



# Program Orientation: Master of Science degree in Nutrition, Healthspan and Longevity

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*And*  
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# USC DAVIS SCHOOL MISSION



- The mission of the USC Leonard Davis School of Gerontology is to **promote healthy aging for individuals, communities and societies through leadership and innovation in research, education and practice.**

# What is Gerontology?



The scientific study of the biological, psychological, and sociological phenomena associated with old age and aging.



# USC Davis School Degree Programs



- ***Undergraduate Programs***
  - B.S. Human Development and Aging
  - B.S. Lifespan Health
  - Minors
  - Advanced Placement/ Progressive Degree
  - Internships
- ***Graduate Programs***
  - Master of Science in Gerontology
  - Master of Arts in Gerontology
  - Master of Aging Services Management
  - Master of Long Term Care Administration
  - **Master of Science Nutrition, Healthspan and Longevity**
  - Graduate Certificate
  - Ph.D. in Gerontology
  - Ph.D. in Biology of Aging

# Routes to Becoming an RDN



- Academy of Nutrition and Dietetics (AND) will require a Master's Degree as the minimum degree requirement for entry-level practice for all graduates in 2024.
- Two primary routes to becoming an RD: DPD+DI or CP
- More students enrolled in DPD+DI; traditional route to RD
- CP targets students with Bachelors degree in another field

# What does the USC Davis School of Gerontology CP Offer?



- Master of Science Degree in Nutrition, Healthspan and Longevity
- Coordinated Program
- Includes academic coursework and 1200 hours of supervised practice (internship)
- Program is 46 units can be completed in 2 years including 1 summer or 3 years for distance students

# MS Coordinated Program in Nutrition, Healthspan & Longevity



- On-campus and distance students accepted and complete the program together, 15-20 students accepted per year
- Does not require DPD but does require prerequisites + bachelor's degree (accredited).
- One course delivered in Genoa, Italy (1<sup>st</sup> summer) highly recommended, not required
- Required 40 hours experience (paid, volunteer, observation) with RD(s) prior to applying
- See USC Graduate School for tuition & application fees
- Must apply to the distance or on-campus track in USC Davis School of Gerontology



# Core Knowledge & Competencies



- Defined by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) same competencies used for DPD, DI and CP
- Four Domains and a program concentration area (pages 8-10 in Program Description, posted on Webpage).
- Our concentration area: Nutrition, Healthspan & Longevity



# Concentration Area Competencies



5.1. Translate research evidence on biology of aging and mechanisms for the extension of health and treatment of disease.

5.2. Incorporate knowledge of nutrient gene interactions, molecular and biochemical parameters and medication use, into the nutrition care plan (MNT) for individuals with complex medical conditions.

# Accreditation & Focus



- The program was granted candidacy for accreditation by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) in September 2014. Eight students admitted on-campus January 2015. Fifteen students admitted Fall 2015 & 2016 and 19 admitted Fall 2017 (75% of students attend on-campus).
- The program will prepare graduates for roles in the field of nutrition/dietetics, promoting personalized nutrition through work in hospitals and health care facilities, long-term care, business, teaching, research or in private practice.

# Prerequisites



Bachelor's degree from an accredited college/university. Prerequisites must be complete before starting the program.

Cell Biology, Microbiology, General Chemistry, Organic Chemistry, Biochemistry and Human Physiology (with lab, as offered). General Psychology or Sociology, Algebra, Calculus or Statistics, Public Speaking, Introductory Food Science and Human Nutrition.

Prerequisite courses cannot be more than 10 years old at the time of application. The exception is general psychology, math and public speaking; there is no time limit on these three courses. Applicant is not required to complete prerequisites at USC.

Applicants are asked to complete a template identifying prerequisite courses taken (posted on Webpage).



