



Student Handbook

2026-2027

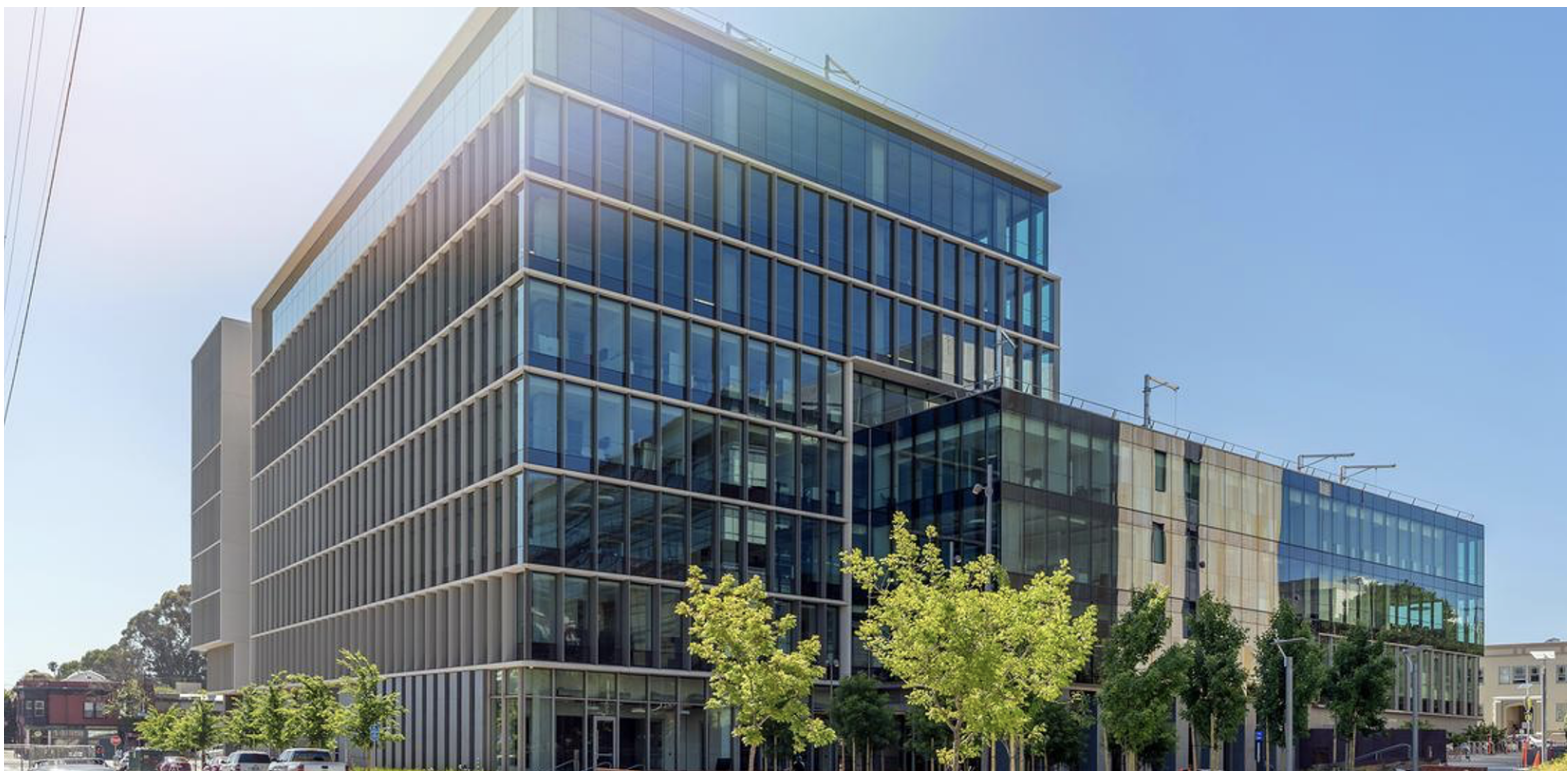


TABLE OF CONTENTS

About the Program	3
FNPH Program Competencies	4
2-YEAR CURRICULUM	4
FNPH 4 + 1 MPH CURRICULUM	7
Integrative Learning Experience	9
FNPH 11-MONTH MPH CURRICULUM	9
Curriculum: Other Elective Courses – Sample List	12
Practicum	14
Example Practicum Sites	15
Employment	16
Graduate Certificates	18
SPH Student Handbook	18
Faculty/Staff Bios	20

About the Program

The Food, Nutrition and Population Health program is one of nine master's level academic areas of concentration within the School of Public Health (SPH). FNPH is part of the division of Community Health Sciences (CHS). CHS comprises four programs of study: the UCB – UCSF Joint Medical Program, the Health and Social Behavior program, the Maternal and Child Health program, and the FNPH program, that offer diverse perspectives on the preservation of health and the origins of disease. The division's broadly multidisciplinary faculty represents, among others, the fields of medicine, epidemiology, sociology, health education, anthropology, health psychology, human reproduction, nutrition, economics, journalism, and moral philosophy.

With a collective emphasis on the prevention of disease and the promotion of health, the division's shared interests center upon five scholarly and teaching themes:

- ◆ *Biological factors, social environmental factors, and biology-environment interactions* in human adaptation and the genesis of disease;
- ◆ The role of *time*—e.g., historical, developmental—in the life course epidemiology of mental and physical disorders;
- ◆ *Racial/ethnic and other sociocultural and sociostructural disparities* in population health;
- ◆ *Place and health*, or the role of the built environment in disease prevention and health promotion;
- ◆ The *translation* of interdisciplinary research into medical and public health practice.

