

# HAROKOPIO UNIVERSITY IN ATHENS

## Master in “Public Health & Nutrition”

School of Health Sciences and Education

Department of Nutrition and Dietetics

According to the World Health Organization, **Public Health** is defined as “*the art and science of preventing disease, prolonging life and promoting health through the organized efforts of society*” (Acheson, 1988; WHO). The vision of Public Health is to promote better health and well-being in a sustainable way, by establishing integrated public health services and reducing social inequalities. To achieve this vision, the public health approach involves working with other sectors (i.e., clinical and laboratory) to address the determinants of health. Public health care professionals are commissioned to play a key role in preventing illness and promoting health, in all societies.

The main challenges facing public health in the 21<sup>st</sup> century include:

- increasing prevalence of chronic disease (e.g., cardiovascular, cancer, obesity, diabetes, hypertension, neurological, psychiatric, etc)
- ageing population
- infectious diseases spread
- economic crisis
- health inequalities
- migration and urbanization
- health risk communication
- global health
- health management and strategic planning
- environmental damage and climate change.

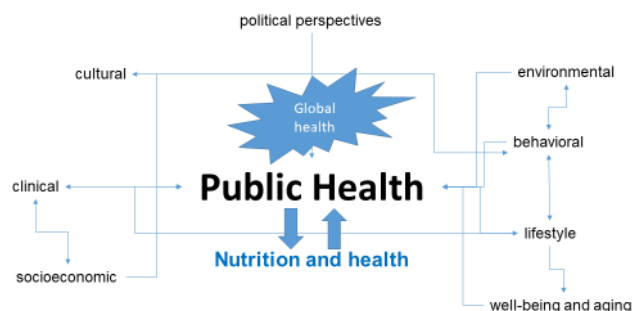


### Why Public Health & Nutrition?

From inception, nutritional sciences have encompassed the nature of exposure to the constituents of foods and drinks, as well as their effects on the well-being and health of individuals. *Public health nutrition* focuses on the promotion of optimal health through nutrition and prevention of nutrition related illnesses in target groups of individuals and/or populations. The 1<sup>st</sup> World Congress of Public Health Nutrition (2006) declared that public health nutrition is “*the promotion and maintenance of nutrition-related health and well-being of populations through the organized efforts and informed choices of society*”. Additionally, the UK Nutrition Society defined public health nutrition as the application of nutrition and physical activity to the promotion of good health, the primary prevention of diet-related illness of groups, communities, and populations. Subsequently, this emerging field of study entailed the study of interactions between all relevant biological, social, and environmental systems, since a better understanding

of such processes allows for more effective ways of addressing risk reduction in nutrition-related infectious and chronic diseases, such as foodborne outbreaks, obesity, cancers, and cardiovascular diseases.

Most recently, evidence-based frameworks based on the **One Health** approach are increasingly applied to develop effective and sustainable public health food and/or nutrition policies at the regional and global levels.



evidence-based framework for effective public health nutrition interventions, programs and policies based on the One Health approach

## PROGRAM OVERVIEW

The Master in “Public Health & Nutrition” (MPH&NUTR) Program of the Department of Nutrition and Dietetics of the School of Health Sciences and Education at Harokopio University in Athens, provides candidates with the necessary knowledge, specialized skills, and subject-specific expertise in nutritional sciences, applied epidemiology and public health, to propagate international career paths in public health nutrition.

The Program aims are:

- To train Public Health scientists to design and manage interventions aimed at securing the health of populations.
- To train scientists holding executive positions in public and private organizations related to Public Health and Nutrition.
- To educate scientists of various interdisciplinary backgrounds for future professional career advancements in the field of Public Health.
- To develop research and to propagate the knowledge base in the field of Public Health.

## PROGRAM KEY BENEFITS

The MPH&NUTR Program provides students with an innovative, modern course of study that aims to provide candidates with “T-shaped” competencies, hence providing extensive knowledge and an array of skills necessary for professional career development in domains related to public health nutrition. The aims and outcomes of this MPH degree adhere to the European Standards laid out by the Agency for Public Health Education Accreditation.

The Program’s instructors include esteemed faculty members, researchers, and research staff of the Department of Dietetics - Nutritional Sciences at Harokopio University in Athens, as well as of other internationally renowned academic institutions, both in Greece and abroad, with exemplary academic and research experience in the fields of public health and nutrition. Through interdisciplinary learning, the Program empowers students to augment and further elaborate strong interdisciplinary foundations in public health so as to acquire specialist expertise in public health nutrition.