Name:		USC ID:				
Pre-Requisite - Required Undergrad Science Courses	Course Taken At (University or College)	Date Completed (Month/Year)	Course #	Course Title	Semester or Quarter?	# Credits/ Units
1. Cellular or Introductory Biology (1-2 terms) with lab						
Biochemistry (1 term) with lab						
Microbiology (1 term) with lab						
General Chemistry (1-2 terms) with lab						
Organic Chemistry (1-2 terms) with lab						
Physiology (1 term) with lab						
Other (list):						
Pre-Requisite Required Undergrad Non-Science Courses	Course Taken At (University or College)	Date Completed (Month/Year)	Course #	Course Title	Semester or Quarter?	# Credits/ Units
1. General Psychology or Sociology (1 term)						
2. Algebra, Pre-Calculus, Statistics (1 term)						
3. Speech/Communications (1 term)						
Other (related):						
Pre-Requisite Required Undergrad Nutrition & Food Science Courses	Course Taken At (University or College)	Date Completed (Month/Year)	Course #	Course Title	Semester or Quarter?	# Credits/ Units
1. Basic Human Nutrition (1 term)						
2. Introductory Food Science/ Experimental Foods						
Other (related):						
Identify with a * courses currently enrolled in						

# 40 Hours with an RD Requirement

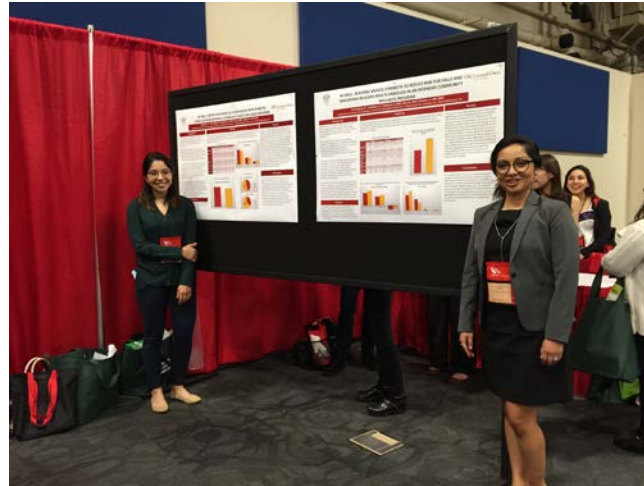


- The purpose of this requirement is to help you gain exposure to RDs and the work they do.
- You are not limited to 40 hours but must complete at least 40 hours.
- RD work in the community, hospitals, private practice, foodservices, schools
- You will summarize your experience and identify your mentor and contact information, obtain a signature for at least 40 hours, upload one document with application under “Other Documents”

# Student Activities



Special Olympics International Games with Evelyn Crayton, President AND, Summer 2015



Poster Presentations CA Academy Annual Conference 2017

Helping with Food Prep  
LA Kitchen 2017



# How do you find an RD?



- Join the Academy of Nutrition and Dietetics (AND) as a Student Member (\$58/yr), join State and /or local affiliates, e.g. Los Angeles, and consider AND practice groups and/or interest groups (\$ 5-\$25 each)
- Get involved, volunteer, write an article or blog
- Contact programs in your community with RDNs

# Applicant Selection



1. Academic potential (as reflected in undergraduate study and prerequisites post bachelor's degree); professional potential as reflected in experience, references and career goals.
2. The school requests information from applicants to supplement that supplied by the USC Application for Graduate Admission. Supplemental information includes a resume, statement of interest in nutrition, healthspan and longevity and two letters of reference (academic, work). Submit an email for your references, they will receive a link from USC to upload letter and complete a short evaluation form.
3. Applicants are required to document at least 40 hours of paid or volunteer work experience with a Registered Dietitian.
4. The GRE is not required unless your GPA is  $< 3.0$ .
5. Interviews will be scheduled (at USC and Skype) for highest ranking applicants.



# Graduation Requirements



- Completion of 46 units of coursework, includes 28 units of required courses, 12 units of supervised practice and 6 units of research.
- USC requires masters degree overall GPA 3.0 to graduate.
- The program summative experience will be a capstone project. Students will be required to present their work at a state or national dietetics conference or submit to a peer-reviewed publication as a requirement of graduation (some student scholarships available, student will need to pay some or all expenses).
- Students will be encouraged to attend at least one state or national dietetics conference and/or the CA AND Policy Day in Sacramento.

