Family Relations and Applied Nutrition: MSc, PhD

Applied Human Nutrition

Applied Human Nutrition is a field of study offered by the Department of Family Relations and Applied Nutrition. We are a unique, interdisciplinary academic unit focused on integrating research and practice. Our faculty members conduct applied and inter-professional research that encompasses the continuum of the life cycle in diverse settings, including public health departments, community agencies, and long-term and acute care facilities.

uoguelph.ca/family/applied-human-nutrition-msc-phd

The Applied Human Nutrition field (AHN) offers an MSc and a PhD, which involve a combination of course work and a research thesis. In the case of a PhD the completion of a qualifying exam is also required.

Research Expertise

Graduate students have opportunities to conduct independent research from inception to analysis in community, lab and clinical settings using nutrition, epidemiological and/or social science methodologies.

Admission Requirements

- An honours bachelor’s degree, or equivalent
- A minimum 75% average in the last 2 years of study
- Grades of at least 75% in applied statistics and social science research methods courses
- For PhD, master’s degree with a research-based thesis in human nutrition or a closely related field

Application Deadline:
January 7, 2019

Eligibility

Individuals from an applied human nutrition discipline as well as individuals who have non-AHN backgrounds are encouraged to apply to the MSc and PhD options in the AHN field. We welcome students with diverse backgrounds such as applied human nutrition, nutritional sciences, food science, biomedical science, health promotion, psychology, and kinesiology.

Faculty

Dr. Andrea Buchholz
Dr. John Dwyer
Dr. Laura Forbes
Dr. Jess Haines
Dr. Hannah Tait Neufeld

ARE YOU INTERESTED IN:

- Community nutrition
- Clinical nutrition
- Nutrition throughout the lifespan
- Physical activity
- Chronic disease risk
- Indigenous health
- Food security
- International nutrition

CAREER OPPORTUNITIES:

- Public health nutrition
- Nutrition program manager
- Research coordinator
- NGO’s
- Regional/Public/International health agencies
- Regulatory affairs
- UN agencies
- Academia

CONTACT INFORMATION

Graduate Program Assistant:
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**Andrea Buchholz**

I have three research streams: (1) Body composition and energy expenditure. I am the Director of the University of Guelph Body Composition Lab, and a co-investigator of the Guelph Family Health Study, with a research interest in children’s and parents’ body composition. (2) Dietary intakes of families, with a focus on calcium and dairy product intake. (3) The use of patient simulations in the education of undergraduate and graduate students in nutrition.

**Research Interests:** body composition (obesity), nutrition and dietary intakes of families, and the scholarship of teaching and learning.

**Laura Forbes**

My research focuses on dietary intake during key developmental periods (adolescence, pregnancy) with the goal of preventing chronic disease, specifically, diabetes and obesity.

Current projects focus on women’s experiences with nutrition and gestational weight gain during pregnancy and communication of nutrition information during pregnancy.

**Research Interests:** nutrition, pregnancy, adolescence, carbohydrates, sugar, diabetes, obesity.

**Jess Haines**

My research focuses on identifying modifiable family-level factors that influence children’s health behaviours and translating that knowledge into effective behaviour change interventions.

I am the Associate Director of the Guelph Family Health Study, a cohort study of families with preschool-age children, and the Director of the Parent-Child Feeding Laboratory where we aim to understand how parent-child feeding interactions influence children’s dietary intake.

**Research Interests:** families, children, obesity prevention, behaviour change intervention.

**John Dwyer**

My overarching research interest is health promotion, particularly the promotion of healthy lifestyle behaviours such as physical activity, non-sedentariness (less sitting), and healthy eating among adults and adolescents. Several specific areas of research interest are (a) psychology of physical activity, sedentariness, and healthy eating, (b) promotion of dog walking, and (c) program evaluation related to physical activity, dog walking, sedentariness, and healthy eating.

**Research Interests:** psychology of physical activity, sedentariness, and healthy eating; dog walking; program evaluation.

**Hannah Tait Neufeld**

I have been educated primarily in the fields of nutrition and public health, with training in a wide range of disciplines such as geography, First Nation studies and international development. My research has thus far been community-based, working with Indigenous women and their communities on determinants of food choice, and chronic disease prevention. I also have experience working in international nutrition policy and evidence-based guideline development with the World Health Organization. Current research interests continue to focus on health inequalities, taking into consideration community interests, along with environmental and other factors influencing maternal and child health, along with Indigenous food systems globally.

**Research Interests:** Indigenous health, Indigenous food systems, maternal nutrition, diabetes prevention, food security, global health.