Mission Statement

The mission of CHS is to train public health researchers, clinicians and practitioners to act on their understanding of the interdisciplinary and community based nature of public health. The division's broad orientation is based on developmental epigenesis: that is, how biologically based differences in individual susceptibility and resistance work together with social, physical and cultural environments to influence the emergence of disease and the preservation of health over the human life course.

FNPH Program Competencies

The 12 Foundational Public Health Learning Objectives and Foundational Competencies are determined by the Council on Education for Public Health (CEPH), and the 22 MPH Foundational Competencies are determined by Berkeley faculty to identify key skills attained by the program for all public health graduates. The complete list of learning objectives and foundational competencies can be found on the [Berkeley Public Health Competencies page](#).

Upon satisfactory completion of the MPH curriculum with a concentration in FNPH, all students will be able to demonstrate the following competencies.

1. Describe the magnitude, distribution and trends of nutrition problems in populations.
2. Explain dietary influences including social determinants on health outcomes, and identify population-based strategies to improve nutritional health.
3. Assess the nutritional status of individuals using anthropometric, diet and biochemical methods.
4. Evaluate nutrition research and interpret the implications for public health policies and programs, identifying key issues that address social inequities.
5. Apply interdisciplinary approaches to integrate social, political, economic, and ecological dimensions to contextualize nutrition, food systems and health problems and opportunities.



2-YEAR CURRICULUM

(Fall 2024 Admits)

SCHOOL-WIDE REQUIRED COURSES (17+ units)

All required courses must be taken for a letter grade and passed with a B- or better, except PBHLTH 297 which is taken S/U.

- +PBHLTH 142 Intro to Probability & Statistics in Biology and Public Health, 4 Units (1st Fall or Spring)
Suggested: Take in 1st year Spring to avoid overloading your 1st Fall semester in graduate school.
- PBHLTH 200J Health Policy & Management Breadth Course, 2 Units (1st Fall Only)
- PBHLTH 200K Environmental Health Sciences Breadth Course, 2 units (1st Spring)
- PBHLTH 200L Health and Social Behavior Breadth Course, 2 units (1st Fall Only)
- +PBHLTH 250A Epidemiologic Methods I, 3 Units (1st Fall Only)
- PH291: Leadership for Public Health Changemakers, 1 Unit (Fall or Spring)
Taught Fall and Spring, but highly suggested to take it in Fall. Other alternatives available as an option: PH224A (3 units fall) or PH223C (3 units spring)
- PBHLTH 297 Public Health Field Placement, 3 Units (2nd Fall Only)

+This requirement may also be fulfilled by completing an SPH-approved higher-level alternative course (see [SPH Student Handbook](#) for a complete list of approved alternatives).

FOOD, NUTRITION AND POPULATION HEALTH REQUIREMENTS (5 Courses Total)

All required courses must be taken for a letter grade and passed with a B- or better.

- PBHLTH 206 Critical Issues in Public Health Nutrition, 2 Units (1st Fall only)
- Human Nutrition Course (Choose one):
 - PBHLTH 207A Public Health Aspects in Maternal and Child Nutrition, 3 Units
 - *PBHLTH W207A Maternal and Child Nutrition, 3 Units
 - *PBHLTH PH206EW: Diet and Chronic Disease, 3 Units
- Policy Course (Choose one):
 - PB HLTH 206B Food and Nutrition Policies and Programs, 3 Units
 - *PBHLTH W206B Food and Nutrition Policies and Programs, 3 Units
 - PB HLTH 206D Food and Nutrition Programs & Policies in Developing Countries, 3 Units
- PBHLTH 206C Nutritional Epidemiology (2nd year only), 3 Units
- **Integrative Learning Experience:** See ILE page for more details.

Focus Area: (Optional, but recommended set of coursework to focus your academic studies in addition to required coursework above)

- A. Program Planning: PBHLTH 205 Program Planning, 4 Units AND 2 from below
 - PBHLTH 218B Evaluation of Health and Social Programs, 4 Units
 - PBHLTH 219E Qualitative Methods, 3 Units
 - *PBHLTH W219 Survey Methods 3 units
- B. Epidemiology: PBHLTH 206C Nutritional Epidemiology, 3 units AND 2 from below
 - PBHLTH 241 Categorical Statistics, 4 Units
 - PBHLTH 245 Multivariate Statistics, 3 Units
 - PBHLTH 250B Epidemiological Methods II, 3 Units
 - PBHLTH 255A Social Epi
- C. Food Systems: See [Graduate Certificate in Food Systems](#)
- D. Policy: Choose 3 from below
 - PBHLTH 220D Health Policy Advocacy, 3 Units
 - PBHLTH 290 Child Poverty & Health, 3 Units
 - Law 220F Food Law & Policy, 3 Units (enrollment subject to Law School procedures)

*Enrollment in online courses requires a permission code. Please see [Info for Non-OOMPH Students](#) for course enrollment instructions.

Not all courses are taught every year. Check [Course Schedule](#) for updated information.