# Student Activities

**Genoa Italy with Dr. Longo  
Cohort 1 - Summer 2015**



**Care Harbor Community Health  
Los Angeles Feb. 2017**



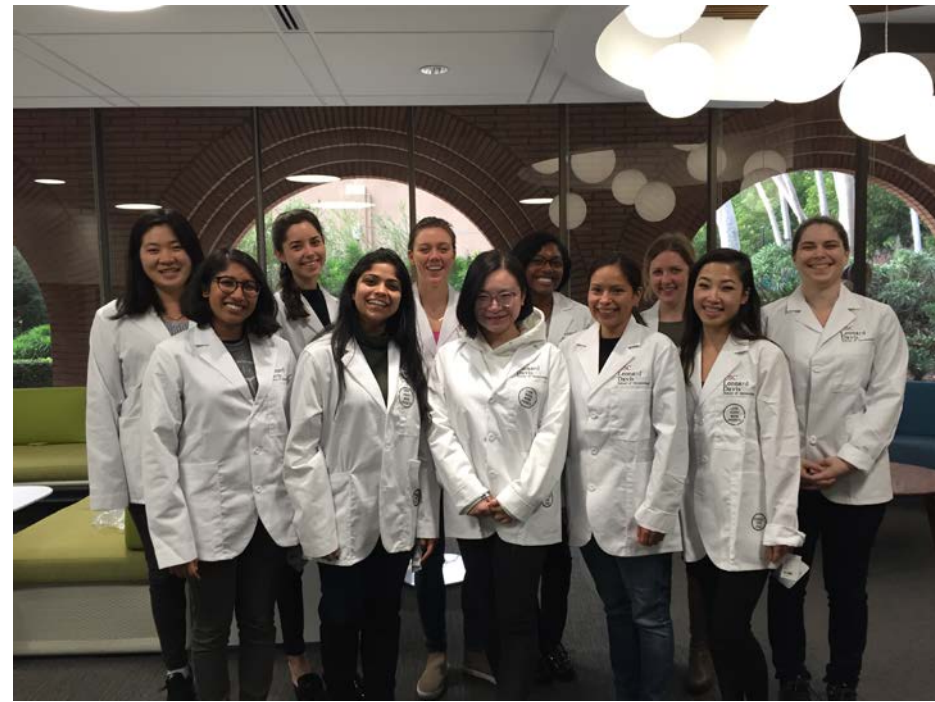
Supervised Practice Rotations	Possible Sites/Activities	Min/Max Hours Possible	Total Hours
<b>Professionalization</b>	Professionalization Workshops	16 hours	<b>40 hours</b>
	Online Self Study Modules (AND)	4 hours	
	HIPPA and CITI IRB Modules	4 hours	
	Policy Project and Leadership	16 hours	
<b>Retail Food Service</b>	Core Site	Max. 200 hours	<b>200 hours/25 days</b>
	In-Patient Foods	Core Site	Max. 120 hours
<b>Community Nutrition</b>	Core Site	Max. 160 hours	<b>160 hours/20 days</b>
	Care Harbor or Health Fairs	Max. 16 hours	
	Grocery Store Tours	Min. 4 hours; Max. 10 hours	
	WIC Modules (required unless in WIC)	3 hours	
<b>Nutrition Education</b>	Research (Community Population)	Min. 5 hours; Max. 10 hours	<b>40 hours</b>
	Core Site	Hours spread over several weeks or months	
<b>Outpatient</b>	Core Site	Max. 120 hours	<b>120 hours/15 days</b>
	Sports Nutrition	Min. 6 hours; Max. 15 hours	
	Research	Min. 5 hours; Max. 15 hours	
<b>MNT I</b>	Core Site	Max. 160 hours	<b>160 hours/20 days</b>
<b>MNT II</b>	Core Site	Max. 240 hours	<b>240 hours/30 days</b>
	CHLA Pediatrics	Min. 16 hours; Max 32 hours	
<b>Specialty Concentration</b>	Selected with Internship Coordinator (Renal, Burns, Bariatric, Transplant, Research-hospital setting, etc.)	Max. 120 hours	<b>120 hours/15 days</b>

