Information Session: Master of Science in Nutrition, Healthspan and Longevity

September 15, 2020

Cary Kreutzer, EdD, MPH, RDN, FAND, Director of Coordinated Program
and
Jeannie Wakamatsu, MPH, RDN, Internship Coordinator
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 Leonard 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 Arts in Aging Services Management
  - Master of Arts in Medical Gerontology
  - Master of Arts in Senior Living Hospitality
  - Master of Arts in Long Term Care Administration
  - **Master of Science in Nutrition, Healthspan and Longevity**
  - Graduate Certificate
  - Ph.D. in Gerontology
  - Ph.D. in Biology of Aging
Commission on Dietetic Registration’s requirement for a minimum of a master’s degree to take the credentialing exam for registered dietitians will begin on January 1, 2024.

Two primary routes to becoming an RDN: DPD+DI or CP

More students enrolled in DPD+DI; traditional route to RDN

CP targets students with Bachelors degree in another field

DPD=Didactic Program in Dietetics; DI=Dietetic Internship; CP=Coordinated Program
Accreditation

The program received full accreditation from the Accreditation Council for Education in Nutrition and Dietetics (ACEND) on August 13, 2018.

ACEND Accreditation is through 2026.
What does the USC Leonard Davis School of Gerontology CP Offer?

Coordinated Program

Master of Science Degree in Nutrition, Healthspan and Longevity

Includes academic coursework and 1200 hours of supervised practice rotations (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

• Up to 24 on-campus and distance students accepted per year
• Does not require DPD but does require pre-requisites + bachelor’s degree (accredited)
• One course delivered in Genoa, Italy (1st summer) highly recommended, travel not required
• 40 hours experience (paid, volunteer, or observation) with RDN(s) required prior to applying
• Refer to USC Graduate School for tuition & application fees
On-Campus vs. Distance Students

- Students must enroll in one track only
- Distance student must be at least 100 miles from USC
- On-campus students, supervised practice is scheduled by Internship Coordinator
- Distance students, must find preceptors for supervised practice and provide evidence that all 1st year rotations are set-up (guidance provided by Internship Coordinator)
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.
Core Knowledge & Competencies

Defined by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) same competencies used for DPD, DI and CP

Five categories and a program concentration area (pages 8-10 in Program Description, posted on Webpage).

Concentration area: Nutrition, Healthspan & Longevity
Focus and Concentration

• Focus: The program prepares graduates for entry-level roles in the field of nutrition and dietetics, promoting personalized nutrition through work in hospitals and health care facilities, long-term care, business, corporate wellness, social media, teaching, research or in private practice.

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

• NHL 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.
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/Sociology, Algebra/Calculus/Statistics, Speech/Communications, Introductory Food Science and Human Nutrition.

• Prerequisite courses cannot be more than 10 years old at the time of application. The exceptions are general psychology/sociology, speech/communications, and mathematics; there is no time limit on these courses. Applicant is not required to complete prerequisites at USC.

• Applicants are asked to complete a template identifying prerequisite courses taken or proposed (posted on the Webpage ).
40 Hours with an RDN Requirement

The purpose of this requirement is to help potential applicants gain exposure to RDNs and the work they do.

Applicants are not limited to 40 hours but must complete at least 40 hours RDN work in the community, hospitals, private practice, foodservices, or in schools.

Applicants will summarize their experience and identify their mentor and contact information, obtain a signature for at least 40 hours, and upload one document with application under “Other Documents.”
How to find an RDN?

- Join the Academy of Nutrition and Dietetics (AND) as a Student Member, join state and/or local affiliates, e.g., LAD (Los Angeles) and consider practice groups and/or interest groups
- 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 BA/BS degree, minimum GPA > 3.0); professional potential as reflected in experience, references and career goals.

2. The school requests information from applicants to supplement what is 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 and work). Submit an email for references so that they can receive a link from USC to upload a letter and complete a short evaluation form.

3. Document at least 40 hours of paid/volunteer work experience with an RDN.

4. The GRE is not required unless your GPA is < 3.0.

5. Interviews will be scheduled (at USC and Zoom) 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.

• Completion of the Capstone Project.

• Students will be required to present their Capstone work at a state or national conference or submit to a peer-reviewed publication as a requirement of graduation.
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<thead>
<tr>
<th>Rotation</th>
<th>Possible Sites/Activities</th>
<th>Min/Max Hours Possible</th>
<th>Total Hours</th>
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<tbody>
<tr>
<td>Professionalization</td>
<td>Professionalization Workshops</td>
<td>14 hours 1 hour 6 hours 5 hours/1-3 hours/6-8 hours 3 hours</td>
<td>40 hours</td>
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<td>Online Self Study Modules (AND)</td>
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<td>HIPAA and CITI IRB Modules</td>
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<td>Policy Project/Mentorship/Leadership Workshops</td>
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<tr>
<td>Retail Food Service</td>
<td>Core Site</td>
<td>Max. 200 hours</td>
<td>200 hours/25 days</td>
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<td>In-Patient Food Service</td>
<td>Core Site</td>
<td>Max. 120 hours</td>
<td>120 hours/15 days</td>
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<td>Community Nutrition</td>
<td>Core Site</td>
<td>Max. 160 hours 4 hours; Max. 10 hours 5 hours; Max. 10 hours</td>
<td>160 hours/20 days</td>
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<td>Care Harbor, Health Fairs, Grocery Store Tours</td>
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<td>Research (Community Population)</td>
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<tr>
<td>Nutrition Education</td>
<td>Core Site</td>
<td>Hours spread over several weeks</td>
<td>40 hours</td>
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<tr>
<td>Outpatient</td>
<td>Core Site</td>
<td>Max. 120 hours</td>
<td>120 hours/15 days</td>
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<td>MNT I</td>
<td>Core Site</td>
<td>Max. 200 hours</td>
<td>200 hours/25 days</td>
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<tr>
<td>MNT II</td>
<td>Core Site</td>
<td>Max. 200 hours 8 hours</td>
<td>200 hours/25 days</td>
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<td>GROW Conference</td>
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<td>Specialty Concentration</td>
<td>Selected with DI Coordinator</td>
<td>Max. 120 hours</td>
<td>120 hours/15 days</td>
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<td>(Elective)</td>
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Supervised Practice Sites

