

Online Graduate Certificate Programs at Tufts University



“Our students
come from all
over the world...”

...all age ranges, and with very different backgrounds. The certificate programs are a unique way to interact with people who come from all walks of life, but all with a common goal of improving our nutritional health and well-being.”

-Diane McKay, Ph.D, Program Director

Online Graduate Certificate Programs at Tufts University

The Friedman School currently offers the following online certificates designed to meet the needs of working professionals and others interested in expanding their knowledge, enhancing their skill set, and improving their marketability in order to advance in their career:

Certificate Program	Fall Courses	Spring Courses	Summer Courses
*Nutrition Science for Health Professionals	Principles of Nutrition Science	Nutrition, Health, and Disease I: Pregnancy to Adolescence	Nutrition, Health, and Disease II: Adulthood and Aging
Nutrition Science for Communications Professionals	Foundations of Nutrition Science	Interpreting Nutrition Evidence	Nutrition-Related Consumer Marketing
Developing Healthy Communities: Nutrition, Physical Activity and Behavior Change	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
Delivery Science for International Nutrition	Program Development and Delivery	Theories of Behavior Change and Positive Deviance	Program Monitoring and Evaluation
Sustainable Agriculture and Food Systems	Sustainability on the Farm	Sustainable Food Systems and Markets	Sustainability and the Food Consumer

*Students entering this program will need a degree in the life sciences or a course in physiology



A Message From the Dean

“One of the Friedman School’s most unique qualities is the drive and expertise of our students, faculty, and alumni to not only deepen our understanding of crucial scientific questions, but also study and influence policies to achieve lasting change. This combination is crucial; policy without science is dangerous, and science without policy is merely stale knowledge.”

-Dariush Mozaffarian, M.D., Dr.P.H. Dean

➤ Nutrition Science for Health Professionals

Research has consistently linked nutritional status with the development of several chronic diseases and, in the U.S. Dietary factors have been identified as the single most significant risk factor for disability and premature death. Healthcare professionals are now expected to interpret nutrition research and implement clinical practice guidelines, yet most have received little or no formal nutrition education. We offer a graduate certificate program where health professionals can acquire knowledge about nutrition science and skills in translating this knowledge into plans for disease prevention and treatment. This program has been designed by physicians and nutritionists who specialize in clinical nutrition, and will provide the fundamentals of nutrition science in a manner that will be accessible and valuable to those engaged in the healthcare professions.

➤ Nutrition Science for Communications Professionals

Television, magazines, and the internet are the primary sources of nutrition information for the general public. Communications professionals, such as journalists, freelancers, marketing, corporate and public relations professionals are often responsible for generating this information. While inaccurate messages confuse and mislead, breed skepticism, and can harm reputations, truthful and accurate messages can turn communications professionals into nutrition educators, helping consumers make positive lifestyle choices while helping clients attain their business goals. This program will provide communications experts with an understanding of the concepts and language of nutrition science, the skills required to interpret nutrition-related research studies for consumers, and the ability to apply this knowledge to help inform and guide marketing efforts.

➤ Developing Healthy Communities: Nutrition, Behavior, and Physical Activity

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.

➤ Delivery Science for International Nutrition

Despite agreement that scaling up select nutrition interventions would have huge payoffs, evidence and training on how to do this remains weak. Implementing effective nutrition programs at scale requires a clear understanding of institutional and human capacities required to support tailored, evidence-based programming that generates measurable (and actually measured) results. Improvements in health and nutrition will not occur without major advances in the delivery and implementation of proven interventions at scale. The course offerings in this certificate program are designed to meet the educational needs of those engaged in implementing nutrition-related programs around the world. The program builds the capacity of practitioners through specialized, graduate level training in program delivery science.

➤ Sustainable Agriculture and Food Systems

The many facets of the food system - from farms, to supply chain businesses, to consumers - feed the global population. In doing so, the food system uses a large share of financial capital and, especially, human and natural resources. Recent increases in consumption, which are likely to continue as populations grow and diets change, is the primary driver of the use of global resources. It is critical to understand the broad impacts of the food system in order to create effective policy and market solutions. This program is ideal for professionals engaged in a variety of food-related businesses and organizations, as well as others interested in implementing sustainable practices for their organizations, partners, and communities.

› 100% Online Courses

This course structure allows students with full-time careers the flexibility to continue their education without having to leave their job. Students must have access to a reliable computer and internet connection. Weekly lectures are available on-demand, as well as required readings, videos, written assignments, quizzes, and/or online discussions in which students actively engage with faculty and peers.

› The Highest Academic Standards

All online courses offered within the certificate programs are designed *and taught* by Tufts faculty, and held to the same academic standards and rigor as those taught live on the Boston campus. The Friedman School Graduate Certificate Programs are accredited by the New England Association of Schools and Colleges (www.neasc.org).

› One Year, 3 Courses, Countless Opportunities

Each certificate program consists of three courses that can be completed in one year. Students may elect to take a single course if they prefer not to commit to an entire program, or choose a different combination of courses from the different programs to meet their specific needs. Students may take up to three years to complete their program.

Course descriptions and program information are available at nutrition.tufts.edu/certificates

For more information, please contact us at nutritioncertificates@tufts.edu



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Nourishing Minds. Nourishing Humanity.

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