



The Doctor of Philosophy (PhD) in Health Behavior Science and Promotion provides the training and experience necessary for graduates to become independent researchers and practitioners in health promotion settings, including academia, non-governmental organizations (business and non-profit), allied health fields, and public service at all levels of national government. Students will gain the skills and expertise needed to use theoretical and empirical methods to address the health problems of diverse populations. In particular, students are provided training in research methods, program design and evaluation. Emphasis is placed on examining current research that uses multilevel, ecological models of health and health behavior that address health knowledge, attitudes and beliefs; social and psychological, as well as environmental and cultural factors in chronic disease etiology and risk reduction.

EXCEPTIONAL LEARNING OPPORTUNITIES

- Our faculty are recognized experts as demonstrated by their external research funding, numerous peer-reviewed publications, as well as national and international conference and invited speaking engagements. PhD students benefit directly from the opportunity to engage with renowned faculty in meaningful scholarship.
- Our program provides numerous opportunities for experiential learning in the health promotion field that are serviced by our Health Coaching Clinic based in the College of Health Science's STAR tower, our STAR-mobile health van that brings health screening and promotion services to hard-to-reach communities, and by our active relationships with multiple community, public, and private partners (e.g., Food Bank of Delaware, Women Infants and Children, YMCA).
- Recognizing that PhD students may want to develop a teaching portfolio, students are given the opportunity to serve as a teaching assistant, and then an instructor of record, for a tertiary level class in the later years of their program.

CORE RESEARCH AREAS

PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR

Our experts focus on the measurement, identification of multi-level determinants, development and testing of interventions to improve physical activity and sedentary behavior. Development of novel methodologies to assess the built environment for physical activity, and developing approaches to improve physical activity and reduce sedentary time in individuals with intellectual and developmental disabilities, are key research areas.

HEALTH BEHAVIOR CHANGE

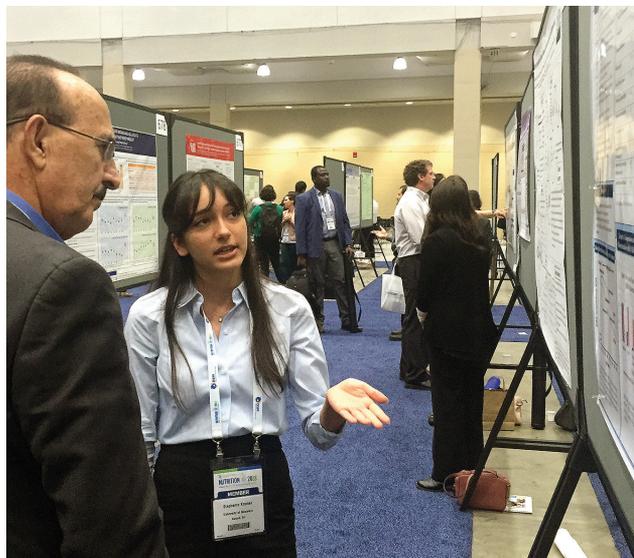
Developing theoretically grounded, efficacious, translational approaches to promote positive health behaviors in a variety of settings including child care centers, work places, community centers and churches are central foci of our faculty's research. Work in this area includes evaluating policies to promote physical activity on obesity and examining the efficacy of health coaching on the cardiometabolic health behaviors of cancer survivors.

HEALTH DISPARITIES

Our research in health disparities seeks to quantify and develop targeted strategies to address racial, ethnic, socioeconomic, and geographic differences in chronic disease risk. Faculty work in this area includes evaluating strategies to train community health workers and lay personnel to deliver health promoting interventions in their respective communities.

HEALTH ACROSS THE LIFESPAN

Faculty in this area have been developing and testing approaches to leverage family and other social institutions to promote healthy aging at key developmental stages including early childhood, emerging adulthood, and older adults.



TO APPLY

For more information about graduate admission and to apply online, visit the Graduate College at grad.udel.edu. Materials required for application include: application form, official undergraduate and graduate transcript, GRE scores within past 5 years, a minimum of three letters of recommendation (it is recommended that at least two be from academic references), curriculum vitae or resume, and graduate application essay.

FUNDING

A limited number of full and partial graduate assistantships are available on a competitive basis for full-time PhD students.

ADMISSION DEADLINES

Applications for fall admission to the PhD in Health Behavior Science and Promotion are reviewed on a rolling basis between **January 15** and **March 15**. Priority consideration for admission and assistantship funding is given to earlier applicants.

CONTACT

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Learn more at grad.udel.edu

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