PROPOSAL PROCEDURES CHECKLIST

MS in Obesity Prevention and Management

Academic units should adhere to the following procedures when requesting new curricular initiatives (degrees, concentrations or certificates).

☐ Obtain the required approval from the Office of the Provost to move the initiative forward for internal ASU governance reviews/approvals.

- Establishment of new curricular initiative requests; degrees, concentrations, or certificates
- Rename requests; existing degrees, concentrations or certificates
- Disestablishment requests; existing degrees, concentrations or certificates

☐ Submit any new courses that will be required for the new curricular program to the Curriculum ChangeMaker online course approval system for review and approval.

- Additional information can be found at the Provost’s Office Curriculum Development website: Courses link
- For questions regarding proposing new courses, send an email to: courses@asu.edu

☐ Prepare the applicable proposal template and operational appendix for the proposed initiative.

- New degree, concentration and certificate templates (contain proposal template and operational appendix) can be found at the Provost’s Office Curriculum Development website: Academic Programs link

☐ Obtain letters or memos of support or collaboration. (if applicable)

- When resources (faculty or courses) from another academic unit will be utilized
- When other academic units may be impacted by the proposed program request

☐ Obtain the internal reviews/approvals of the academic unit.

- Internal faculty governance review committee(s)
- Academic unit head (e.g. Department Chair or School Director)
- Academic unit Dean (will submit approved proposal to the curriculumplanning@asu.edu email account for further ASU internal governance reviews (as applicable, University Graduate Council, CAPC and Senate)

Additional Recommendations - All new graduate programs require specific processes and procedures to maintain a successful degree program. Below are items that Graduate Education strongly recommends that academic units establish after the program is approved for implementation.

☐ Set-up a Graduate Faculty Roster for new PhD Programs – This roster will include the faculty eligible to mentor, co-chair or chair dissertations. For more information, please go to http://graduate.asu.edu/graduate_faculty_initiative.

☐ Establish Satisfactory Academic Progress Policies, Processes and Guidelines – Check within the proposing academic unit and/or college to see if there are existing academic progress policies and processes in place. If none have been established, please go to http://graduate.asu.edu/faculty_staff/policies and scroll down to the academic progress review and remediation processes (for faculty and staff) section to locate the reference tool and samples for establishing these procedures.

☐ Establish a Graduate Student Handbook for the New Degree Program – Students need to know the specific requirements and milestones they must meet throughout their degree program. A Graduate Student Handbook provided to students when they are admitted to the degree program and published on the website for the new degree gives students this information. Include in the handbook the unit/college satisfactory academic progress policies, current degree program requirements (outlined in the approved proposal) and provide a link to the Graduate Policies and Procedures website. Please go to http://graduate.asu.edu/faculty_staff/policies to access Graduate Policies and Procedures.

Check Box Directions – To place an ‘X’ in the check box, place the cursor on the left-side of the box, right click to open the drop down menu, select Properties, under Default value, select Checked and then select Ok.
DEGREE PROGRAM

College/School(s) offering this degree: College of Health Solutions

Unit(s) within college/school responsible for program: School of Nutrition and Health Promotion (SNHP)

If this is for an official joint degree program, list all units and colleges/schools that will be involved in offering the degree program and providing the necessary resources: N/A

Proposed Degree Name: Master of Science (MS) in Obesity Prevention and Management

Master's Degree Type: Master of Science

Proposed title of major: Obesity Prevention and Management

Please note: When this degree was originally placed on the College of Health Solutions Academic Plan, the requested degree/major was for the MS in Obesity Health Management. At this time, the School of Nutrition and Health Promotion would like to request a name change to move this degree proposal forward as the MS in Obesity Prevention and Management.

Justification: The degree title was expanded to include “prevention” to a) more accurately reflect the focus of the degree program on prevention of overweight and obesity and b) to better incorporate the expertise of faculty at the SNHP and within Obesity Solutions.

Is a program fee required? Yes ☒ No ☐

Is the unit willing and able to implement the program if the fee is denied? Yes ☒ No ☐

Requested effective term: Fall and year: 2014
(The first semester and year for which students may begin applying to the program)

PROPOSAL CONTACT INFORMATION
(Person to contact regarding this proposal)

Name: Punam Ohri-Vachaspati
Title: Associate Professor

Phone: 602-827-2270
email: pohrivac@asu.edu

DEAN APPROVAL

This proposal has been approved by all necessary unit and College/School levels of review, and the College/School(s) has the resources to offer this degree program. I recommend implementation of the proposed degree program. (Note: An electronic signature, an email from the dean or dean’s designee, or a PDF of the signed signature page is acceptable.)
Proposal to Establish New Graduate Program

College Dean name: Keith Lindor

College Dean Signature ___________________________ Date: 7/23/13

College Dean name:
(if more than one college involved)

College Dean Signature ___________________________ Date: _______

Proposal to Establish New Graduate Program
ARIZONA STATE UNIVERSITY
PROPOSAL TO ESTABLISH A NEW GRADUATE DEGREE

This proposal template should be completed in full and submitted to the University Provost’s Office [mail to: curriculumplanning@asu.edu]. It must undergo all internal university review and approval steps including those at the unit, college, and university levels. A program may not be implemented until the Provost’s Office notifies the academic unit that the program may be offered.

DEGREE PROGRAM INFORMATION

Master’s Type: MS
(E.g. MS, MA, MAS, PSM, or other)

Proposed title of major: Obesity Prevention and Management

1. PURPOSE AND NATURE OF PROGRAM:
   A. Brief program description –

   The MS in Obesity Prevention and Management is an innovative, interdisciplinary degree that draws on a wide array of expertise at ASU to integrate perspectives from the social, applied, life, and health sciences and provides advanced graduate level problem-focused, experiential training that is grounded in evidence and best practices for effective prevention and management of obesity. This degree is geared towards post-baccalaureate students and professionals who wish to advance their understanding of social, cultural, environmental, health, and psychological issues associated with obesity. The program emphasizes the complex etiology of obesity and includes courses that will enhance students’ ability to work with individuals and populations at risk of obesity to develop effective strategies for prevention and management of the condition across the lifespan. High obesity rates are associated with an array of poor psycho-social and health outcomes at the individual level and increased health care and associated costs at the societal level. Four tracks will be offered, providing each student with the ability to tailor his/her program of study to meet individual professional goals: Public Health Approaches for Behavior Change, Cultural Aspects of Behavior Change, Technological Approaches to Behavior Change and “General”. The MS in Obesity Prevention and Management will help prepare a workforce that understands the multifaceted nature of the problem and is trained to develop effective solutions at the individual and population levels. Depending upon the educational and professional backgrounds of incoming students, graduates of this program will be highly qualified for employment in public/private health care and health promotion/education settings, educational and workforce enterprises, industry/corporate entities, and media/communication outlets. There are several programs in the country that offer master’s degree with a concentration in obesity focused topics, but the proposed MS in Obesity Prevention and Management at ASU is the first such interdisciplinary degree fully focused on this topic of paramount importance.

   Will concentrations be established under this degree program? □ Yes □ No
   (Please provide additional concentration information in the operational appendix – number 5A.)

2. PROGRAM NEED - Explain why the university should offer this program (include data and discussion of the target audience and market).

