

How to Become a Skilful Public Health Nutritionist?

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Public Health Nutrition focuses on the promotion of good health through nutrition and the primary prevention of diet and physical activity related illness in the population. The aim is to keep populations well for longer. The purpose is to identify and solve problems using a public health perspective that embraces the wider social, economic and political context in which people live.

Training in Public Health Nutrition is appropriate for people interested in all nutrition related health problems, be they over- or under- nutrition, in developed (rich) or developing (poor) countries.

The University of Southampton has played a leading role in defining and delivering postgraduate Public Health Nutrition training in Europe and worldwide. The Institute of Human Nutrition, Public Health Nutrition Group, is responsible for organising the course.

The MSc is accredited by The Nutrition Society, and graduates are entitled to associate registration in Public Health Nutrition, which after suitable graduate experience can be converted to full registration. Increasingly employers are seeking registration as a criterion for employment.

The curriculum is designed to:

- Stimulate you to become enthusiastic and competent practitioners who are committed to continued professional development
- Develop your knowledge, attitudes and skills to enable you to practice as Public Health Nutritionists
- Enable you to work collaboratively within a multi-professional team and to assume a leadership role when appropriate

As a result of attending the MSc courses, you will be able to:

- Identify nutrition related public health problems relevant at local, regional, national and international level
- Identify causes of these problems
- Develop strategies to deal with these problems
- Evaluate the impact of these strategies
- Understand the process whereby research-based evidence provides a basis for the development of public health policy
- Advocate appropriate public health policy.

Our graduates work in a variety of jobs: government departments and health authority organisations; international organisations and NGOs; charities and lobby groups; academic university posts.

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