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.

https://www.uoguelph.ca/family/applied-human-nutrition-msc-phd

Program

Applied Human Nutrition (AHN) offers an MSc (approx. 2 years) and a PhD (approx. 4 years), which involve a combination of coursework 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.

Eligibility

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

Faculty

Dr. Paula Brauer
Dr. Andrea Buchholz
Dr. John Dwyer
Dr. Dalia El Khoury
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:
Shauna Porter
519-824-4120 ext 53968
fran.graduate@uoguelph.ca

Application Deadline:
January 8, 2018
Applied Human Nutrition Faculty and Research Areas

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 students in nutrition.

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

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.

Dalia El Khoury
My research interests lie in the areas of 1) exploring new biomarkers for metabolic syndrome both in pediatric and adult populations; and 2) investigating the use of nutritional supplements among university athletes and gym exercisers.

**Research Interests:** functional foods; metabolic syndrome; biomarkers; children and adults; nutritional supplements; athletes and exercisers.

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.

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.

CONTACT INFORMATION
Graduate Program Assistant:
Shauna Porter
519-824-4120 ext 53968
fran.graduate@uoguelph.ca