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

October 26, 2021

Cary Kreutzer, EdD, MPH, RDN, FAND, Director of Coordinated Program
Jeannie Wakamatsu, MPH, RDN, Internship Coordinator
Rebecca Oh, MPH, RDN, CNSC, Preceptor & Internship Coordinator
Our mission 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

- **Graduate Programs**
  - MS in Gerontology
  - MA in Gerontology
  - MA in Aging Services Management
  - MA in Long Term Care Administration
  - MA in Senior Living Hospitality
  - Master of Arts in Medical Gerontology
  - Master of Science in Nutrition, Healthspan and Longevity
  - Master of Science in Lifespan, Nutrition and Dietetics
  - Master of Science in Nutritional Science
  - Master of Arts in Foodservice Management and Dietetics
  - Graduate Certificate in Gerontology
  - 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 requirement for entry-level practice for all graduates January 2024

Routes to becoming an RD: DPD+DI, ISPP, FEM or CP

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

CP targets students with Bachelor’s degree in another field

DPD=Didactic Program in Dietetics; DI=Dietetic Internship; ISPP= Individual Supervised Practice Pathway; FEM=Future Education Model; CP=Coordinated Program

USC Leonard Davis
School of Gerontology
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 1000 hours of supervised practice rotations (Internship)

Program is 44 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)
- 40 hours experience (paid, volunteer, observation) with RD(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 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 Schedule of Classes) 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, ISPP, FEM and CP

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

Concentration area: Healthspan & Longevity
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, Speech or 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 Webpage).
<table>
<thead>
<tr>
<th>Pre-Requisite - Required Undergrad Science Courses</th>
<th>Minimum Unit Requirements</th>
<th>Course Taken At (University or College Name)</th>
<th>Date Completed (Month/Year)</th>
<th>Course #Title</th>
<th>Semester or Quarter System?</th>
<th># Credits/Units</th>
<th>Letter Grade(s) Received</th>
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<tbody>
<tr>
<td>1. Cellular or Introductory Biology</td>
<td>4 semester units + lab preferred</td>
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<tr>
<td>Biochemistry</td>
<td>4 semester units + lab preferred</td>
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<tr>
<td>Microbiology</td>
<td>4 semester units + lab preferred</td>
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<tr>
<td>General Chemistry</td>
<td>4 semester units + lab preferred</td>
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<tr>
<td>Organic Chemistry</td>
<td>4 semester units + lab preferred</td>
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<tr>
<td>Physiology</td>
<td>4 semester units + lab preferred</td>
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<tr>
<td>Pre-Requisite - Required Undergrad Non-Science Courses</td>
<td>Minimum Unit Requirements</td>
<td>Course Taken At (University or College Name)</td>
<td>Date Completed (Month/Year)</td>
<td>Course #Title</td>
<td>Semester or Quarter System?</td>
<td># Credits/Units</td>
<td>Letter Grade(s) Received</td>
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<tr>
<td>1. General Psychology or Sociology</td>
<td>3 semester units</td>
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<td>2. Algebra, Pre-Calculus, Statistics</td>
<td>3 semester units</td>
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<tr>
<td>3. Speech/Communication</td>
<td>3 semester units</td>
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<td>Other (related):</td>
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<tr>
<td>Pre-Requisite - Required Undergrad Nutrition &amp; Food Science Courses</td>
<td>Minimum Unit Requirements</td>
<td>Course Taken At (University or College Name)</td>
<td>Date Completed (Month/Year)</td>
<td>Course #Title</td>
<td>Semester or Quarter System?</td>
<td># Credits/Units</td>
<td>Letter Grade(s) Received</td>
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<tr>
<td>1. Basic Human Nutrition</td>
<td>2-4 semester units</td>
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<td>2. Introductory Food Science</td>
<td>2 semester units + lab</td>
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40 Hours with an RD Requirement

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

Applicants are not limited to 40 hours but must complete at least 40 hours.

RDS 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”.

USC Leonard Davis
School of Gerontology

University of Southern California
How do you find an RD?

- Join the Academy of Nutrition and Dietetics (AND) as a Student Member ($58/year), join state and/or local affiliates, i.e. LAD (Los Angeles) and consider practice groups and/or interest groups ($15-$25 each)
- Get involved, volunteer, write an article or blog
- Contact programs in your community with RDs
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, they will be sent a link from USC to upload a 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 via Zoom for highest ranking applicants.
Graduation Requirements

• Completion of 44 units of coursework, includes 28 units of required courses, 10 units of supervised practice and 6 units of research.

• The program summative experience will be a capstone project. Students will be required to present their work at a state or national dietetics or related conference or submit to a peer-reviewed publication as a requirement of graduation.