Sample Recommended Course Sequence for 2-Year FNPH Program			
FIRST YEAR			
fall	PBHLTH 250A	Epidemiologic Methods I	3 units
	PBHLTH 200J	Health Policy and Management Breadth Course	2 units
	PBHLTH 200L	Health and Social Behavior Breadth	2 units
	PBHLTH 206	PH Nutrition Core Course: Critical Issues in Public Health Nutrition	2 units
	PBHLTH 291	Public Health Leadership	1 unit
	PBHLTH 207A	MCH Nutrition	3 units
		Electives to meet minimum of 12 units	2+ units
	Total Units for Fall		15+ units
spring	PBHLTH 142	Introduction to Probability and Statistics in Biology and Public Health	4 units
	PBHLTH 200K	Environmental Health Sciences Breadth Course	2 units
	PBHLTH 206B	Food and Nutrition Policies and Programs	3 units
	PBHLTH 205	Program Planning and Needs Assessment (<i>sample focus area course</i>)	4 units
	Total Units for Spring		13 units
SECOND YEAR			
fall	PBHLTH 207	Transforming the Food System: From Agroecology to Population Health (<i>example ILE course</i>)	3 units
	PBHLTH 218B	Evaluation of Health and Social Programs (<i>sample focus area course</i>)	3 units
	PBHLTH 297	Field Study in Public Health	3 units
		Electives to meet minimum of 12 units	3+ units
	Total Units for Fall		12+ units
spring	PBHLTH 206C	Nutritional Epidemiology	3 units
	PBHLTH 219E	Introduction to Qualitative Methods in Public Health Research (<i>sample focus area course</i>)	3 units
	Elective courses to meet required units for degree		9+ units
	Total Units for Spring		12+ units

FNPH 4 + 1 MPH CURRICULUM

The School of Public Health 4+1 MPH program with concentration in Food, Nutrition and Population Health is offered to high achieving UC Berkeley Public Health undergraduate majors who have excelled academically and have been highly involved in public health nutrition related volunteer and/or work experience. This 4+1 program is an intensive, full-time course of study and requires completion of 42 units total: up to 8 units of *graduate-level* coursework in the last semester of your public health major, at least 31 units of coursework between the fall and spring semesters, plus a Public Health Internship in the Summer after coursework (3 units). The program runs August – August. *All required courses must be taken for a letter grade and passed with a B- or better, except PBHLTH 297 which is taken S/U.*

The 1-year program also requires completion of an Integrative Learning Experience (ILE) project completed by the student during the year. Projects are presented in the Spring semester in written and oral formats.

Pre Requisites:

1. NST 10 Introduction to Nutrition
2. Suggested: Another Upper Division NST course, or PB HLTH 118 Nutrition in Developing Countries (can be taken concurrent with application)

NOTE: Modifications in program requirements and course offerings may occur from year to year.

Last Semester of PH Major before MPH

- Graduate-level courses (200-299), or approved FNPH course (206B, 206D, or 207A). Courses must be **beyond those chosen for your PH major**. No double dipping. (Up to 8 units)

Academic Year (Fall/Spring)

- PB HLTH 200L Health & Social Behavior Breadth Course (Fall, 2 units)
- PB HLTH 205 Program Planning (Spring, 4 units)
- PB HLTH 206 Critical Issues in Public Health Nutrition (Fall, 2 units)
- PB HLTH 206B Food and Nutrition Policies and Programs (Spring, 3 units) ****Note - canceled for Spring '25 - all students should take PBHLTH W206B in Fall '24 instead.**
- PB HLTH 206C Nutritional Epidemiology (Spring, 3 units)
- PB HLTH 207A Public Health Aspects in Maternal and Child Nutrition (Fall, 3 units)
- PB HLTH 278 4+1 Fall Seminar (P/NP) (Fall, 1 unit)
- PH291: Leadership for Public Health Changemakers, 1 Unit (Fall or Spring)
Taught Fall and Spring, but highly suggested to take it in the Fall. Other alternatives available as an option: PH224A (3 units fall) or PH223C (3 units spring)
- PB HLTH 297 Public Health Internship (Summer only) (3 units)
- ILE Course (see below) Choice of ILE Course (3 units)
- XXX Electives to make up 42 units in total (XX units)

All required coursework listed above must be taken for a letter grade. A B- or higher is required for the SPH-wide breadth courses. See SPH Student Handbook for more details about grade requirements for the SPH-wide breadth courses. Electives for Fall and Spring may be any upper division or graduate (100-299) level courses.

Sample Recommended Course Sequence for 4+1 FNPH Program			
fall	PBHLTH 200L	Health and Social Behavior Breadth	2 units
	PBHLTH 206	PH Nutrition Core Course: Critical Issues in Public Health Nutrition	2 units
	PBHLTH 278	Health Policymaking and 4+1 Competency Development	2 units
	PBHLTH 291	Public Health Leadership	1 units
	PBHLTH 207A	MCH Nutrition	3 units
		<i>Electives to meet 42 units for degree</i>	5+
	Total Units for Fall		15+ units
spring	PBHLTH 205	Program Planning and Needs Assessment	4 units
	PBHLTH 206B	Food and Nutrition Policies and Programs	3 units
	PBHLTH 206C	Nutritional Epidemiology	3 units
	<i>ILE Course of your choice</i>		3-4 units
	<i>Elective courses to meet 42 units for degree as needed</i>		x units
	Total Units for Spring		16 units
summer	PBHLTH 297	Field Study in Public Health (<i>requires an additional enrollment through summer.berkeley.edu and a per-unit fee</i>)	3 units
	Total Units for Summer		3 units

Integrative Learning Experience

2-Year and 4+1 Students

The Council on Education in Public Health (CEPH), our accrediting body, requires that all students complete an Integrative Learning Experience. The ILE requirement is designed to review, integrate, and apply concepts and methods presented in the core courses and will demonstrate synthesis of foundational and concentration competencies. The ILE must be taken for a letter grade and must be completed in the final year of the program. Students will present their ILE work for faculty, mentors, and peers at the annual Food, Nutrition and Population Health Soiree in the Spring. Oral presentations will be about 5 minutes in length, subject to cohort size and total time constraints.

