



The field of health promotion seeks to improve the health of individuals and communities through education, behavior change, and environmental improvement. Students engage in a comprehensive curriculum that teaches how to successfully design, implement, administer, and evaluate health promotion interventions. They develop the knowledge and skills to use strategies such as cognitive and behavioral modification, health coaching, health communication, and environmental and cultural change in diverse settings.

The Master of Science (MS) in Health Promotion prepares graduates to work as health educators, research project managers, public health evaluators and health coaches in settings including corporate wellness, academic institutions, local and state health departments, and health-related, nonprofit organizations. Eligible graduates can take the Certified Health Education Specialist (CHES) exam. This program can be completed full or part time.

**EXCEPTIONAL LEARNING OPPORTUNITIES**

- UD is a Land Grant, Sea Grant and Space Grant Institution. The Carnegie Foundation for the Advancement of Teaching classifies UD as a research university with very high research activity - a designation accorded to fewer than 3 percent of U.S. colleges and universities. The UD Graduate College and the Center for Teaching and Assessment of Learning offer educational opportunities to enhance graduate students' professional portfolios and academic career preparation.
- Our program provides experiential learning in health promotion through our Health Coaching clinic, our labs in the areas of Health and Disability, Social Marketing and Health Communications, and Mind Body Behavior, our STAR-mobile health van which brings health screening and promotion services to hard-to-reach communities, and our relationships with community, public, and private partners (e.g., Food Bank of Delaware, Women Infants and Children, YMCA).
- The MSHP program offers a capstone of either a Master's research project or a full immersion internship experience.

# CORE RESEARCH AREAS

## PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR

Our experts focus on the measurement, identification of multi-level determinants, development and dissemination of scalable interventions to address physical activity and sedentary behavior in diverse populations including individuals with disabilities and underserved groups.

## 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, residential or day programs, and churches, is central to our faculty's research. This work is exemplified by our Health Coaching Clinic, based in the College of Health Sciences' STAR tower.

## 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 testing strategies to train community health workers and lay personnel to deliver health promoting interventions in their respective communities.

## HEALTH ACROSS THE LIFESPAN

Faculty members 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](http://grad.udel.edu). Applicants must have a bachelor's degree.

## FUNDING

The Department of Behavioral Health and Nutrition has several full graduate assistantships that may be offered to competitive full-time students on a year-to-year basis.

## ADMISSION DEADLINES

Applications (all materials) for the MSHP Program are reviewed on a rolling basis between **January 15 and July 1** for admission to the program at the beginning of the following fall semester.

## CONTACT

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Learn more at [grad.udel.edu](http://grad.udel.edu)

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