   Currently in Arizona, 60 percent of adults are overweight and over a quarter are obese. Obesity rates are projected to rise as high as 60% by 2030, representing massive strains and costs on the health care system, worse health, and lower productivity for the state. The problem is however a global one, currently extending to 1.5 billion adults, and especially accelerating among children and in developing countries. Obesity is a complex, multifaceted problem that defies easy solutions, and standard medical approaches are insufficient in themselves. Beginning with an understanding of the complex causal underpinning of obesity, the interdisciplinary MS in Obesity Prevention and Management degree will bring expertise together from the social, applied, life, and medical sciences to understand how the problem of obesity can be solved both at individual and population levels. To our knowledge, this will be the first interdisciplinary master’s degree focused on preventing and managing the widespread problem of obesity and will fill a gap resulting from often isolated education and training in this field.
This degree will target students and professionals in public, not-for-profit, and private sectors interested in working with overweight or obese populations or those at risk for obesity, especially with children in individual or institutional settings. This degree aims to increase the effectiveness of people working in a wide array of fields relevant to obesity, including health care delivery, clinical practice, public health, health promotion, exercise/fitness, nutrition, education, elder and childcare, communication, and counseling.

3. IMPACT ON OTHER PROGRAMS - Attach any letters of collaboration/support from impacted programs. (see Checklist coversheet)

While drawing upon expertize from multiple departments, the proposed degree does not overlap with other offerings at ASU. We therefore do not anticipate a significant impact on existing programs because most of the candidates seeking admission to the proposed degree would be seeking training in a specific problem-focused interdisciplinary degree. Letters of support are included from the following programs:

Dean Terri Pipe, CONHI
Dr. Keith Crnic, Chair, Psychology
Dr. Alex Brewis Slade, Director, School of Human Evolution and Social Change

4. PROJECTED ENROLLMENT - How many new students do you anticipate enrolling in this program each year for the next five years? Please note, The Arizona Board of Regents (ABOR) requires nine masters and six doctoral degrees be awarded every three years. Thus, the projected enrollment numbers must account for this ABOR requirement.

<table>
<thead>
<tr>
<th>5-YEAR PROJECTED ANNUAL ENROLLMENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please utilize the following tabular format.</td>
</tr>
<tr>
<td>Number of Students Majoring (Headcount)</td>
</tr>
</tbody>
</table>

5. STUDENT LEARNING OUTCOMES AND ASSESMENT:

A. List the knowledge, competencies, and skills students should have attained by graduation from the proposed degree program. (You can find examples of program Learning Outcomes at [http://www.asu.edu/oue/assessment.html](http://www.asu.edu/oue/assessment.html)).

Learning Outcomes:

All MS in Obesity Prevention and Management graduates will be able to:

1. Critically analyze a range of causal pathways to obesity and be able to explain obesity as a complex multidimensional phenomenon.
2. Demonstrate mastery of literature related to obesity at multiple levels and domains, such as physiological, genetic, environmental, social, and psychological.
3. Design and implement obesity prevention and management interventions at multiple levels.
4. Possess the ability to discuss role of primary, secondary, and tertiary prevention in addressing obesity at the individual and societal levels.
5. Demonstrate a sophisticated understanding of barriers to weight loss and best practices for obesity prevention and management in clinical and community settings.
6. Demonstrate familiarity with a range of methods relevant to measuring and understandings multiple dimensions of obesity, such as methods from exercise science, nutrition, environmental science, or psychology.
B. Describe the plans and methods to assess whether students have achieved the knowledge, competencies and skills identified in the Learning Outcomes. (You can find examples of assessment methods at [http://www.asu.edu/oue/assessment.html](http://www.asu.edu/oue/assessment.html)).

A comprehensive Academic Program Assessment will be developed once the program and its curriculum have been approved. The assessment plan will be based upon the mission and objectives of the program and will include a grid linking course contents and student experiences with learning outcomes. Student learning will be assessed through direct measures [scores on exams, projects, presentations, case studies; evaluation of student applied projects; student achievements such as participation in research presentations/articles; student success as measured by the receipt of awards, grants, and scholarships; graduation rates] and indirect measures [student program evaluation survey data; job placement; post-graduate mentor/employer surveys]. The goal will be at least 90% of enrolled MS students will be assessed via direct measures and no fewer than 50% of MS program graduates assessed via indirect measures of student learning. Data will be reviewed annually to determine the degree to which students have met program expectations. Using these data, program faculty and leadership will evaluate the curriculum annually to make adjustments as needed.

6. ACCREDITATION OR LICENSING REQUIREMENTS (if applicable): Provide the names of the external agencies for accreditation, professional licensing, etc. that guide your curriculum for this program, if any. Describe any requirements for accreditation or licensing.

None.

7. FACULTY, STAFF, AND RESOURCE REQUIREMENTS:

A. Faculty

   i. Current Faculty - List the name, rank, highest degree, area of specialization/expertise and estimate of the level of involvement of all current faculty members who will teach in the program.

<table>
<thead>
<tr>
<th>Faculty Name</th>
<th>Position and Expertise</th>
<th>Percent Involvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>James Levine, PhD, MD</td>
<td>School for the Science of Health Care Delivery; endocrinology, technology, obesity solutions</td>
<td>5%</td>
</tr>
<tr>
<td>Elizabeth D Phillips, PhD</td>
<td>Department of Psychology; psychology of appetite and food choice.</td>
<td>5%</td>
</tr>
<tr>
<td>Alexandra Brewis Slade, PhD</td>
<td>School of Human Evolution and Social Change; medical anthropology</td>
<td>5%</td>
</tr>
<tr>
<td>Linda Vaughan, PhD, RD</td>
<td>School of Nutrition and Health Promotion, health promotion; nutritional status of older adults</td>
<td>5%</td>
</tr>
<tr>
<td>Punam Ohri-Vachaspati, PhD, RD</td>
<td>School of Nutrition and Health Promotion, public health nutrition; health promotion</td>
<td>25%</td>
</tr>
<tr>
<td>Carol Johnston, PhD, RD</td>
<td>School of Nutrition and Health Promotion, Micronutrient metabolism; plant based diets</td>
<td>5%</td>
</tr>
<tr>
<td>Chris Wharton, PhD</td>
<td>School of Nutrition and Health Promotion; nutrition, sustainability</td>
<td>5%</td>
</tr>
<tr>
<td>Natasha Tasevska, MD, PhD</td>
<td>School of Nutrition and Health Promotion; nutritional epidemiology</td>
<td>5%</td>
</tr>
<tr>
<td>Meg Bruening, PhD, RD</td>
<td>School of Nutrition and Health Promotion; public health nutrition</td>
<td>5%</td>
</tr>
<tr>
<td>Eric Hekler, PhD</td>
<td>School of Nutrition and Health Promotion; psychology, intervention design, technology</td>
<td>5%</td>
</tr>
<tr>
<td>Christy Appel, PhD, RD</td>
<td>School of Nutrition and Health Promotion, macronutrient metabolism</td>
<td>5%</td>
</tr>
</tbody>
</table>
Barbra Ainsworth, PhD | School of Nutrition and Health Promotion, physical activity | 5%
---|---|---
Steven Hooker, PhD | School of Nutrition and Health Promotion, physical activity | 5%
Glenn Gaesser, PhD | School of Nutrition and Health Promotion; exercise physiology | 5%
Pam Swan, PhD | School of Nutrition and Health Promotion; exercise physiology | 5%
Cheryl Der Ananian, PhD | School of Nutrition and Health Promotion; health promotion, PA among elderly | 5%
Noe Crespo, PhD, MPH | School of Nutrition and Health Promotion; health promotion, public health | 5%
Jennifer Huberty, PhD | School of Nutrition and Health Promotion; physical activity and nutrition promotion in children in schools and after school programs | 5%

Given the multidisciplinary nature of the degree, a large number of faculty members will be involved in teaching various courses offered to students. It is anticipated that several of them will serve as mentors for students' Applied Project. The program will assess faculty engagement based on number of faculty who serve as mentor for the MS Applied Projects.

ii. **New Faculty** - Describe the new faculty hiring needed during the next three years to sustain the program. List the anticipated hiring schedule and financial sources for supporting the addition of these faculty members.