Your ILE will be the accepted coursework from a list of approved courses (below). The pre-approved rigorous graduate-level course should provide the knowledge and skills you seek in an integrative and culminating experience. The written assignment product of the course chosen will serve as your ILE paper, and will need to be submitted to the program prior to graduation (details for submission TBD). The topic of the course and/or paper needs to be related to food/nutrition, physical activity, etc. Your ILE course must be taken in ***your final year*** of studies.

Approved (Preferred/Highly Recommended) ILE Classes: *(For these classes – if the class you choose for your ILE is already a required course, you will need to complete an additional or expanded paper beyond the course requirements to avoid double dipping. You must inform the FNPH instructor you are using the course as ILE within the first 3 weeks of the semester)*

- PBHLTH 206B or 206D Food Policy (US or Global)
- PBHLTH 206C Nutritional Epidemiology (required ILE choice for 11-month and MCH Nutrition trainees)
**additional paper is required for all students choosing 206C as the ILE, beyond course requirements*
- PBHLTH 207 Transforming Food Systems
- PBHLTH 207A Maternal and Child Nutrition
- PBHLTH 209B Plant Futures Challenge Lab

Approved ILE courses, but not as preferred:

- PBHLTH 204A Mass Communications
- PBHLTH 205 Program Planning (ILE option for 2-year students only)
- PBHLTH 218B Evaluation of Health and Social Programs
- PBHLTH 220D Health Policy Advocacy
- PBHLTH 245 Multivariate Statistics
- CY PLAN C256/PB HLTH C233 Healthy Cities

Other courses by approval. Please meet with a faculty advisor if you wish to request a course not listed above.

Please note that not all courses are taught every year. Check the [Course Schedule](#) for most updated information.

FNPH 11-MONTH MPH CURRICULUM

The 11-month MPH program with a concentration in Food, Nutrition and Population Health is offered to professional Registered Dietitians (RDs) who have had at least 2 years of work experience as an RD. It is also open to qualified health professionals such as physicians and nurses. The 11-month program focuses specifically on developing skills in nutrition epidemiology and research. It is an intensive, full-time course of study running from July to May. The program requires completion of 8 units of coursework in Summer Session, and at least 16-18 units of coursework in the fall and spring semesters. Total unit requirement is 42 units. *All required courses must be taken for a letter grade and passed with a B- or better, except PBHLTH 297 which is taken S/U.*

The 11-month program also requires completion of an Integrative Learning Experience (ILE), PBHLTH 206C Nutritional Epidemiology. The Nutritional Epi ILE will include a simple data analysis (multiple linear regression using STATA) with an accompanying paper, and an oral presentation in the Spring.

In addition to these requirements, students in the 11-month program may be able to transfer 4 units of graduate level coursework from an accredited institution. Please note that students must petition the UC Berkeley Graduate Division in order to transfer units.

NOTE: Modifications in program requirements and course offerings may occur from year to year.

Summer - 7 Required Units

- PB HLTH 142* Introduction to Probability and Statistics in Biology & PH (4 units)
- PB HLTH 250A* Epidemiologic Methods (3 units)

Fall/Spring - 21-23 Required Units

- PB HLTH 200J Health Policy & Management Breadth Course (Fall, 2 units)
- PB HLTH 200K Environmental Health Breadth Course (Spring, 2 units)
- PB HLTH 200L Health & Social Behavior Breadth Course (Fall, 2 units)
- PB HLTH 206 Critical Issues in Public Health Nutrition (Fall, 2 units)
- PB HLTH 206B Food and Nutrition Policies and Programs (Spring, 3 units)
- PB HLTH 206C Nutritional Epidemiology (ILE) (Spring, 3 units)
- PH291: Leadership for Public Health Changemakers, 1 Unit (Fall or Spring)
Other alternatives available as an option: PH224A (3 units fall) or PH223C (3 units spring)
- PB HLTH 250B Epidemiology II (Spring, 4 units)
- **One class in Measurement/Analysis:**
 - PB HLTH 241 Intermediate Biostatistics for Public Health (4 units)
 - PB HLTH 245 Introduction to Multivariate Statistics (4 units)
 - PBHLTH W251 R for Public Health (2 units)
- Electives to make up 42 units total across Summer, Fall, and Spring (XX units)
 - Suggestion: PB HLTH 206D Nutrition in Developing Countries (3 units)
 - Suggestion: PB HLTH 207A Public Health Aspects in Maternal and Child Nutrition (3 units)

*This requirement may also be fulfilled by completing a PB HLTH-approved higher-level alternative course (see SPH Student Handbook for a complete list of approved alternatives. Alternatives should be discussed with the FNPH Program Faculty or Staff Advisor). Additional units will need to be taken to ensure meeting the 42-unit requirement.