# Supervised Practice Sites



- USC Hospitals-Keck, Norris Cancer Center and Verdugo Hills
- LAC+USC, UCI, St. Francis, St. Joseph, Glendale Memorial and Torrance Memorial
- Children's Hospital of LA, Long Term Care and Skilled Nursing Facilities
- USC Hospitality, USC Sports Nutrition and Research Labs
- USC Head Start, public and private schools, community colleges and non-profit public health nutrition programs
- Private practice, consulting RDs, and disordered eating/substance abuse programs

## Cohort 2 Student Following Capstone Project Presentations with faculty and Staff May 2017



## White Coat Ceremony Cohort 3 January 2017

# On-Campus vs. Distance Students



- Students must enroll in one track only
- Distance student must be at least 100 miles from USC
- On-campus supervised practice scheduled by Internship Coordinator; Distance students must find preceptors for supervised practice and provide evidence that all 1<sup>st</sup> year rotations are set-up (guidance provided by Internship Coordinator)
- 3-Year part-time distance is also an option (not avail. on campus, distance only)

# On-Campus vs. Distance Students



- Classes scheduled (USC Course Listing) and recorded live
- Distance students encouraged to participate live (synchronous) but may also participate asynchronous
- Classes with lab experiences must be completed locally (distance students) and in some cases video-recorded for full class review
- Blackboard used for multiple functions including blogs, discussion groups, sharing documents, posting presentations, tests, assignments, correspondence. Final exams will be proctored.

# Students in the News - Nutrition



Yasmeen Samad MSNHL '18 published a literature review article in the *Vegetarian Nutrition Update* newsletter, a publication of the American Academy of Nutrition and Dietetics' Vegetarian Nutrition Practice Group. She discussed the potential to address and treat polycystic ovarian syndrome, or PCOS, with a vegetarian diet.



Whitney English Tabaie MSNHL '17 (photo by Leigh Green)

Whitney English Tabaie, MS, RD, MSNHL '17 received the Nutrition Entrepreneurial Professional Development Dietetics Student Award from the American Academy of Nutrition and Dietetics' Nutrition Entrepreneurial Dietetics Practice Group (NE DPG).



# Partial List Faculty



- Aaron Hagedorn, PhD, Assistant Professor, USC Leonard Davis School of Gerontology
- Kurt Hong, MD, PhD, Nutrition Program Director, USC Hospital, USC Keck School of Medicine
- Kris Klinger, MBA, VP Hospitality Services, USC
- Cary Kreutzer, EdD, MPH, RDN, FAND, MSNHL Director, USC Gerontology and Keck School of Medicine
- Valter Longo, PhD, Professor, USC Leonard Davis School of Gerontology
- Roberto Vicinanza MD, PhD, Teaching and Research Fellow, USC Leonard Davis School of Gerontology
- Hope Wills, MA, RDN, CSP, IBCLC, Lecturer, USC Gerontology & Children's Hospital Los Angeles

# Applications Due



- January 15, 2018 for Fall 2018 enrollment, notification by April 1, 2018
- Applications now being accepted
- All applications will be reviewed together
- Please send ALL transcripts to Jim DeVera, USC Leonard Davis School of Gerontology, 3715 McClintock Ave, Mailbox 0191, Los Angeles, CA 90089-0191

# Additional Information



**Webpage link: [gero.usc.edu](http://gero.usc.edu)**

**Contacts:**

**Sara Robinson, Admission Counselor**

**[sararobi@usc.edu](mailto:sararobi@usc.edu)**

**213-740-1728**

**Cary Kreutzer, EdD, MPH, RD, FAND, Program Director**

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**(213) 740-9205**

**We can put you in touch with current MSNHL students, notify Sara or Dr. Kreutzer**