This program will require at least one new faculty hiring in the next three years. Anticipated date for hiring is fall, 2014, and financial resources for supporting this addition will come from the Provost's office.

iii. **Administration of the program** - Explain how the program will be administered for the purposes of admissions, advising, course offerings, etc. Discuss the available staff support.

- Advising will be managed by the current SNHP advising team. No additional staff will be required for the proposed degree.
- The program will be administered through the existing SNHP support staff with input from a faculty member who will help coordinate specific requirements for the degree. Together they will ensure that admissions and course offerings are addressed in a timely and proper manner.

**B. Resource requirements needed to launch and sustain the program:** Describe any new resources required for this program’s success such as new staff, new facilities, new library resources, new technology resources, etc.

Existing staff, facilities, library resources and technology resources are sufficient to launch and run the program.

8. **COURSES:**

A. **Course Prefix(es):** Provide the following information for the proposed graduate program.

i. Will a new course prefix(es) be required for this degree program?
   - Yes ☒ No ☐

ii. If yes, complete the **Course Prefixes / Subjects Form** for each new prefix and submit it as part of this proposal submission.

B. **New Courses Required for Proposed Degree Program:** Provide course prefix, number, title, and credit hours and description for any new courses required for this degree program.
**Description**: This course will provide an introduction to the complex etiology of obesity and its impact on psycho-social, health, and economic outcomes at the individual and societal levels. Students will explore potential behavior change focused strategies aimed at both prevention and management during different stages of the lifecycle.

<table>
<thead>
<tr>
<th>OBS 593</th>
<th>6</th>
<th>Applied Project</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td><strong>Description</strong>: Students will design an &quot;obesity solution&quot; project aimed at preventing or managing obesity for a specific target population. As part of the project, the students will identify a community or an organization through which the project will be implemented. They will conduct a needs assessment, design an intervention, and develop a plan for monitoring and evaluation.</td>
</tr>
</tbody>
</table>

### APPENDIX

**OPERATIONAL INFORMATION FOR GRADUATE PROGRAMS**

(This information is used to populate the [Graduate Programs Search/catalog website.](#))

1. **Provide a brief** (catalog type - no more than 150 words) **program description.**
   The MS in Obesity Prevention and Management is an innovative, interdisciplinary degree that draws on a wide array of expertise at ASU to integrate perspectives from the social, applied, life, and health sciences and provides advanced graduate level problem-focused, experiential training that is grounded in evidence and best practices for effective prevention and management of obesity. This degree is geared towards post-baccalaureate students and professionals who wish to advance their understanding of social, cultural, environmental, health, and psychological issues associated with obesity. The program emphasizes the complex etiology of obesity and includes courses that will enhance students’ ability to work with individuals and populations at risk of obesity to develop effective strategies for prevention and management of the condition across the lifespan.

2. **Campus(es) where program will be offered:**
   *(Please note that Office of the Provost approval is needed for ASU Online campus options.)*
   - [ ] **ASU Online only** *(all courses online)*
   - All other campus options *(please select all that apply)*:
     - [ ] Downtown
     - [ ] Polytechnic
     - [x] Tempe
     - [x] West
   
   Note: Online courses included in this program are icourses and will not be part of ASU Online
   - [ ] **Both on-campus and** [ ] **ASU Online (**) - (Check applicable campus from options listed.)*
     *(*) Please note: Once students elect a campus option, students will not be able to move back and forth between the on-campus (in-person) or hybrid options and the ASU Online campus option.

3. **Admission Requirements:**
   
   social, applied, or health sciences fields.

   **Degree**: Minimum of a bachelor’s degree (or equivalent) or a graduate degree in social or health science related fields from a regionally accredited College or University of recognized standing. The following entry-level competencies are needed for admission to the program: students should
have completed undergraduate level courses in statistics and psychology and ideally have completed one or more courses in nutrition, physiology, and chemistry.

**GPA:** Minimum of a 3:00 cumulative GPA (scale is 4.0=A) or better in the last two years of work leading to a bachelor’s degree and who are competitive in the applicant pool as evidenced by GRE verbal, quantitative, and analytical scores, as well as the statement of educational/career goals and the letters of recommendation.

**English Proficiency Requirement for International Applicants:** The English proficiency requirements are the same as the Graduate Education requirement. (see the graduate requirement at http://graduate.asu.edu/admissions/international/english_proficiency): ☑ Yes ☐ No

If applicable, list any English proficiency requirements that are supplementary to Graduate Education requirement.

**Foreign Language Exam:**

Foreign Language Examination(s) required? ☐ Yes ☑ No

**Required Admission Examinations:** ☑GRE ☐GMAT ☑Miller’s Analogies ☐ None required
(Select all that apply.)

**Letters of Recommendation:** ☑ Yes ☐ No

**Writing sample:** A 2-3 page application letter in which the applicants explain why they want to pursue this degree and why they feel well prepared to succeed in this graduate program

4. **Application Review Terms (if applicable Session):** Indicate all terms for which applications for Admissions are accepted and the corresponding application deadline dates, if any:

☑ Fall (regular) Deadline (month/year): 02/2014.
☐ Session B Deadline (month/year):

☐ Session B Deadline (month/year):

☐ Summer I Deadline (month/year):
☐ Summer II Deadline (month/year):

5. **Curricular Requirements:**
(Please expand tables as needed. Right click in white space of last cell. Select “Insert Rows Below”)

5A. **Will concentrations be established under this degree program?** ☐ Yes ☑ No

5B. **Curricular Structure:**
## Required Core Courses for the Degree

<table>
<thead>
<tr>
<th>(Prefix &amp; Number)</th>
<th>(Course Title)</th>
<th>(New Course?) Yes or No?</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>OBS 501</td>
<td>Obesity Prevention and Management: An Introduction</td>
<td>Y</td>
<td>3</td>
</tr>
</tbody>
</table>

### Elective or Research Courses

(as deemed necessary by supervisory committee)

<table>
<thead>
<tr>
<th>(Prefix &amp; Number)</th>
<th>(Course Title)</th>
<th>(New Course?) Yes or No?</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Various options (see attached)</td>
<td>Research Methods</td>
<td>N</td>
<td>3</td>
</tr>
<tr>
<td>Various options (see attached)</td>
<td>Statistics</td>
<td>N</td>
<td>3</td>
</tr>
<tr>
<td>Various options (see attached)</td>
<td>Concepts in Behavior Change</td>
<td>N</td>
<td>3</td>
</tr>
<tr>
<td>Various options (see attached)</td>
<td>See attached list of courses under seven elective areas. Based on a track they wish to pursue, students will choose courses from the list provided.</td>
<td></td>
<td>12</td>
</tr>
</tbody>
</table>