Recommended Course Sequence for 11 month FNPH Program			
summer	PBHLTH 142	Introduction to Probability and Statistics in Biology and Public Health	4 units
	PBHLTH 250A	Epidemiologic Methods I	3 units
	Total Units for Summer		7 units
fall	PBHLTH 200J	Health Policy and Management Breadth Course	2 units
	PBHLTH 200L	Health and Social Behavior Breadth	2 units
	PBHLTH 206	PH Nutrition Core Course: Critical Issues in Public Health Nutrition	2 units
	PBHLTH 245	Introduction to Multivariate Statistics	4 units
	<i>Elective courses to meet required units for degree</i>		2+ units
	Total Units for Fall		12+ units
spring	PBHLTH 241	Intermediate Biostatistics for Public Health	4 units
	PBHLTH 291	Leadership for Public Health Changemakers	1 unit
	PBHLTH 206B	Food and Nutrition Policies and Programs	3 units
	PBHLTH 206C	Nutritional Epidemiology	3 units
	<i>Elective courses to meet required units for degree</i>		2+ units
	Total Units for Spring		13+ units

Curriculum: Other Elective Courses – Sample List

Elective courses may be chosen from anywhere in the school or university. Elective courses must be numbered 100 and higher to count towards the 48-unit minimum requirement for graduation.

Courses vary each semester and may not be taught every year; see Course Schedule for the most updated list of courses.

Food and Nutrition

MBN 104	Food, Culture, and the Environment (2 units)
MBN 105	Mediterranean Nutrition and Food System (3 units)
MBN 160	Metabolic Bases of Human Health and Diseases (4 units)
MBN 166	Nutrition in the Community (3 units)
MBN 245	Counseling in Nutritional Sciences (2 units)
PH 209A	Intro to Plant Futures (1 unit)
PH 209B	Plant Futures Lab (3 units)

Program Design, Research and Evaluation

*PH W219	Introduction to Survey Methods (3 units)
PH 219C	Community Based Participatory Research (3-4 units)
PH 219E	Introduction to Qualitative Methods in Public Health (3 units)
PH 245	Introduction to Multivariate Statistics (4 units)
PH 255D	Methods in Social Epidemiology (2 units)
SW 107	Foundations, Philanthropy, & Social Services: Grant Writing for Program Development (3 units)
SW 251	Program Development (2 units)

Behavior

PH 203A	Theories of Health and Social Behavior (3 units)
SW 200	Theories for Multilevel Practice (2 units)

Communication

PH 204A	Mass Communications in Public Health (3 units)
---------	--

Cultural Competency

PH 202B	Ethnic and Cultural Diversity in Health Status (3 units)
*PH W212	Foundations of Global Health (3 units)
PH 255A	Social Epidemiology (3 units)

Policy

PH 220	Health Policy Decision-Making (3 units)
PH 220D	Health Policy Advocacy (3 units)
PH 220E	Global Health Policy (3 units)
PH 221	Mental Health Policies, Programs, and Services (2 units)

**Enrollment in online courses requires a permission code. Please see [Info for Non-OOMPH Students](#) for course enrollment instructions.*

Please refer to this student developed [sheet](#) for more recommended elective courses.

Other relevant schools and departments you may wish to choose from outside of the School of Public Health include:

Agricultural and Resource Economics

Journalism

City and Regional Planning

Molecular and Cell Biology

Demography

Nutritional Science and Toxicology

Education

Social Science departments

Environmental Science, Policy & Management

Public Policy

Geography

Social Welfare

International & Area Studies

Language departments

Practicum

Each 2-Year and 4+1 student completes a public health practice experience for a minimum of 12 weeks. Though the Practicum is completed over the summer between their two years of study (for 4+1 students, in the summer after your coursework), students register for 3 units of PH 297: Public Health Field Study (for 2-year students, in the Fall Semester of their second year; for 4+1 students, in the Summer after your coursework). Internship sites are chosen from a wide range of public health organizations and research institutions and are selected based on the student's objectives for professional development and the needs of the organization. Many sites are local, but students may also intern in other parts of the country or the world.

This experience provides opportunities to:

- Apply and enhance classroom knowledge and skills
- Experience how one public health organization functions
- Develop a professional identity
- Explore personal growth and career direction

The Practicum is coordinated by RISE: Berkeley Public Health Careers & Leadership Office. RISE's mission is to support students, faculty, alumni, and practitioners as current and emerging health leaders to achieve excellence in practice as they promote individual and community health. RISE recruits more than 130 summer and part-time school year internship opportunities for MPH students. Internship opportunities are made available for students to apply for through the BPH Job Site (PHLEX). While most placements are in California, there are also opportunities in other areas of the country and internationally. In addition to having access to these opportunities, RISE practicum supervisors work with students individually to develop other internship options that may suit their unique interests or help students assess and finalize internship opportunities they may identify on their own. Practicum supervisors are experienced practitioners and teachers who are dedicated to assisting students in their assigned concentrations pursue their career and internship interests and providing support to students throughout their internships and MPH program.

Through these mechanisms, all MPH students are able to obtain a summer internship. Interns report a high level of satisfaction with their internships. While not guaranteed, many students continue their internships on a part-time basis while completing school and/or are offered permanent post-graduation jobs.

