

3-30-2009

New Nutrition And Wellness Track At UNH Taps Growing Interest

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Recommended Citation

Potier, Beth and Reilly, Ruth A., "New Nutrition And Wellness Track At UNH Taps Growing Interest" (2009). *UNH Today*. 40.
<https://scholars.unh.edu/news/40>

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New Nutrition And Wellness Track At UNH Taps Growing Interest

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March 30, 2009

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DURHAM, N.H. - As lifestyle-related medical issues like obesity, diabetes and stress become more prevalent, the University of New Hampshire's nutritional sciences program is expanding its undergraduate curriculum by offering a new track in nutrition and wellness. The track will provide students with a nutrition and wellness background and prepare them for future employment opportunities in agencies and businesses that have an emphasis on health and wellness.

"We are seeing a growing number of students interested in the area of nutrition and in pursuing jobs in health promotion, education, community wellness and public health," says Ruth Reilly, clinical associate professor of nutrition at UNH. "This new curriculum reflects the comprehensive nature of wellness and health." In addition to courses in nutrition, students enrolled in the new track will complete courses in exercise, stress management, communication and public health.

Students participating in the nutrition and wellness track also will have the opportunity to choose an area of focus that will enhance their academic experiences, including writing, business, fitness or education. "One of our major objectives of the new track is to provide students exposure to interdisciplinary course work and opportunities to broaden their competitiveness in the workplace," says Colette Janson-Sand, associate professor of nutrition. The curriculum also fulfills all general education and writing-intensive requirements of the university.

The nutrition and wellness track joins two other tracks offered in the nutrition major: dietetics and nutritional sciences. The dietetics track is accredited by the American Dietetic Association and prepares students to become registered dietitians, requisite for employment opportunities in clinical and community dietetics. The nutritional sciences track provides students with a strong science background in biology, chemistry, physiology, nutrition, biochemistry and physics and prepares them for further education in graduate school or professional schools of medicine and dentistry.

In addition to the four-year Bachelor of Science degree program, UNH offers students a variety of options in nutrition: a two-year dietetic technician associate degree program, a post-baccalaureate dietetic internship program, a Master of Science degree in nutrition, and a doctoral degree in animal and nutritional sciences. With more than 200 undergraduates majoring in nutritional sciences, UNH has the largest undergraduate degree program in New Hampshire, as well as the state's only graduate degree program in nutrition. The dietetic

internship program attracts a nationwide pool of qualified applicants and has a proven success rate of graduates who pass the national examination to become registered dietitians. The UNH nutritional sciences program has a reputation for excellence both in-state and regionally. More information is available at www.nutrition.unh.edu.

The University of New Hampshire, founded in 1866, is a world-class public research university with the feel of a New England liberal arts college. A land, sea and space-grant university, UNH is the state's flagship public institution, enrolling 11,800 undergraduate and 2,400 graduate students.

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