### Culminating Experience

E.g. - Capstone course, applied project, **thesis (masters only)** – 6 credit hours or **dissertation (doctoral only)** – 12 credit hours as applicable

<table>
<thead>
<tr>
<th>(Prefix &amp; Number)</th>
<th>(Course Title)</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>OBS 593</td>
<td>The applied “obesity solution” project will involve designing and/or implementing an intervention for obesity prevention or management for a specific organization, group, or community</td>
<td>6</td>
</tr>
</tbody>
</table>

### Other Requirements

E.g. - Internships, clinical requirements, field studies as applicable

### Total required credit hours

- List all required core courses and total credit hours for the core (required courses other than internships, thesis, dissertation, capstone course, etc.).
- Omnibus numbered courses cannot be used as core courses.
- Permanent numbers must be requested by submitting a course proposal to Curriculum ChangeMaker for approval. Courses that are new, but do not yet have a new number can be designated with the prefix, level of the course and X’s (e.g. ENG 5XX or ENG 6XX).
6. **Comprehensive Exams:**

   Master’s Comprehensive Exam (when applicable), please select the appropriate box.

   (Written comprehensive exam is required)
   - [ ] Oral comprehensive exam is required – in addition to written exam
   - [x] No oral comprehensive exam required - only written exam is required

7. **Allow 400-level courses:** [x] Yes [ ] No (No more that 6-credit hours of 400-level coursework can be included on a graduate student plan of study.)

8. **Committee:** Required Number of Thesis or Dissertation Committee Members (must be at least 3 including chair or co-chairs): 1

9. **Keywords** (List all keywords that could be used to search for this program. Keywords should be specific to the proposed program.)

   Obesity, health, health care, complexity, technology, engineering, management, communication

10. **Area(s) of Interest**

    A. Select one (1) primary Area of Interest from the list below that applies to this program.

       □ Architecture, Construction & Design □ Engineering & Technology
       □ Artistic Expression & Performance □ Environmental Issues & Physical Sci
       [x] Biological Sciences, Health & Wellness □ Interdisciplinary Studies
       □ Business, Management & Economics □ Languages & Cultures
       □ Communication & Media □ Law & Justice
       □ Computing & Mathematics □ Social Science, Policies & Issues
       □ Education & Teaching

    B. Select any additional Areas of Interest that apply to this program from the list below.

       □ Architecture, Construction & Design
       □ Artistic Expression & Performance
       □ Biological Sciences, Health & Wellness
       □ Business, Management & Economics
       □ Communication & Media
       □ Computing & Mathematics
       □ Education & Teaching
       □ Engineering & Technology
       □ Environmental Issues & Physical Sci
       [x] Interdisciplinary Studies
       □ Languages & Cultures
       □ Law & Justice
       □ Social Science, Policies & Issue
MS in Obesity Prevention and Management Course Options

Core Course (3 credits)
Obesity Prevention and Management: An Introduction (OBS 501)

Electives (21 credits)
Students will select one course each from a list of options provided for the following categories:
- Research Methods (3 credits)
- Statistics (3 credits)
- Concepts in Behavior Change (3 credits)

Additional course selection will depend upon student’s chosen track. Students will select six credits from prescribed categories for each track and six credits from other categories listed in the attached table.

Tracks:
1. Public Health Approaches for Behavior Change
2. Cultural aspects of Behavior Change
3. Technological Approaches for Behavior Change
4. General Track