Summer Practicum Supervisors:

2-year students: [Elsa Esparza: eesparza@berkeley.edu](mailto:eesparza@berkeley.edu)

4+1 students: [Robin Flagg PhD: rflagg@berkeley.edu](mailto:rflagg@berkeley.edu)

Example Practicum Sites

Employer	Key Projects
Child Family Health International	Researched host faculty and community member perceptions of what students should learn while participating in global health programs
Nutrition Policy Institute (NPI)	Evaluated CA Dept. of Food and Agriculture refrigeration project within 6 corner stores in Oakland, CA Coordination of field data collection activities, liaising with farmers' market managers, and coordinating travel logistics.
UC Berkeley School of Public Health	Analyzed national survey of pregnant women and mothers, and participated in the manuscript writing and literature review
Monterey Peninsula Unified School District	Designed plan to increase local sourcing of fruits, vegetables, and protein
Oakland Unified School District	Menu planning and training for district staff members Menu redesign to meet Healthy Hunger Free Kids Act standards
Kaiser Permanente, Thriving Schools	Developed resources and educational materials to improve school facilities related to school meals, eating areas, and drinking water.
CHORI/Children's Hospital Oakland	Developed and disseminated materials on core research areas CHORI and the Children's Foundation for potential funders and partners.
UCSF Adolescent Medicine	Adolescent eating disorders, refeeding, malnutrition in obese and overweight patients, atypical anorexia and the gut microbiome
Contra Costa Health Services	Developed and prepared WIC drive-through event and nutrition classes Reviewed WIC office emergency plan document during COVID-19
California WIC Association	Developed a WIC Toolkit to engage men and dads
San Francisco Department of Public Health	Developed programs/tools aimed at increasing fruit and vegetable intake in children ages 0-5 to reduce health disparities in San Francisco
Alameda County DPH	Evaluation and research of child obesity prevention programs
CA DPH, MCAH Division	Revised 2020 California Nutrition & Physical Activity Guidelines Conducted interviews and literature reviews for a new chapter on Food Security in California youth Assisted MCAH Division with nutrition, physical activity and breastfeeding projects to meet Title V goals
Center for Healthy Schools and Communities	Developed School Health Centers (SHC) Organizational Assessment Tool to build the operational capacity & quality practice of SHCs Drafted toolkit "Alameda County SHC Guide to Excellence"
San Diego County Health and Human Services MCAH	Black Infant Health Program: program planning and evaluation report Redesign and implementation of Perinatal Care Network services
EatSE	Implemented and evaluated Vouchers 4 Veggies program WIC client, survey data collection and data analysis Trained community-based organizations and local food vendors that distribute and redeem vouchers

Nourish California	- Literature review and report on charter school lunch policy - Drafted policy briefs, fact sheets, advocacy materials; participate in meetings and events to support policy agendas
Public Health Advocates	Designed educational materials about CA soda warning label policies
Santa Clara County DPH	Policy analyses of sweetened beverage policy, developed educational materials about Healthy Cities Campaign
Sarah Samuels Center for Research & Evaluation	Evaluated media campaign for a national evaluation proposal

Employment

The MPH in Food, Nutrition and Population Health prepares students for work in state or local government or nonprofit health agencies, or other community, policy development or research organizations that deal with health and nutrition policy and program design, implementation, and evaluation. Employers value our graduates' skills in critical thinking, analysis, and leadership. Here are some recent organizations that have recruited our graduates:

- Policy Analyst, [California Food Assistance Program](#)
- Research Assistant, [CalFresh Healthy Living](#)
- Consultant, [The Teaching Kitchen Collaborative](#)
- Project Manager, [Kaiser Permanente](#) (communications)
- Dietetic Intern at various institutions: [CSU Sacramento](#), [San Francisco State](#), Children's Hospital
- Registered Dietitian at various institutions: [UCSF Medical Center](#), [Kaiser Permanente](#), [City of San Francisco](#), [Morrison Healthcare](#), Children's Hospital, [Sutter Health](#), [Alameda County](#)
- Food Environment Lead, [Blue Zones Project](#)
- Founder and Director, [Plant Futures](#) at UC Berkeley
- Research and Education Coordinator, [UC Berkeley Basic Needs Center](#)
- Various positions (research and policy analysis), at [Nutrition Policy Institute](#), [Stanford University School of Medicine](#), [UCSF](#), [Kaiser Permanente](#), [Mathematica](#), [Public Health Institute](#), [UCI](#), [UC Cooperative Extension](#)
- PhD, MD, JD candidates at various Universities
- Nutritionist, [Foodsmart](#) (Telehealth)
- Farm to School Network Lead at [CA Department of Food and Agriculture](#)
- Consultant, [EatSF](#)
- Senior Manager, [Impossible Foods](#)
- Manager, [Sound Agriculture](#)
- Program Coordinator, [Leah's Pantry](#)
- Nutrition and Wellness Program Supervisor, [Alameda County Community Food Bank](#)
- Food Safety Specialist, [Community Alliance with Family Farmers](#)
- Health Equity Communications Officer, [California Health Care Foundation](#)
- Farm to School programming at various organizations: [REAP Food Group](#), [USDA](#)
- Farm to Fork Consultant at Backyard Farmers Collective
- Agricultural Marketing Specialist at [USDA](#)
- Nutrition programs at [Project Open Hand](#)

Graduate Certificates

Graduate Certificates are available for students who wish to focus on specific areas of interest to complement/supplement their program curricula (similar to a minor). Each Certificate has its own requirements. Completion of the Certificate will be noted on the memorandum section of your official transcript (not the diploma) Please contact each Graduate Certificate advisor for guidance.

CERTIFICATE IN FOOD SYSTEMS

The [Graduate Certificate in Food Systems \(GCFS\)](#) responds to an escalating need to empower new leaders with the capacity to create innovative solutions to pressing food and agriculture challenges. Building on UC Berkeley's strength as a cross-disciplinary pioneer in food systems studies, the Certificate in Food Systems prepares master's and doctoral students to think critically about the multi-level, multi-system factors that affect food production, distribution, and consumption locally, nationally, and globally. This interdisciplinary program complements students' primary fields of study by addressing the ecological, social, health, political, policy, legal, and economic dimensions of food and agriculture and providing graduates with the necessary theoretical framework and practical skills that can be applied across diverse and emerging food systems challenges.

