

What Prerequisites Do You Require?

Applicants should have a bachelor's degree that ideally includes some coursework in food and nutrition sciences, human biology, biochemistry and/or physiology. See the table below for the recommended range of coursework and skill areas that may be required for success in this field. Some of these courses (asterisked entries) are strongly recommended before beginning graduate work in Public Health Nutrition at UC Berkeley.

Coursework in other social sciences, including psychology, behavioral science, or economics, would strengthen your application. Successful applicants should also have excellent written and oral communication. Candidates should have paid or volunteer public health or nutrition-related work experience to strengthen and support their interests in working in this field.

Applicants who have not taken the basic recommended courses are encouraged to take the courses they are missing before applying to the Public Health Nutrition program, either through UC Extension (Post-Baccalaureate Pre-Health Professions Program courses are listed at <http://www.unex.berkeley.edu/profseq/health.html>) or from another college or university with equivalent offerings.

Common core of knowledge expected of Public Health Nutrition Professionals[‡]

Communications and Information Technology	Physical and Biological Sciences	Social Sciences	Food Sciences	Nutrition
Lay and technical writing	* Human Biology	* Psychology and/or behavioral science	Food technology and/or food safety	* Human nutrition (influence of age, growth, and development on nutritional requirements)
Interpersonal communication	* Physiology	* Public policy and/or Economics	Agriculture and food systems	* Nutrition and disease (health promotion and disease prevention theories and guidelines)
Use of media	* Biochemistry	Educational needs of diverse populations	Food security and/or food environment	Translation of nutrition needs into food choices and menus for people of diverse cultures and religions
Counseling and Educational theory and Interviewing techniques	Organic chemistry and/or microbiology and/or genetics	Health Behavior	Community food and nutrition programs	Influence of socioeconomic, cultural, and psychological factors on food and nutrition behavior and trends
Computer and information technology skills	Pharmacology		Culinary techniques or food composition and preparation	Complementary and alternative nutrition and herbal therapies

[‡] Adapted from Association of Graduate Programs in Public Health Nutrition, Inc. (2002). *Strategies for Success: Curriculum Guide*, 14-17. Retrieved from <http://nutrition.utk.edu/research/StrategiesForSuccess.pdf>

* These courses and skills are suggested to be acquired as part of your undergraduate coursework or as post-baccalaureate courses before applying to the MPH in Public Health Nutrition.

What Makes a Successful Applicant?

- Excellent GRE scores and grades from nationally or internationally recognized undergraduate institutions.
- Generally, some coursework in the sciences underlying human nutrition (including Biology, Chemistry, Organic Chemistry, Biochemistry, Physiology), and in Food and Nutrition Sciences (see chart on previous page), with good to excellent grades in these courses.
- Cultural competence and demonstrated knowledge of and interest in other cultures and languages.
- Communication skills – demonstrated in the Statement of Purpose – that reflect an understanding of what public health is and why you want to specialize in Public Health Nutrition.
- Critical thinking ability with an analytical approach to solving current issues in Nutrition and Public Health.
- Enthusiasm for and commitment to making a contribution to the public's health as reflected in your Statement of Purpose.
- Relevant work experience in Public Health Nutrition or related fields.
- Letters of recommendation that attest to the applicant's qualities in the areas mentioned above.

Admission Statistics of PHN Admits for 2015

Applicants	42	Quantitative GRE average percentile	61%
Admission Offers	18	Verbal GRE average percentile	73%
Offer Rate	43%	Upper division undergraduate GPA average	3.55
Average Age	26 years		

What Relevant Work Experience Should I Get?

Most students admitted for the MPH have at least one to two years of work experience to confirm their interests and career directions. Many have served in the Peace Corps, AmeriCorps, or Teach for America, or have worked in health departments, Cooperative Extension, WIC clinics, and local food banks. These types of experiences provide excellent opportunities to see public health needs in action, and help prospective students to have a better idea of the direction for graduate work.

Below is a sample list of areas where previously admitted students have worked:

- Research – bench science, public health, health/medical, or nutrition/physical activity
- Evaluation of health and social programs
- Health instruction
- Food banks or food pantries
- Registered Dietitian or dietetic intern
- Diet clerk/technician
- School lunch programs
- Child Feeding Programs Coordinator, Food Bank of South Jersey
- AmeriCorps/Peace Corps with a food/nutrition/physical activity or health-related project
- City or County food/nutrition/physical activity policy work
- Sustainability programs
- Nutrition consulting: individual, group, or to an organization
- Communications specifically for nutrition/public health/physical activity – online, print, or tv/radio
- School garden programs
- Farmers' markets
- Farms and agriculture management
- Food service management
- Departments of Public Health