Culminating Experience (6 credits)
Applied project
<table>
<thead>
<tr>
<th>COURSE*</th>
<th>TITLE</th>
<th>TRACKS</th>
<th>CORE COURSE (3 Credits)</th>
<th>ELECTIVE COURSES (21 Credits)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Public Health Approaches to Behavior Change</td>
<td>Cultural Aspects of Behavior Change</td>
<td>Tech Approaches for Behavior Change</td>
</tr>
<tr>
<td>OBS 501</td>
<td>Obesity Prevention and Management: An Introduction</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>EXW 501</td>
<td>Research Statistics</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>PSY 515</td>
<td>Quantitative Research Methodology and Statistics I</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>PSY 532</td>
<td>Analysis of Multivariate Data</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>PSY 536</td>
<td>Statistical Methods in Prevention Research</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>HCD 501</td>
<td>Health Behavior and Statistical Tools in Health Environments</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>HCR 569</td>
<td>Applied Principles of Data Management &amp; Inferential Statistics in Healthcare Research</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>NTR 500</td>
<td>Research Methods in Nutrition I</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>NTR 501</td>
<td>Research Methods in Nutrition II</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>PSY 555</td>
<td>Experimental and Quasi-Experimental Designs for Research</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>PSY 591</td>
<td>Advanced Theory and Practice of Food Research III</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>CPY 676</td>
<td>Social Basis of Behavior</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>EXW 542</td>
<td>Health Promotion (Theories for Behavior Change)</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>IBC 634</td>
<td>Strategies and Techniques for Behavior Change in Primary Care</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>KIN 522</td>
<td>Exercise Psychology</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>PSY 591</td>
<td>Psychology of Eating</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>PSY 591</td>
<td>Current Topics in Social Psychology</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>PSY 550</td>
<td>Advanced Social Psychology</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>PSY 551</td>
<td>Continuation of PSY 550</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>COURSE</td>
<td>TITLE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------</td>
<td>-------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>TRACKS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Public Health Approaches for Behavior Change</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cultural Aspects of Behavior Change</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tech Approaches for Behavior Change</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>General track</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Support Letter From</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>TRACK ELECTIVES (pick six credits from prescribed categories for each track and six credits from any two other categories)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>BEHAVIOR CHANGE INTERVENTIONS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NTR 503</td>
<td>Designing Health Behavior Change Interventions</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HCD 510</td>
<td>Interdisciplinary Approaches to Promotion of Healthy Lifestyles</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HHE 510</td>
<td>Design and Health</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SNAP course</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>W. Riley</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>J. Shraiky</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>TECHNOLOGY AND BEHAVIOR CHANGE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EEE 598</td>
<td>Personal Sensors for Mobile Health Applications</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PSY 438</td>
<td>Introduction to Human-Computer Interaction</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>N. Tao</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>R. Branaghan</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>CULTURE AND BEHAVIOR CHANGE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ASB 510</td>
<td>Health: Social and Biocultural Theories</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BIO 494</td>
<td>History and Evolution of Food</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ESS 514</td>
<td>Urban and Environmental Health</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>AGB 598</td>
<td>Global Food Strategy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A.Brewis Slade</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>B. Smith</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A.Brewis Slade</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>T. Richards</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>PUBLIC HEALTH APPROACHES FOR BEHAVIOR CHANGE</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NTR 527</td>
<td>Policies, Environments, and Obesity Prevention</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NTR 533</td>
<td>Politics, Ethics, and the American Diet</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PAF 591</td>
<td>Public Policy and Health</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HCD 521</td>
<td>Law and Health Promotion</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HCD 511</td>
<td>Health Economics, Policy, and Payment Models</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SNHP course</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SNHP course</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>K. Mossberger</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>W. Riley</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>W. Riley</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COURSE</td>
<td>TITLE</td>
<td>TRACKS</td>
<td>General track</td>
<td></td>
</tr>
<tr>
<td>--------</td>
<td>-------</td>
<td>--------</td>
<td>---------------</td>
<td></td>
</tr>
<tr>
<td><strong>EPIDEMIOLOGY</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NTR 598</td>
<td>Nutritional Epidemiology</td>
<td></td>
<td>SNHP course</td>
<td></td>
</tr>
<tr>
<td>EXW 642</td>
<td>Exercise Epidemiology</td>
<td>3</td>
<td>SNHP course</td>
<td></td>
</tr>
<tr>
<td>HCR 550</td>
<td>Principles of Epidemiology for Healthcare</td>
<td></td>
<td>T. Pipe</td>
<td></td>
</tr>
<tr>
<td><strong>NUTRITION AND EXERCISE &amp; WELLNESS</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NTR 550</td>
<td>Advanced Nutrition in the Life Cycle</td>
<td></td>
<td>SNHP course</td>
<td></td>
</tr>
<tr>
<td>NTR 548</td>
<td>Advanced Community Nutrition</td>
<td></td>
<td>SNHP course</td>
<td></td>
</tr>
<tr>
<td>BIO 494</td>
<td>History and Evolution of Food</td>
<td></td>
<td>B. Smith</td>
<td></td>
</tr>
<tr>
<td>NTR 539</td>
<td>Global Nutrition</td>
<td></td>
<td>SNHP course</td>
<td></td>
</tr>
<tr>
<td>NTR 537</td>
<td>Evidence-Based Nutrition</td>
<td>3</td>
<td>SNHP course</td>
<td></td>
</tr>
<tr>
<td>EXW 538</td>
<td>Obesity, Exercise, and Health</td>
<td></td>
<td>SNHP course</td>
<td></td>
</tr>
<tr>
<td>EXW 544</td>
<td>Fitness/Wellness Management</td>
<td></td>
<td>SNHP course</td>
<td></td>
</tr>
<tr>
<td>EXW 535</td>
<td>Advanced Exercise Assessment and Prescription</td>
<td></td>
<td>SNHP course</td>
<td></td>
</tr>
<tr>
<td>BIO 598</td>
<td>Nutrition, Exercise, Chronic Disease, and Society</td>
<td></td>
<td>B. Smith</td>
<td></td>
</tr>
<tr>
<td>PHYSIOLOGY AND METABOLISM</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---------------------------</td>
<td>-----------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NTR 541</td>
<td>Advanced Macronutrient Metabolism</td>
<td></td>
<td></td>
<td>SNHP course</td>
</tr>
<tr>
<td>KIN 530</td>
<td>Exercise Physiology</td>
<td></td>
<td></td>
<td>SNHP course</td>
</tr>
<tr>
<td>KIN 536</td>
<td>Fuel Metabolism</td>
<td></td>
<td></td>
<td>SNHP course</td>
</tr>
<tr>
<td>BIO 598</td>
<td>Obesity: Physiology, to Pathophysiology, to Treatment</td>
<td></td>
<td></td>
<td>B. Smith</td>
</tr>
<tr>
<td>BIO 598</td>
<td>Molecular Basis of Diabetes and Obesity</td>
<td></td>
<td></td>
<td>B. Smith</td>
</tr>
<tr>
<td><strong>TOTAL CORE</strong></td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td><strong>TOTAL ELECTIVES</strong></td>
<td>21</td>
<td>21</td>
<td>21</td>
<td>21</td>
</tr>
<tr>
<td><strong>TOTAL APPLIED PROJECT CREDITS</strong></td>
<td>6</td>
<td>6</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td><strong>TOTAL CREDITS</strong></td>
<td>30</td>
<td>30</td>
<td>30</td>
<td>30</td>
</tr>
</tbody>
</table>

*The multidisciplinary focus of the degree requires that courses from a large number of disciplines be included in the list of offerings. Support letters from heads of units offering these courses have been obtained. These offerings will reviewed every two years to make sure that the list of course offerings is current.*
June 10, 2013

TO: Punam Ohri-Vachaspati, School of Nutrition and Health Promotion’s
FROM: Alexandra Brewis Slade
RE: MS degree in Obesity Prevention and Management

Dear Dr. Ohri-Vachaspati,

We have reviewed your proposal to implement a Master’s of Science degree in Obesity Prevention and Management. The School of Human Evolution and Social Change approves and fully supports the School of Nutrition and Health Promotion’s proposal and we look forward to collaborating on this initiative.

Please let me know if you need any materials or more commentary from us.

Yours sincerely,

Alexandra Brewis Slade, PhD.
Director and President’s Professor
June 12, 2013

Punam Ohri-Vachaspati, PhD, R.D
Associate Professor
School of Nutrition and Health Promotion
Arizona State University
500 North 3rd Street
Phoenix, AZ 85004-2135

Dear Dr. Ohri-Vachaspati,

We have reviewed your proposed MS degree in Obesity Prevention and Management and are fully supportive. There are no conflicts or significant overlaps with our courses or proposed courses.

On behalf of the CONHI faculty, accept my best wishes on the success of this endeavor.

Please let me know if we can provide assistance as you move forward.

Sincerely,

Teri Pipe, PhD, RN
Dean and Professor
Healthcare Initiatives at the Design School – Herberger Institute for Design and the Arts
Impact Statement

From: James Shraiky
Sent: Tuesday, August 20, 2013 2:26 PM
To: Punam Ohri-Vachaspati
Cc: Linda Vaughan
Subject: RE: New MS degree in Obesity Prevention and Management

Thank you Punam,
Please see the below note, I will also add HHE540 Current Issues class! its offered in the Spring Semester!

Hello,
My name is James Shraiky, I direct the Healthcare Initiatives at the Design School – Herberger Institute for Design and the Arts. I am in support the School of Nutrition and Health Promotion new proposed MS degree in Obesity Prevention and Management. I also support adding our classes as electives in the program of the study.
Let me know if you have any questions,
James

From: Punam Ohri-Vachaspati
Sent: Thursday, August 15, 2013 10:37 PM
To: James Shraiky
Cc: Linda Vaughan
Subject: New MS degree in Obesity Prevention and Management

Dear Dr. Shraiky,
The Provost has asked the School of Nutrition and Health Promotion to put together a proposal for a multi-disciplinary behavior change focused MS degree in Obesity Prevention and Management. This degree draws upon a wide array of expertise at ASU and is geared towards students and professionals who wish to advance their understanding of social, cultural, health, and psychological issues associated with obesity.

I am writing to request a letter (or an email) of support from you as we are proposing to include the following courses offered by your program/department/school as electives for the new degree. If I should be making this request to someone else, can you please direct me to that person? I have attached a copy of the proposal and a list of course options that will be available to students. Please let me know if I can answer any questions or provide clarifications. I would greatly appreciate a response from you by August 20, 2013.