Contact: gcfs@berkeley.edu

CERTIFICATE IN HEALTH MANAGEMENT

The new Graduate Certificate in Health Management from the [Health Policy and Management Division](#) at the School of Public Health supports graduate students at UC Berkeley in developing these critical competencies through a comprehensive trio of toolkit courses that focus on skill-building, frameworks, and applied learning. These courses complement a wide range of existing degree programs and will appear on official graduate transcripts.

Contact: Kristine Doss | hpm_mph@berkeley.edu





SPH Student Handbook

This is the FNPH program handbook. Please also see the SPH Student Handbook for schoolwide requirements, policies, and procedures.

SPH Student Handbook:

<https://publichealth.berkeley.edu/student-life/2022-2023-student-handbook/>

Faculty/Staff Bios

Faculty



Lia C. Haskin Fernald, PhD, MBA

**Professor, Food, Nutrition and Population Health
Community Health Sciences**

Research Interests

- Psychosocial and biological determinants of health
- Obesity, overweight, and nutritional and epidemiologic transition
- Malnutrition, international child health and development
- Immigrant health, inequalities and health disparities
- Early experience, stress hormones, salivary cortisol.

Courses

- PB HLTH 118: Global Nutrition
- PB HLTH 206D: Food and Nutrition Programs and Policies in Developing Countries
- PB HLTH 206: Critical Issues in Public Health Nutrition
- PBHLTH 207A: Public Health Aspects in Maternal and Child Nutrition
- PB HLTH 290: Child Poverty and Health

Lia Fernald did her undergraduate work at Swarthmore College, where she majored in Biological Anthropology with a Concentration in Food Policy. She was a Fulbright Scholar in Kingston, Jamaica, after which she received a PhD in Clinical Medicine with a focus on international nutrition from the University of London. Lia then received her MBA from UC Berkeley, with a focus on Health Management. Before coming to UC Berkeley, she was on the faculty in the Department of Medicine (Center for Health and Community) at the University of California, San Francisco.

Dr. Fernald's research program has been driven by the primary question of how inequalities and variations in socio-economic status contribute to adverse nutritional outcomes in children and adults. She has approached this question by looking both at conditions of over- and under-nutrition and the influence of individual, family, and contextual characteristics on these factors, and how interventions addressing socio-economic status contribute to negative nutritional outcomes. Specifically, Dr. Fernald's research focuses on 1) the impact of economic and health interventions on nutritional status, nutrition-related health outcomes, lifestyle and behavior, and mental health; 2) links between nutritional status and factors contributing to vulnerability (such as immigrant status); and 3) development of effective interventions using information about contextual, family, and individual variability. She has published several articles and book chapters relating to nutritional deficits and child development in addition to papers about obesity, adolescent risk behavior, and stress physiology.

Dr. Fernald has previously worked in Jamaica, Kenya, Nepal, Zimbabwe, India, and Mexico, and currently has projects in Mexico, Ecuador, South Africa, Columbia, and India. For the past eight years, she has focused primarily on the evaluation of *Oportunidades*, a large-scale poverty alleviation program in Mexico, with an emphasis on physical and mental health in over 12,000 rural and urban Mexican families. She continues to be involved in the evaluation of this program and is currently preparing for follow-up assessments that will occur over the next decade. Dr. Fernald is also developing a program of US-based research that explores the links between socio-economic status and nutritional outcomes in immigrants from Latin America.



Barbara Laraia, PhD, MPH, RD
Professor, Food, Nutrition and Population Health
Community Health Sciences

Research Interests

- Household Food Insecurity
- Food & Social Environment
- Health Disparities
- Perinatal Epi
- Obesity
- Diabetes
- Dietary Assessment Methods

Courses

- PB HLTH 206: Critical Issues in Public Health Nutrition
- PB HLTH 206C: Nutritional Epidemiology
- PB HLTH 206B: Food and Nutrition Policies and Programs

Barbara Laraia's research program focuses on the influence of contextual level effects on dietary intake, cardiometabolic risk factors and pregnancy outcomes, especially among vulnerable populations. Contextual level effects refer to the household food environment, namely household food insecurity, as well as the neighborhood or built environment measured as one's food, physical activity and social environment. The populations that Dr. Laraia has focused on most in her research are pregnant women, children, and adults with diabetes. Dr. Laraia's research program includes survey research, direct observation of neighborhood attributes, data collection using anthropometric, questionnaire and a number of dietary intake approaches.

Dr. Laraia's current research program has a number of projects. The three largest projects are: "Neighborhood Effects on Weight Change and Diabetes Risk Factors" that seeks to identify modifiable contextual-level risk factors that influence dietary intake and cardiometabolic outcomes; "Novel Interventions to Reduce Stress-Related Non-homeostatic Eating" that is implementing mindfulness-based, stress reduction and healthy eating and movement interventions for middle- and low-income overweight/obese pregnant women; and "Race, stress and dysregulated eating: Maternal to child transmission of obesity" which is a follow-up study to the longitudinal National Growth and Health Study (NGHS) that aims to understand the influence of life stress and eating behaviors on obesity of women and their children.