• Students will attend at least one local, state or national dietetics conference and/or the CA Academy of Nutrition & Dietetics Policy Day.
Supervised Practice Sites

- USC Hospitals-Keck, Norris Cancer Center and Verdugo Hills
- LAC+USC, CA Rehab., Glendale Memorial and Torrance Memorial
- Kaiser, 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 RDs, and disordered eating/substance abuse programs
<table>
<thead>
<tr>
<th>Rotation</th>
<th>Possible Sites/Activities</th>
<th>Min/Max Hours Possible</th>
<th>Total Hours/Days (1000 Total Hours)</th>
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<tbody>
<tr>
<td>Professionalization</td>
<td>Professionalization Workshops</td>
<td>40 hours + 40 hours MNT simulation</td>
<td>40 hours-80 hours</td>
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<td>Online Self Study Modules</td>
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<td>HIPAA and CITI IRB Modules</td>
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<td></td>
<td>Policy Project/Mentorship/Leadership Workshops</td>
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<tr>
<td>Retail Food Service</td>
<td>Core Site</td>
<td>128 hours</td>
<td>128 hours/16 days</td>
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<tr>
<td>In-Patient Food Service</td>
<td>Core Site</td>
<td>128 hours</td>
<td>128 hours/16 days</td>
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<tr>
<td>Community Nutrition</td>
<td>Core Site</td>
<td>112 hours</td>
<td>112 hours/14 days</td>
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<td>Care Harbor or Health Fairs</td>
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<td></td>
<td>Grocery Store Tours</td>
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<td></td>
<td>Research (Community Population)</td>
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<tr>
<td>Nutrition Education</td>
<td>Core Site</td>
<td>40 hours</td>
<td>40 hours</td>
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<tr>
<td>Outpatient</td>
<td>Core Site</td>
<td>96 hours</td>
<td>96 hours/12 days</td>
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<tr>
<td>MNT I</td>
<td>Core Site</td>
<td>160 hours</td>
<td>160 hours/25 days</td>
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<tr>
<td>MNT II</td>
<td>Core Site</td>
<td>160 hours + 40 hours of virtual MNT simulation</td>
<td>160 hours /20 days + 40 hours of simulation or 200 hours/25 days</td>
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<td>GROW Conference</td>
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<tr>
<td>Specialty Concentration (Elective)</td>
<td>Selected with SP Coordinator</td>
<td>96 hours</td>
<td>96 hours/12 days</td>
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</tbody>
</table>
### Personal Information

- **Student Name**: Lou, John
- **Graduating Year**: 2019
- **Academic Status**: Full-Time
- **Ethnicity**: N/A
- **Languages Spoken**: English

**Area of Interest**: Retail Food Service, Inpatient Foods, Medical Nutrition Therapy 1, Medical Nutrition Therapy 2, Sports Nutrition, Pediatric, Maternal/Prenatal Nutrition, Research, Nutrigenomics/Nutrigenetics

**Special Abilities**: N/A

**School Student ID**: N/A

**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
  - **Notes**: Minor in Music
  - **Dates**: 8/28/2012 - 5/13/2016

- **University of Southern California - MS**
  - **Major**: Coordinated Program in Nutrition, Healthspan and Longevity
  - **Notes**: Expected Graduation May 2019
  - **Dates**: 8/22/2017 - N/A

### Employment History

- **Los Angeles Children's Hospital - Body Works-Student volunteer - Un-Paid**
  - **Dates**: 8/16/2017 - Present
  - **Responsibility**: Educating prediabetic children on nutrition choices, exercise, and healthy living strategies.
### Alumni Data

<table>
<thead>
<tr>
<th>Program Objectives</th>
<th>Program Results</th>
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<tbody>
<tr>
<td>80% of graduates will pass the CDR credentialing exam for dietitians within one year following first attempt.</td>
<td>95% of C1-C6 graduates passed the CDR credentialing exam for dietitians within one year following first attempt (n=139).</td>
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<tr>
<td>80% of graduates will complete the coordinated program within 150% of the allotted timeframe</td>
<td>97% of C1-C6 graduates completed the program within 150% of the allotted time (n=139)</td>
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<tr>
<td>75% of graduates will report employment in a dietetics-related position within 12 months following program completion.</td>
<td>93% of C-1-C5 graduates reported employment in a dietetics-related position within 12 months following program completion (n=42).</td>
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</tbody>
</table>
Alumni Careers in Nutrition and Dietetics

