

PROGRAM BENEFITS

The changing health landscape calls for dietitians who are able to work across sectors, collaborate with others and think critically about solutions to complex challenges. This program helps students build important professional and leadership skills while encouraging integration of practice across community and clinical settings. For example, students will have opportunities to:

- Experience how public health, primary and tertiary care and rehabilitation settings address chronic disease prevention and management;
- Address nutrition issues involved in social service agencies, shelters, day cares, schools and health institutions;
- Consider the implications of public policy on nutritional well-being;
- Explore the impact of changes to the food supply on individuals, institutions and communities;
- Develop communication strategies, including: individual counseling, social media, academic writing and professional presentations;
- Investigate how various sectors address a common nutrition issue, such as breastfeeding, enteral nutrition, body image, complex chronic conditions, food allergies or food safety.

APPLICATION DETAILS

You should consider applying to the MPH Nutrition and Dietetics field if:

- You hold a four-year degree in food and nutrition from a university accredited by Dietitians of Canada, or the equivalent*;
- You have a desire to learn about nutrition and health across sectors;
- You are seeking a career in nutrition and dietetics; and,
- You wish to advance your academic skills.

* Equivalence can be assessed by an accredited undergraduate program (see www.dietitians.ca).

ADMISSION REQUIREMENTS

- Four-year undergraduate degree in food and nutrition
- Minimum “mid-B” standing in fourth year of study
- Demonstrated proficiency in English language
- Relevant volunteer or work experience
- Advanced standing students must have a minimum of five years professional work experience as a dietitian

HOW TO APPLY

Visit the Dalla Lana School of Public Health website (www.dlsph.utoronto.ca) for deadlines and online application instructions.

CONTACT

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UNIVERSITY OF TORONTO
DALLA LANA SCHOOL OF PUBLIC HEALTH



Expand your career
potential in nutrition
and dietetics across
the health system

Master of Public Health Nutrition and Dietetics



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DALLA LANA SCHOOL OF PUBLIC HEALTH

Offered by the Dalla Lana School
of Public Health in collaboration
with the Department of
Nutritional Sciences



PROGRAM OVERVIEW

The Master of Public Health (MPH) of Nutrition and Dietetics at the Dalla Lana School of Public Health offers students and mid-career professionals the opportunity to develop expertise in nutrition practice from a wide range of perspectives within the health system, from disease prevention to palliation.

Two of Toronto's world-leading public health and patient care providers — Toronto Public Health and University Health Network — provide practical learning experiences in public/population health, primary care, acute care, rehabilitation and community services.

By gaining a solid understanding of standards of practice in both community and clinical settings, and developing essential leadership skills, graduates will play a pivotal role in the future of nutrition and dietetic practice.

The program is accredited by Dietitians of Canada and graduates are eligible to apply to provincial regulatory bodies of dietetics.

Nutrition and Dietetics is one of five MPH fields at the School in addition to Epidemiology, Family and Community Medicine, Health Promotion and Occupational and Environmental Health.

FOR STUDENTS SEEKING TO BECOME DIETITIANS

The program combines academic course work, interprofessional learning, and practicum placements to expose students to diverse dietetic research and practice.

Students complete three semesters of academic course work and two semesters of practica. Field work is an essential component of many courses. Development of leadership and critical thinking skills are integrated into the curriculum.

On Campus Courses: Students are encouraged to consider the complexity of nutritional health across the life-span through courses in nutrition metabolism, disease prevention and management, qualitative and quantitative methods, clinical counselling and food systems.

Seminars: Students, along with experienced dietitians, participate in regular seminars on emerging issues and key practice areas.

Practicum: Students explore food and nutrition issues while developing professional skills required in complex health environments. The final practicum includes research or an advanced practice project.

FOR EXPERIENCED DIETITIANS

Offered only to experienced professionals with a degree in nutrition, the Advanced Standing option builds on existing work experience to support leadership development

Experienced Dietitians spend one term (14 weeks) on campus and complete five core courses. This is followed by online and modular coursework and a work-based practicum project.

PROGRAM STRUCTURE

The program is structured to encourage students to explore nutrition issues across the health system spectrum and to collaborate across professions and sectors to improve health. The degree requirements can be met in 20 months of full-time study (12 months for Advanced Standing students). Part-time options are available.

SAMPLE SCHEDULE

(seminars run throughout the program)

Term 1 (Sept.–Dec.)

- Introduction to Public Health
- Qualitative Methods
- Public Health Policy
- Advanced Nutrition
- Field course: Foundations of Practice 1 (professional roles)

Term 2 (January–April)

- Quantitative Research Methods
- Field course: Foundations of Practice 2 (exploring practice settings)
- Elective courses

Term 3 (May–August)

- Community Nutrition: Program Planning and Evaluation
- Practica

Term 4 (Sept.–Dec.)

- Field Course: Foundations of Practice 3 (food systems)
- Public Health Nutrition
- Nutrition Programs and Strategies
- Elective courses

Term 5 (January–April)

- Practicum includes research or advanced practice project

