

NUTRITION FOR METABOLIC HEALTH CERTIFICATE

Program Description

Metabolic health is a global priority, with significant variation across regions influenced by both environmental and genetic factors. In this certificate program, you'll have the opportunity to explore how modern environments — shaped by cultural, economic, and societal factors — contribute to rising rates of metabolic disorders.

Throughout the courses, you will gain insight into the interplay between genetics (nature) and environment (nurture), which is essential for addressing the root causes of poor metabolic health. Whether you're a health professional or simply interested in enhancing personal wellness, you'll have the opportunity to examine dietary choices that can help prevent or manage conditions like type 2 diabetes, cardiovascular diseases, and cancer, learning about strategies to reduce these risks and exploring approaches to improve overall metabolic function.

This program emphasizes an individual-based approach to metabolic health research, offering you the chance to explore metabolic-friendly diets, evaluate the effectiveness of diet versus exercise, and discover effective health management tools to drive lifestyle changes. By the conclusion of the program, you'll be well equipped with a deeper understanding of how precision nutrition can be used to tailor improvements for personal wellness and on your way to helping yourself and others live a healthier life.

The courses in this certificate program are required to be completed in the order that they appear.

Key Takeaways

- Gain actionable nutritional recommendations to improve metabolic health through discussion of the underlying science
- Develop an understanding of the four key components of metabolic health and the five ways to best measure it
- Draw a correlation between obesity and the numerous negative health conditions caused by it
- Examine the collective vs. individual approach to combating obesity and consider what role, if any, the government should play
- Discover the latest research findings on the innovative concept of precision nutrition

What You'll Earn

- Nutrition for Metabolic Health Certificate from Cornell's College of Human Ecology
- 48 Professional Development Hours (4.8 CEUs)

Who Should Enroll

- Dietitians
- Nutritionists
- Community and public health workers
- Health educators, coaches, and holistic providers
- Wellness coordinators, consultants, and nutrition program managers
- Sports medical professionals, including physical and occupational therapists, fitness trainers, and managers

- Social media influencers
- Science writers
- Anyone interested in personal wellness and living a healthier life

How to Enroll

For more information on how to enroll, please visit Nutrition for Metabolic Health Certificate (<https://ecornell.cornell.edu/certificates/nutrition/nutrition-for-metabolic-health/>).

Courses

Code	Title	Hours
eCornell CHE131	Foundations of Metabolic Health	0
eCornell CHE132	Assessing the Effects of Obesity	0
eCornell CHE133	Optimizing Metabolic Health Through Nutrition	0