Kristine A. Madsen, MD, MPH
Professor, Food, Nutrition, and Population Health
Community Health Sciences

Research Interests

- Pediatric obesity
- Health disparities
- Physical activity
- School health
- Community based participatory research

Courses

- HMS 200B CICBC (Joint Medical Program)
- HMS 261 Research Seminar (Joint Medical Program)
- PB HLTH 207: Transforming the Food System

Dr. Madsen's overarching research goal is to identify policies and programs that prevent and reduce pediatric obesity in diverse populations. She is particularly interested in interventions that increase physical activity as lack of physical activity significantly contributes to the development of obesity and more strongly predicts

cardiovascular morbidity and mortality than obesity itself. Dr. Madsen works closely with schools and community-based programs to identify program and policy approaches to increase physical activity opportunities and improve the nutrition environment for youth in each of their major environments—school, neighborhood, and home.

Dr. Madsen's research program is in the midst of a cluster-randomized trial to examine the impact of Energy Balance for Kids (EB4K) with Play!, a partnership of the American Dietetics Association and Playworks, on the health of elementary students in the East Bay. Her research program is also beginning two clinical trials, one that examines the potentially addictive properties of soda, and one studying group medical visits in Federally Qualified Health Centers as a means of reducing pediatric obesity in Latino youth. Finally, the program is preparing for a large study that would look at the impact of school-based body mass index (BMI) screening and parent notification on childhood obesity and health disparities.



Isabel Madzorera, MS, ScD

**Assistant Professor, Food, Nutrition and Population Health
Community Health Sciences**

Research Interests

- Global nutrition and health
- Diet quality in low resources settings, measurement and validation of assessment tools
- Diet quality during pregnancy and its influence on poor pregnancy outcomes
- Maternal and child nutrition and health
- Food systems interventions to improve maternal and child nutrition
- Dietary patterns and risk of chronic disease in resource-poor settings
- Women's empowerment

Prior to joining UC Berkeley, Dr. Madzorera was a Research Associate in the Department of Global Health and Population at the Harvard School of Public Health. The goals of her research program are to utilize advanced nutrition epidemiologic methods to assess diet quality as a key modifiable risk factor for poor maternal and child health outcomes in LMICs, and to identify the role of food systems and other contributing factors to the triple burden of malnutrition in these contexts. Dr. Madzorera has led global health research focusing on the evaluation of food systems and diet quality, and their influence on maternal and child health. Her previous research has included evaluating the role of maternal diet quality during pregnancy and its impacts on the risk of low birth weight, small for gestational age and preterm births and also assessing the effect of COVID-19 on food prices and diets.

Dr. Madzorera has extensive field-based experience including leading maternal and child nutrition interventions in sub-Saharan Africa. She has spent considerable time working in Zimbabwe, Zambia, Malawi, and Mozambique and conducted research in Tanzania and Ethiopia. Her previous work experience has included work with not-for-profit organizations such as Save the Children, IITA, United Nations agencies and the World Bank.

Dr. Madzorera holds a Bachelor's degree in Nutrition from the University of Zimbabwe, an MS in Food Policy and Applied Nutrition from Tufts University, and an ScD in Nutritional Epidemiology from the Harvard School of Public Health. She has also been a Postdoctoral Fellow and Research Associate in the Department of Global Health and Population at the Harvard School of Public Health.



Hannah Thompson, PhD, MPH
**Assistant Adjunct Professor, Food, Nutrition and Population Health
Community Health Sciences**

Research Interests

- Physical activity
- School health
- Physical education
- Youth development
- Health disparities
- Participatory action research

Courses

- PB HLTH 298: Weight Inclusive Public Health
- PB HLTH W206B: Food and Nutrition Policies

Hannah Thompson is an epidemiologist that received her MPH in Food, Nutrition and Population Health at UC Berkeley and her PhD in Epidemiology and Translational Science at UCSF. Her research focus is on school- and community-based methods to increase physical activity levels, with the goals of improving youth health and decreasing health disparities. She is specifically interested in interventions to improve the quantity and quality of physical education in public schools. Through both qualitative and quantitative methods, she works to understand how schools and community-based youth development and physical activity organizations can work together to increase access to physical activity, with a particular focus on children in communities at highest risk for inactivity and poor health.

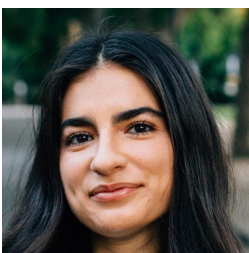
Staff

Carol Hui, MS, RD
Program Manager



Carol is originally from Southern California and completed her undergraduate degree at UC Berkeley in Social Welfare. She became interested in nutrition while working at an internship at a local WIC program. After earning her MS in Nutritional Sciences at Boston University and completing the dietetic internship at Boston Medical Center, Carol worked at Brigham and Women's Hospital as a clinical dietitian in oncology and weight management. She began her role as Program Manager for FNPH in 2012. Outside of work, Carol loves staying active through tennis and yoga, cooking and baking, and exploring the bay area!

Elsa Esparza
Field Supervisor & Dietetic Internship Director



Elsa is an alumni of the FNPH program, from the Class of 2020. She completed her Dietetic Internship (DI) at CSU Sacramento. Shortly after receiving her RD credential, Elsa enrolled in the FNPH Program, where she was a Sarah Samuels Public Health Fellow at Nourish California and Global Food Initiative Fellow at the Nutrition Policy Institute. Elsa is now working at the School of Public health to re-establish a public health oriented DI Program! Outside of work, Elsa enjoys spending time outdoors, DIY home projects, and Cuban salsa dancing.