HHE 510 Design and Health

Thanks so much for your help with this quick turnaround.
Best wishes,

Punam Ohri-Vachaspati, Ph.D., R.D
Associate Professor
School of Nutrition and Health Promotion
From: Karen Mossberger  
Sent: Monday, August 19, 2013 2:18 PM  
To: Punam Ohri-Vachaspati  
Subject: RE: New MS degree in Obesity Prevention and Management

Dear Prof. Ohri-Vachaspati -

The School of Public Affairs support the inclusion of PAF 591 Public Policy and Health in the MS degree in Obesity Prevention and Management. Thank you for including our course in the new degree program, which promises to make an important contribution to the skills and expertise offered by ASU.

Best,
Karen Mossberger

From: Punam Ohri-Vachaspati  
Sent: Saturday, August 17, 2013 8:45 AM  
To: Karen Mossberger  
Cc: Linda Vaughan  
Subject: New MS degree in Obesity Prevention and Management

Dear Dr. Mossberger,

The Provost has asked the School of Nutrition and Health Promotion to put together a proposal for a multi-disciplinary behavior change focused MS degree in Obesity Prevention and Management. This degree draws upon a wide array of expertise at ASU and is geared towards students and professionals who wish to advance their understanding of social, cultural, health, and psychological issues associated with obesity.

I am writing to request a letter (or an email) of support from you as we are proposing to include the following courses offered by your program/department/school as electives for the new degree. If I should be making this request to someone else, can you please direct me to that person? I have attached a copy of the proposal and a list of course options that will be available to students. Please let me know if I can answer any questions or provide clarifications. I would greatly appreciate a response from you by August 20, 2013.

PAF 591 Public Policy and Health

Thanks so much for your help with this quick turnaround.
Best wishes,

Punam Ohri-Vachaspati, Ph.D., R.D  
Associate Professor  
School of Nutrition and Health Promotion
From: Timothy Richards  
Sent: Sunday, August 18, 2013 9:38 PM  
To: Punam Ohri-Vachaspati  
Subject: RE: New MS degree in Obesity Prevention and Management

Dr. Ohri-Vachaspati,

Obesity remains one of the most intractable problems facing U.S. society. From a purely economic perspective, solving the obesity problem would help stem the exponential rise in healthcare expenditures that threatens many of our other public spending priorities. I support the establishment of an MS degree in Obesity Prevention and Management as one step in creating a class of healthcare professionals who will be key to generating and disseminating the information necessary for individuals to build more healthy lifestyles. I hope that AGB 598 Global Food Strategy will become an important part of this MS degree as food policies adopted by governments throughout the world, and marketing strategies formed by multi-national food companies, are critical to ensuring consumers establish healthy eating behaviors.

Regards,

Timothy J. Richards, Ph.D.  
Morrison Chair of Agribusiness  
Morrison School of Agribusiness and Resource Management

From: Punam Ohri-Vachaspati  
Sent: Saturday, August 17, 2013 9:03 AM  
To: Timothy Richards  
Cc: Linda Vaughan  
Subject: New MS degree in Obesity Prevention and Management

Dear Dr. Richards,

The Provost has asked the School of Nutrition and Health Promotion to put together a proposal for a multi-disciplinary behavior change focused MS degree in Obesity Prevention and Management. This degree draws upon a wide array of expertise at ASU and is geared towards students and professionals who wish to advance their understanding of social, cultural, health, and psychological issues associated with obesity.

I am writing to request a letter (or an email) of support from you as we are proposing to include the following courses offered by your program/department/school as electives for the new degree. If I should be making this request to someone else, can you please direct me to that person? I have attached a copy of the proposal and a list of course options that will be available to students. Please let me know if I can answer any questions or provide clarifications. I would greatly appreciate a response from you by August 20, 2013.

AGB 598 Global Food Strategy

Thanks so much for your help with this quick turnaround.

Best wishes,

Punam Ohri-Vachaspati, Ph.D., R.D.  
Associate Professor, School of Nutrition and Health Promotion
From: Russell Branaghan  
Sent: Sunday, August 18, 2013 11:16 AM  
To: Punam Ohri-Vachaspati  
Cc: Linda Vaughan  
Subject: Re: New MS degree in Obesity Prevention and Management

Punam,

The Department of Technological Entrepreneurship and Innovation Management in the College of Technology and Innovation supports your proposal for an MS degree in Obesity Prevention and Management. We look forward to your students' participation in PSY 438, Human Computer Interaction.

Best wishes,

Russ

--
Russell J. Branaghan, PhD  
Associate Professor of Applied Psychology  
Chair, Technological Entrepreneurship and Innovation Management

From: Punam Ohri-Vachaspati <Punam.Ohri-Vachaspati@asu.edu>  
Date: Sunday, August 18, 2013 10:57 AM  
To: Russell Branaghan <Russell.Branaghan@asu.edu>  
Subject: RE: New MS degree in Obesity Prevention and Management

Thanks for your response, Russ.
Yes, we would like to add the PSY 438 to our list of course options and would appreciate an email from you supporting our proposed degree.
Thanks for your help,

Punam

From: Russell Branaghan  
Sent: Sunday, August 18, 2013 8:54 AM  
To: Punam Ohri-Vachaspati  
Cc: Linda Vaughan  
Subject: Re: New MS degree in Obesity Prevention and Management

Hello Punam,

This sounds like a wonderful degree. I do not handle the CSE prefix (I am not sure who does). However, our Human Computer Interaction Class is PSY 438, and we would be pleased to be part of your curriculum. Please let me know if this would work for you, and I would be happy to respond with an email of support.

Good luck with this inciting degree,

Regards,

Russ
From: Punam Ohri-Vachaspati <Punam.Ohri-Vachaspati@asu.edu>
Date: Friday, August 16, 2013 3:53 PM
To: Russell Branaghan <Russell.Branaghan@asu.edu>
Cc: Linda Vaughan <LINDA.VAUGHAN@asu.edu>
Subject: New MS degree in Obesity Prevention and Management

Dear Dr. Branaghan,

The Provost has asked the School of Nutrition and Health Promotion to put together a proposal for a multi-disciplinary behavior change focused MS degree in Obesity Prevention and Management. This degree draws upon a wide array of expertise at ASU and is geared towards students and professionals who wish to advance their understanding of social, cultural, health, and psychological issues associated with obesity.

I am writing to request a letter (or an email) of support from you as we are proposing to include the following courses offered by your program/department/school as electives for the new degree. If I should be making this request to someone else, can you please direct me to that person? I have attached a copy of the proposal and a list of course options that will be available to students. Please let me know if I can answer any questions or provide clarifications. I would greatly appreciate a response from you by August 20, 2013.

CSE 463 Introduction to Human Computer Interaction

Thanks so much for your help with this quick turnaround.

Best wishes,

Punam Ohri-Vachaspati, Ph.D., R.D
Associate Professor
School of Nutrition and Health Promotion

Behavioral Health Impact Statement

From: Ronald O'Donnell
Sent: Friday, August 16, 2013 2:15 PM
To: Punam Ohri-Vachaspati
Cc: Colleen Cordes; Linda Vaughan
Subject: Re: New MS degree in Obesity Prevention and Management

Punam,

What a great idea for a new degree program. I support including our course IBC 634 in the curriculum. Thanks and good luck on a successful launch.

Ron

Ronald R. O'Donnell, Ph.D.

