **6CR, FALL/SPR**	*1 course,* **3CR, FALL**	*1 course,* **3CR, VARIES**	*Minimum of 120 hours*

Specialization Requirements

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

*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
Please note: The courses listed here and their availability may be subject to change. Please check SIS for current course offering.

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