- USC Hospitals-Keck, Norris Cancer Center and Verdugo Hills Hospital
- LAC+USC, CA Rehab., Glendale Memorial and Torrance Memorial
- Kaiser Northern CA, Washington Hospital and West Palm Beach VA
- 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 RDNs, and disordered eating/substance abuse programs
Exxat Student Portal

### Personal Information
- **Student Name**: Lew, John
- **Graduating Year**: 2019
- **Preferred Name/Former name**: John Lew
- **Academic Status**: Full-Time
- **Ethnicity**: N/A
- **Race**: N/A
- **Area of Interest**: Retail Food Service, Inpatient Foods, Medical Nutrition Therapy 1, Medical Nutrition Therapy 2, Sports Nutrition Pediatric, Maternal/Prenatal Nutrition, Research, Nutrigenetics/Nutrigenetics
- **Special Abilities**: N/A
- **School Student Id**: N/A
- **Year Enrolled**: 2017
- **Veteran Status**: No
- **Gender Identity**: Not Specified
- **Languages Spoken**: English
- **Personal Statement**: I am currently a Master student at USC Leonard Davis School of Gerontology in the program of Nutrition, Healthspan, and Longevity. I completed my B.S. in Nutritional Science, Physiology and Metabolism at University of California, Berkeley. Having worked for The Oakland Raiders and USC Athletics I developed a passion for sports nutrition and educating athletes on nutrition.

### Education History
- **University of California, Berkeley - BS**
  - Major: Nutritional Science, Physiology and Metabolism
  - Minor in Music
- **University of Southern California - MS**
  - Major: Coordinated Program in Nutrition Healthspan and Longevity
  - Dates: 8/22/2017 - N/A

### Employment History
- **Los Angeles Children’s Hospital - Body Works - Student volunteer - Un-Paid**
  - Dates: 8/16/2017 - Present
  - Responsibilities: Education and skills building for children aged 7-13, including nutritional counseling.
### Alumni Data

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<th>Objectives</th>
<th>Program Results (n=26)</th>
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<td>80% of graduates will pass the CDR credentialing exam for dietitians within one year following first attempt.</td>
<td>85% of graduates passed the CDR credentialing exam for dietitians within one year following first attempt.</td>
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<td>75% of graduates will report employment in a dietetics-related position within 12 months following program completion.</td>
<td>90% of graduates reported employment in a dietetics-related position within 12 months following program completion.</td>
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<td>How satisfied are you with the education and supervised practice you received from the USC MS NHL Program?</td>
<td>92% of graduates were either satisfied or very satisfied with the education and supervised practice received.</td>
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Students in the News

Stephanie Riemer, MS, RDN, MSNHL’17 received Outstanding Preceptor of the Year Western Region NDEP 2020

Ranier Castillo, MS, RDN, MSNHL ‘20 received Outstanding Dietetic Student in a Coordinated Program, AND 2020
Student Activities

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

Poster Presentations CA Academy Annual Conference 2019
Student Activities

Genoa Italy with Dr. Longo
Cohort 6 - Summer 2019

LESD Champions for Change
Farmer’s Market
Los Angeles 2019
Cohort 3 Following Capstone Project Presentations with Faculty and Staff April 2017

Cohort 6 White Coat Ceremony January 2020
Partial List Faculty

- Lucia Briceño MS, RDN, CNSC, Adjunct Lecturer, USC Leonard Davis School of Gerontology
- Sarah Dhillon, PhD, MBA, Adjunct Lecturer, USC Leonard Davis School of Gerontology
- Kurt Hong, MD, PhD, Associate Clinical Professor, Nutrition Program Director, USC Hospital, USC Keck School of Medicine
- Cary Kreutzer, EdD, MPH, RDN, FAND, MSNHL Director, Associate Clinical Professor, USC Leonard Davis School of Gerontology & Keck School of Medicine
- Valter Longo, PhD, Professor, USC Leonard Davis School of Gerontology
- Roberto Vicinanza MD, PhD, Gerontologist, Assistant Clinical Professor, USC Leonard Davis School of Gerontology
- Many guest speakers are invited to share their expertise with students in addition to colloquium presentations in the School
Applications Due

• January 15, 2021 for Fall 2021 enrollment, notification by April 1, 2021
• Applications now being accepted
• All applications will be reviewed together
• Please visit our “How to Apply” page at gero.usc.edu to learn more about the application process and requirements
Additional Information

Webpage link: gero.usc.edu

Contacts:
Sara Robinson, Admission Counselor
sararobi@usc.edu
213-740-1728

Cary Kreutzer, EdD, MPH, RD, FAND, Program Director
kreutzer@usc.edu
(213) 740-9205

We can put you in touch with current MSNHL students, notify Dr. Kreutzer
Questions?