Director, Behavioral Health
Nicholas A. Cummings Behavioral Health Program
Doctor of Behavioral Health
Dear Dr. O’Donnell,

The Provost has asked the School of Nutrition and Health Promotion to put together a proposal for a multi-disciplinary behavior change focused MS degree in Obesity Prevention and Management. This degree draws upon a wide array of expertise at ASU and is geared towards students and professionals who wish to advance their understanding of social, cultural, health, and psychological issues associated with obesity.

I am writing to request a letter (or an email) of support from you as we are proposing to include the following courses offered by your program/department as electives for the new degree. If I should be making this request to someone else, can you please direct me to that person? I have attached a copy of the proposal and a list of course options that will be available to students. Please let me know if I can answer any questions or provide clarifications. I would greatly appreciate a response from you by August 20, 2013.

**IBC 634  Strategies and Techniques for Behavior Change in Primary Care**

Thanks so much for your help with this quick turnaround.

Best wishes,

Punam Ohri-Vachaspati, Ph.D., R.D
Associate Professor
School of Nutrition and Health Promotion

---

**School Science Health Care Delivery**

**Impact Statement**

---

From: William Riley
Sent: Friday, August 16, 2013 10:20 AM
To: Punam Ohri-Vachaspati
Subject: RE: New MS degree in Obesity Prevention and Management

Hi Punam,

I am writing to express full support for the new MS Degree in Obesity Prevention and Management. Also, I am in full agreement that any courses from the SHCD curriculum can be included in your program. Best wishes on your new program and please contact me if I can be of further assistance.

Bill

---

From: Punam Ohri-Vachaspati
Sent: Thursday, August 15, 2013 10:10 PM
To: William Riley
Cc: Linda Vaughan
Subject: New MS degree in Obesity Prevention and Management

Dear Dr. Riley,

The Provost has asked the School of Nutrition and Health Promotion to put together a proposal for a multi-disciplinary behavior change focused MS degree in Obesity Prevention and Management. This
degree draws upon a wide array of expertise at ASU and is geared towards students and professionals who wish to advance their understanding of social, cultural, health, and psychological issues associated with obesity.

I am writing to request a letter (or an email) of support from you as we are proposing to include the following courses offered by your program/department/school as electives for the new degree. If I should be making this request to someone else, can you please direct me to that person? I have attached a copy of the proposal and a list of course options that will be available to students. Please let me know if I can answer any questions or provide clarifications. I would greatly appreciate a response from you by August 20, 2013.

HCD 501  Health Behavior and Statistical Tools in Health Environment
HCD 510  Interdisciplinary Approaches to Promotion of Healthy Lifestyles
HCD 521  Law and Health Promotion
HCD 511  Health Economics, Policy, and Payment Models

Thanks so much for your help with this quick turnaround.
Best wishes,

Punam Ohri-Vachaspati, Ph.D., R.D
Associate Professor
School of Nutrition and Health Promotion

---

ASU Online
Impact Statement

From: Tamara Popovich
Sent: Friday, June 14, 2013 11:24 AM
To: Punam Ohri-Vachaspati
Cc: Linda Vaughan
Subject: Re: New MS degree in Obesity Prevention and Management

Hello Punam. *It sounds like this is a campus based program with some online courses. These can be "icourses" rather than "ASU Online" courses in which case, you do not need our approval.* The only time you need ASU Online approval is if you want to build online courses that will be offered through ASU online using the Learning Studio course management system. And these courses would be scheduled as "ASU Online" which basically prevents campus-based students from enrolling in them. So, in your case, just build your icourses and you don't need to worry about ASU Online.

If I have this all wrong, let me know, but I think you don't need us.

--

Tamara Popovich, EdD
Director, Student Services
ASU Online
Ph 480.884.1782

From: Punam Ohri-Vachaspati <Punam.Ohri-Vachaspati@asu.edu>
Date: Thursday, June 13, 2013 11:29 PM
To: Tamara Popovich <tamara.popovich@asu.edu>
Cc: Linda Vaughan <LINDA.VAUGHAN@asu.edu>
Subject: New MS degree in Obesity Prevention and Management

Dear Ms. Popovich,
At the request of the Provost, I am designing a new MS degree in Obesity Prevention and Management. Please see attached proposal and appendix. While the degree will be offered on ASU’s Downtown campus, some of the courses that students take will be online. I was informed by Amanda Morales-Calderon in the Graduate College that I need to contact your office to get approval. Please let me know the process involved. If this request should be addressed to another person in the ASU online office please let me know.

Thanks,

Punam Ohri-Vachaspati, Ph.D., R.D
Associate Professor
School of Nutrition and Health Promotion

---

**Department of Psychology**

**Impact Statement**

**From:** Keith Crnic [mailto:kcrnic@asu.edu]

**Sent:** Monday, June 10, 2013 6:33 AM

**To:** Punam Ohri-Vachaspati

**Cc:** Marisol Perez

**Subject:** Re: New MS degree in Obesity Prevention and Management

Dear Punam,

Thanks for your note. Our new faculty member's name is Marisol Perez. She has been at Texas A&M for several years, and she will be developing some coursework in eating disorders and obesity as well as continuing her research program in these areas. I am copying her on this note so she will be aware of your efforts and the potential for establishing collaborations.

Best,

Keith

On Sat, Jun 8, 2013 at 8:50 AM, Punam Ohri-Vachaspati wrote:

**Dear Dr Crnic,**

Yes, we would be very interested in incorporating other offerings from psychology into the program given its strong emphasis on behavior change. Please let us know of other faculty members and courses being offered through your program that may be suitable for this multi-disciplinary degree. We would also be very interested in learning more about the work of the new faculty member who is joining your department in the fall. Several of our faculty members are working in similar areas and there may be opportunities for collaboration.

**Best wishes,**

Punam

---

**From:** Keith Crnic [mailto:kcrnic@asu.edu]

**Sent:** Friday, June 07, 2013 2:46 PM

**To:** Punam Ohri-Vachaspati

**Subject:** Re: New MS degree in Obesity Prevention and Management
Dear Dr. Ohri-Vachaspati,

We are pleased to learn of this new program in development through the School of Nutrition and Health Promotion. Given the listed focus on psychological issues associated with obesity, and focal curriculum, I wondered whether you would be seeking any further connection with Psychology beyond the inclusion of Dr. Phillips? For example, we have a new faculty member coming for the fall whose expertise is in eating disorders, obesity, and prevention approaches. If that would be of interest, please do let me know. But certainly, we are supportive of this effort.

Sincerely,

Keith Crnic

On Fri, Jun 7, 2013 at 12:53 PM, Punam Ohri-Vachaspati <Punam.Ohri-Vachaspati@asu.edu> wrote:

Dear Dr. Crnic,

The Provost has asked the School of Nutrition and Health Promotion to put together a proposal for a multi-disciplinary behavior change focused MS degree in Obesity Prevention and Management. This degree draws upon a wide array of expertise at ASU and is geared towards students and professionals who wish to advance their understanding of social, cultural, health, and psychological issues associated with obesity.

I am writing to request a letter of support from you as the Chair of Psychology. If I should be making this request to someone else in Psychology, can you please direct me to that person? I have attached a copy of the proposal and a list of course options that will be available to students. Please let me know if I can answer any questions or provide clarifications.

