Program Overview & Curriculum

OVERVIEW
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; build the capacity of practitioners through specialized, graduate level, pre-service or in-service training in program delivery science; and provide the opportunity to engage in lifelong professional development and networking. Students will gain a broad understanding of the issues inherent in designing, developing, and implementing nutrition intervention programs with an emphasis on developing countries; learn to differentiate between various health and nutrition theories and models in order to apply them appropriately to scenarios they face in their current work; and apply proven methodologies to design, monitor and evaluate interventions and educational health and nutrition programs. The Delivery Science in International Nutrition certificate is conferred jointly by the Tufts Friedman School and partner institution, United Nations University (UNU).

CURRICULUM
Program Development and Delivery
This course provides presentations, readings, and exercises relating to the broad range of nutrition interventions utilized in global programs, including: growth monitoring and promotion; nutrition counseling and IEC; supplementary feedings and food-based income transfers; household food security and agricultural-based interventions; micronutrient activities; and breast-feeding. The course covers malnutrition causality, nutrition and structural adjustment, social funds, economic and food aid, active learning capacity and the nutrition transition. Students become versed in program design and appraisal techniques including dynamic models and program constraint assessments, and are responsible for major exercises relating to programs in Asia, Africa and Latin America.

Theories of Behavior Change and their Application in Nutrition and Public Health Interventions
This course explores various theoretical perspectives on nutrition and health-related behavior change in a global context. It includes an examination of several individual-based, social-based, organization-based and eco-social theories, including the Health Belief Model, the Theory of Planned Behavior, the Trans-theoretical Model, Social Support, Diffusion of Innovations, and Positive Deviance. Knowledge of these theories will help inform the design of research and program interventions based on psycho-biological, social, cultural and organizational frameworks. The course emphasizes an understanding of core theory concepts and issues in measurement, and will allow for direct application of the theories to students’ current research and program intervention interests.

Monitoring and Evaluation
This course provides an introduction to the principles and practices of program monitoring and evaluation, as applied to food security and nutrition-related programs in developing countries. The course content will be imparted through online lectures, case studies, interactive discussion, and assignments that prompt students to grapple with monitoring and evaluation challenges facing ongoing global efforts to combat malnutrition and food insecurity. By the end of the semester, course participants will: be familiar with the strategies and techniques for monitoring and evaluating projects, particularly those related to nutrition and food security; be able to assess the adequacy of monitoring and evaluation proposals and program evaluations designed by others; be exposed to multiple domestic and international examples of monitoring and evaluation systems, both large and small; and gain experience in the design of monitoring and evaluation plans for real programs.

Benefits
The courses that comprise the Friedman School Graduate Certificate Programs are held to identical academic standards as the courses taught in Boston to our masters degree students. Persons in mid-career positions are ideal candidates for a certificate program when they can combine knowledge gained from their current positions and leverage the targeted skills gained from their coursework.

Upon completion, students will earn graduate credit, which may be applied toward a degree program. Check with the specific school and program to verify whether they will accept transfer credits.

Learn More
Visit http://nutrition.tufts.edu/certificates and learn about the streamlined application process, affordable tuition, and the excellence in nutrition leadership that Tufts Friedman School represents. Serious candidates should register for an online webinar, meet our faculty, and get answers to all questions. Email nutritioncertificates@tufts.edu for more information.

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