## KNOWLEDGE & SKILLS TO BE ACQUIRED

Through state-of-the-art teaching methods, including lectures, tutorials, computer-based practical sessions, group-work sessions, seminars and practicums, case-based teaching, and

role plays, as well as the research thesis, the MPH&NUTR Program is structured to provide students with the expertise knowledge and skills needed to contribute to scientific understanding of public health nutrition challenges, to identify and advocate for effective food policies (including the creation of healthy food systems), and to design, implement, analyze, and evaluate public health and nutrition interventions, programs, and policies.

The MPH&NUTR Program aims to provide students with sound theoretical and practical foundations in the following domains:

- Principles of public health and nutritional sciences.
- Health promotion and planning
- Principles of applied epidemiology and biostatistics for public health practice.
- Global public health
- Biological aspects of nutrition
- Prevention practices in nutrition and non-communicable diseases
- Biology of infectious diseases and public health
- Bioethics, law and regulations for public health and nutrition policy development
- E-Health application related to public health nutrition
- Social, Behavioral, and Structural Determinants of Health
- Toxicology in public health practice

## **ELIGIBLE CANDIDATE STUDENTS**

Eligible students are University graduates in the fields of the health and healthcare sciences (including medicine, nursing, public – community health, dietetics, nutritional sciences, biology, chemistry, veterinary medicine, dentistry and/or other related allied health sciences); moreover, working professionals are also encouraged to submit.

Candidates should have a C1 level in English language.

A special Committee will be responsible for the selection of the students, based on their degree(s) and research and professional achievements.

## **PROGRAM LANGUAGE OF INSTRUCTION AND DURATION**

All courses are conducted in English.

The MPH&NUTR Program is a flexible study program that can be tailored to student's academic interests and professional goals. The Program is available for full-time study extending 3 semesters, with an option extending up to a maximum of 6 semesters.

In addition, students may opt to enroll in selected accredited Short Courses (extending 1 month each).

## **CURRICULUM AND PROGRAM OF STUDY**

MPH&NUTR requirements: Course attendance, and teaching and research employment of a total of 90 credits (ECTS), including specifically:

- First semester: Four (4) courses.
- Second semester: Two (2) compulsory courses and two (2) elective compulsory courses.

- Third semester: One (1) elective compulsory course and elaboration of a Master's Thesis.

The curriculum in detail, as well as the credits corresponding to each of the courses, is as follows:

### 1<sup>st</sup> Semester

Course title	Credits (ECTS)*
Principles of Public Health	7
Basics of Human Nutrition	8
Health Promotion and Planning, in the community setting	7
Applied Epidemiology, and Biostatistics for Public Health Practice	8
<i>Total Academic Credits (ECTS)</i>	30

### 2<sup>nd</sup> Semester

Course title	Credits (ECTS)*
Global Public Health	8
Biological Aspects of Human Nutrition	8
Two courses from the list of elective courses offered in 2 <sup>nd</sup> semester	14 (2 X 7 ECTS)
<i>Total Academic Credits (ECTS)</i>	30

List of elective courses offered in the 2<sup>nd</sup> semester

Course title	Credits (ECTS)*
Bioethics, Law and Regulations	7
e-Health	7
Public Health and Food Policy	7
Foods and Mediterranean Lifestyle	7
Prevention Practices on Nutrition and NCD	7

### 3<sup>rd</sup> Semester

Course title	Credits (ECTS)*
MPH Thesis	23
One course from the list of elective courses offered in 3 <sup>rd</sup> semester	7
<i>Total Academic Credits (ECTS)</i>	30

List of elective courses offered in the 3<sup>rd</sup> semester

Course title	Credits (ECTS)*
Biology of Infectious Diseases and Public Health	7
Environmental Health	7
Foodborne Diseases	7
Social, Behavioral, and Structural Determinants of Health	7
Toxicology in Public Health Practice	7

\* ECTS is a European system of mutual recognition of credits in the field of higher education

## PROGRAM TUITION AND FEES

The total Program tuition and fees are 10,000 euros. Scholarships can be awarded in a number of eligible students (*criteria of eligibility to be announced*).

The Program will enroll students on the academic year 2023-2024.