- Amylee Amos (C1) – Founder Amos Institute (Dementia)
- Sherry Shulman (C1) – UC Irvine, Susan Samueli Center for Integrative Medicine
- Dina Ben-Nissan (C1) – Research, UCLA Nutrition Lab
- Maria Schellenberger (C1) – Research Substance Abuse Recovery
- Whitney English (C2) – Media RD and a social media influencer; published a book on Vegan Diet Infant Feeding; RDN for 24 Hour Fitness
- Eliot Kwon (C2) – Dietitian, LA County Probation Department
- Elsa Carillo (C3) – Pediatric Dietitian, Children’s Hospital Central CA
- Angie Wu (C3) – Research Dietitian, L-Nutra
Alumni Careers in Nutrition and Dietetics

- Rochelle Lai (C4) – Pediatric Dietitian, Packard Children’s Hospital at Stanford
- Jordan Anthony (C5) – Corporate Wellness Dietitian, Riot Games
- Laura Kauffman (C5) – Outpatient Dietitian, USC Verdugo Hills Hospital
- Christy Schuld (C5) – Sports Dietitian, USC Athletics
- Emma Willingham (C5) – Clinical Dietitian, Houston Methodist Hospital, Owner of Fuel with Emma, LLC, enrolled at Texas Women’s University PhD program
- Hannah Grenfell (C6) – Clinical Dietitian, LAC+USC Hospital
- Kaytee Hadley (C6) – Private Practice Dietitian and Personal Trainer, Kaytee Hadley Wholistic Health and Fitness
Students in the News

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

Rochelle Lai, MS, RDN, MSNHL ‘19
Outstanding Dietetic Student in a
Coordinated Program, AND 2019

Ranier Castillo, MS, RDN, MSNHL ‘20
Outstanding Dietetic Student in a
Coordinated Program, AND 2020
Genoa Italy 2019

Students with Dr. Longo
Student Activities

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

LESD Champions for Change Farmer’s Market Los Angeles 2019

Community Nutrition 2019
Cohort 3 CAND Poster Session
April 2018

Cohort 6 White Coat Ceremony
January 2020
Partial List Faculty

• Socorro Carranza, MPH, RDN, CDCES, Adjunct Lecturer, USC Leonard Davis School of Gerontology
• Sarah Dhillon, PhD, MBA, Instructional Assistant Professor, 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 and special workshops/conferences at USC
Master of Science in Nutrition, Healthspan & Longevity (MSNHL) Coordinated Program

• Designed for:
  – Individuals who want to pursue a career in nutrition and dietetics as a Registered Dietitian Nutritionist (RDN)

• Career Opportunities:
  – Deliver and administer nutrition and dietetics programs in the private and public sectors
  – Careers in nutrition and dietetics, including:
    • Working in hospitals
    • Long-term care, university, and school foodservice programs
    • Lifestyle and wellness coaching
    • Private Practice
    • Scientific research
    • Policy and advocacy
Master of Science in Nutritional Science

• Designed for:
  – Students with a Didactic Program in Dietetics (DPD) Verification Statement
  – CDR Registered Dietitian Nutritionists (RDNs)
• Career Opportunities:
  – Deliver and administer nutrition and dietetics programs in the private and public sectors
  – Careers in nutrition and dietetics, including:
    • Working in hospitals
    • Long-term care, university, and school foodservice programs
    • Lifestyle and wellness coaching
    • Scientific research
    • Policy and advocacy
Master of Science in Lifespan, Nutrition and Dietetics

• Designed for:
  – Individuals interested in practicing dietetics outside of the U.S.
  – Individuals interested in careers as dietary managers (CDMs)
  – Individuals interested in healthspan, longevity, wellness, nutrition and dietetics

• Career Opportunities:
  – Leadership in health and wellness
  – Nutrition program director
  – Dietetics services supervisor in healthcare facilities
Master of Arts in Foodservice Management

• Designed for:
  – Future leaders in foodservice management
  – Individuals interested in careers as dietary managers (CDMs)
  – Individuals interested in healthspan, longevity, wellness, nutrition, and dietetics

• Career Opportunities:
  – Foodservice management in:
    • Healthcare facilities
    • Schools
    • Senior living communities
    • Corporate wellness
Application Deadlines

Visit our "How to Apply" page at gero.usc.edu for application requirements

MSNHL (Coordinated Program)
• January 15th for the Fall start date
• Please send ALL transcripts to Jim DeVeria, USC Leonard Davis School of Gerontology, 3715 McClintock Ave, Mailbox 0191, Los Angeles, CA 90089-0191

MAFMD, MSLND, & MSNS
• October 15th priority deadline for the Spring start date
• March 15th priority deadline for the Fall start date
• Students who apply by the priority deadline will be the first group to be reviewed for admission. Once the priority deadline has passed, we review applications on a rolling basis.
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?