Thanks so much for your help.

Best wishes,

Punam Ohri-Vachaspati, Ph.D., R.D
Associate Professor
School of Nutrition and Health Promotion

---

Center for Bioelectronics and Biosensors, Biodesign Institute
Impact Statement

From: Nongjian Tao
Sent: Thursday, August 22, 2013 4:06 PM
To: Punam Ohri-Vachaspati
Subject: Re: New MS degree in Obesity Prevention and Management

Hi Punam:

I have been teaching EEE598 Personal Sensors for Mobile Health.

As you know, healthcare cost has been rising exponentially over the past decades due to various reasons, including the rapid aging of world population and cost of new drug discovery and validation. This trend is clearly unsustainable. Synergetic integration of innovative sensors and wireless
technologies is widely expected to lead to the next generation of mobile health devices for prevention, diagnosis and management of diseases, which will contribute to the solution. The course will cover the most fundamental aspects of mobile health devices, including biosignatures, physical, chemical and biological sensors to monitor the biosignatures, and integration of the sensors with wireless communications. It will also discuss the most recent advances in the field using selective examples directly drawn from the research literature. The goal of the course is to take the student to the frontline of the rapidly evolving mobile health research, development and applications, and prepare her/him to make independent contributions to the emerging technology trend.

I believe that the course will benefit your students.

Best,

NJ

From: Punam Ohri-Vachaspati <Punam.Ohri-Vachaspati@asu.edu>
Date: Thursday, August 22, 2013 6:33 AM
To: "N. Tao" <nongjian.tao@asu.edu>
Subject: Re: New MS degree in Obesity Prevention and Management

To me. And it can be a short email.
Thanks

Nongjian Tao <Nongjian.Tao@asu.edu> wrote:

Punam:
I will be happy to do it. Whom should I address the letter to?
NJ

From: Punam Ohri-Vachaspati <Punam.Ohri-Vachaspati@asu.edu>
Date: Tuesday, August 20, 2013 10:34 AM
To: NJ Tao <njtao@asu.edu>
Subject: FW: New MS degree in Obesity Prevention and Management

Hi NJ,
I am wondering if I can get a support email from you as the Director, Center for Bioelectronics and Biosensors, Biodesign Institute?
I will send you another email with the request.
Punam

From: Darleen Mandt
Sent: Tuesday, August 20, 2013 10:23 AM
To: Punam Ohri-Vachaspati
Cc: Nongjian Tao; Lauren Levin
Subject: RE: New MS degree in Obesity Prevention and Management

Hi Punam:

I am copying Lauren Levin, Assistant Director Academic Services. She should be able to help you as I do not have anything to do with scheduling classes in ECEE.

*Darleen E. Mandt*
Graduate Advisor
School of Electrical, Computer, and Energy Engineering
From: Punam Ohri-Vachaspati  
Sent: Monday, August 19, 2013 4:12 PM  
To: Darleen Mandt  
Cc: Nongjian Tao  
Subject: New MS degree in Obesity Prevention and Management

Dear Dr. Mandt,
The Provost has asked the School of Nutrition and Health Promotion to put together a proposal for a multi-disciplinary behavior change focused MS degree in Obesity Prevention and Management. This degree draws upon a wide array of expertise at ASU and is geared towards students and professionals who wish to advance their understanding of social, cultural, health, and psychological issues associated with obesity.

I am writing to request a letter (or an email) of support from you as we are proposing to include the following courses offered by your program/department/school as electives for the new degree. If I should be making this request to someone else, can you please direct me to that person? I have attached a copy of the proposal and a list of course options that will be available to students. Please let me know if I can answer any questions or provide clarifications. I would greatly appreciate a response from you by August 20, 2013.

EEE 598 Mobile Health Technologies (Can you please confirm the name for this course?)

Thanks so much for your help with this quick turnaround.
Best wishes,
Punam

From: Nongjian Tao  
Sent: Monday, August 19, 2013 4:08 PM  
To: Punam Ohri-Vachaspati  
Cc: Darleen Mandt  
Subject: Re: questions about two EEE 598 courses

Punam:
Darleen is in charge of graduate classes. The two have merged into a single class right now.
Best,
NJ

From: Punam Ohri-Vachaspati <Punam.Ohri-Vachaspati@asu.edu>  
Date: Sunday, August 18, 2013 8:20 PM  
To: "N. Tao" <nongjian.tao@asu.edu>  
Subject: RE: questions about two EEE 598 courses

Thanks for your response NJ. The course that you describe below sounds really interesting. There were actually two courses that I was interested in

Chem and Biosensors for Mobile Health

Personal Sensors for Mobile Health Applications.

Do you teach both of those? And will both be suitable for non-Engineers?
Also, I need to get a support letter (or email) from the Department Head or Director of the Program saying they are ok with me listing these course in the degree that I am proposing. Can you send me an email to that effect or let me know who to ask?
Thanks so much!
Punam

From: Nongjian Tao
Sent: Sunday, August 18, 2013 7:44 PM
To: Punam Ohri-Vachaspati
Subject: Re: questions about two EEE 598 courses

Hi Punam:
Thanks for your interest. Yes, I plan to offer it every fall. I can fine tune it to fit the background of your students. Last year, we had students from different departments, and the class started with some basics of mobile health, followed literature survey, and then a class project. The project encouraged students with different academic trainings to work together so that each could make unique contribution to the project.
Best,
NJ
---
NJ Tao
Director, Center for Bioelectronics and Biosensors, Biodesign Institute
Professor of Electrical Engineering

From: Punam Ohri-Vachaspati <Punam.Ohri-Vachaspati@asu.edu>
Date: Thursday, August 15, 2013 10:56 PM
To: "N. Tao" <nongjian.tao@asu.edu>
Subject: questions about two EEE 598 courses

Punam Ohri-Vachaspati

________________________
Professor and Director
School of Life Sciences
From: Punam Ohri-Vachaspati  
Sent: Thursday, August 15, 2013 10:27 PM  
To: 'brian.h.smith@asu.edu'  
Cc: Linda Vaughan (LINDA.VAUGHAN@asu.edu)  
Subject: New MS degree in Obesity Prevention and Management

Dear Dr. Smith,

The Provost has asked the School of Nutrition and Health Promotion to put together a proposal for a multi-disciplinary behavior change focused MS degree in Obesity Prevention and Management. This degree draws upon a wide array of expertise at ASU and is geared towards students and professionals who wish to advance their understanding of social, cultural, health, and psychological issues associated with obesity.

I am writing to request a letter (or an email) of support from you as we are proposing to include the following courses offered by your program/department/school as electives for the new degree. If I should be making this request to someone else, can you please direct me to that person? I have attached a copy of the proposal and a list of course options that will be available to students. Please let me know if I can answer any questions or provide clarifications. I would greatly appreciate a response from you by August 20, 2013.

BIO 494 History and Evolution of Food
BIO 598 Obesity: Physiology, to Pathophysiology, to Treatment
BIO 598 Obesity: Molecular Basis to Diabetes and Obesity
BIO 598 Nutrition, Exercise, Chronic Disease, and Society

Thanks so much for your help with this quick turnaround.

Best wishes,

Punam Ohri-Vachaspati, Ph.D., R.D
Associate Professor
School of Nutrition and Health Promotion