

# HUMAN NUTRITION

## Passionate About Health?

Interested in how diet, physical activity, and other lifestyle factors play a role in improving health and preventing disease? The Human Nutrition program prepares students for further advanced study in health-related fields.

You will study the biological and physical sciences and learn how to apply them to the interactions between nutrition and human health.

## CAREERS

With a Bachelor of Science in Human Nutrition, you will be prepared for a number of career possibilities as well as advanced academic study in dentistry, medicine, nutrition research, occupational therapy, optometry, osteopathic medicine, pharmacy, physician assistance studies, physical therapy and public health. Potential career paths may include:

### Dentists

*diagnose and treat problems with patients' teeth, gums, and related parts of the mouth*

2019 Median Pay: \$159,200

Ten-Year Job Outlook: 7% (faster than average)

### Health Educators

*teach people about behaviors that promote wellness, collect data and discuss health concerns with members of specific populations or communities*

2019 Median Pay: \$46,910

Ten-Year Job Outlook: 11% (much faster than average)

### Medical Physicians

*diagnose and treat injuries or illnesses*

2019 Median Pay: \$208,000

Ten-Year Job Outlook: 7% (faster than average)

### Pharmacists

*dispense prescription medications to patients and offer expertise in the safe use of prescriptions*

2019 Median Pay: \$128,090

### Physician Assistants

*practice medicine on teams with physicians, surgeons, and other healthcare workers*

2019 Median Pay: \$112,260

Ten-Year Job Outlook: 31% (much faster than average)

# 7 out of 12

of the world's top health risks  
are diet-related<sup>1</sup>



### Program Contact

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For more program info, take a photo of this code with your smartphone. No special app required.

## DID YOU KNOW?

Through a four-year research project funded by the Center for Disease Control and Prevention, our faculty have reduced obesity rates in six Kentucky counties by creating meaningful policy, system and environmental change.

Through this initiative, residents have improved healthy eating habits and increased physical activity with changes such as expanded access to farmers' markets, healthy recipe promotions at grocery stores, renovation of playgrounds at community parks and the development of safe and walkable communities.



**HUMAN NUTRITION STUDENTS** gain hands-on experience in service, research and shadowing hours in a clinical setting with a Dietetic and Human Nutrition (DHN) faculty member who is also a practicing Physician Assistant.



## ORGANIZATIONS AND CLUBS

**Student Dietetic and Nutrition Association** engages in nutrition-related service and learning opportunities with experts in food, nutrition and health professions

**The Campus Kitchen at the University of Kentucky** provides a sustainable solution to reducing food waste while serving healthy meals to those struggling with hunger

**Universities Fighting World Hunger at the University of Kentucky** supports on-campus, hunger-related initiatives and organizations by facilitating communication and providing resources to develop and implement strategies to end hunger



## HIGHLIGHTED COURSES

### DHN 311: Nutritional Biochemistry

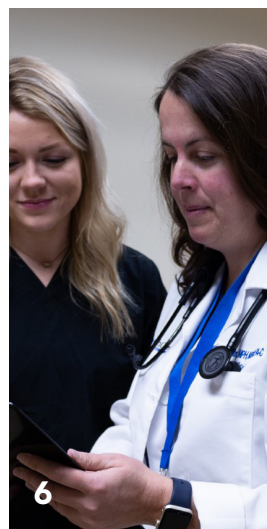
This course provides an introduction to the biochemical basis of nutrition in chronic disease and the role of macro- and micro-nutrient metabolism in health, wellness, and chronic disease prevention and treatment.

### DHN 474/475: Research in Nutrition

Students explore research opportunities in the health field, identify potential funding sources, review institutional board requirements, and develop a grant proposal based on their own interests in nutrition.

### DHN 597: Obesity and Food Insecurity Paradigm

This course examines the pathophysiology of obesity, including genetic determinants, prenatal and early life influences, and epigenetics.



**Photo 1:** DHN Students learn how to evaluate body composition with BodPod assessments.

**Photo 2:** Snapshot from the Human Environmental Sciences (HES) welcome picnic where students learn about organizations and how to join them.

**Photo 3:** Representatives from UK's three main hunger fighting organizations (Campus Kitchen, Universities Fighting World Hunger & Big Blue Pantry) attending the Kentucky Hunger Dialogue.

**Photo 4:** Volunteers at Farm to Fork where Campus Kitchen provides free locally sourced meals for students.

**Photo 5:** Students gain undergraduate research experience working with DHN faculty in laboratory and community settings.

**Photo 6:** Student shadows a Physician Assistant, who is also a faculty member in Dietetics and Human Nutrition.