CONTEXT AND RELEVANCE

Considering the prevalent equity gaps in Mexico, the World Health Organization recommends social equity-based measures to improve health status. These measures focus on disease prevention and medical attention, considering socio-cultural determinants, as well as social and individual wellbeing.

The anthropological, social and economic perspectives of malnutrition, undernutrition and obesity highlight their association with the systems of food production and supply, as well as with changes in dietary patterns, life-styles and overall health habits, specially eating habits, and with the economic and social fluctuations occurring in different periods of history. Customs and traditions around culinary and eating practices are also important, as is the impact of the media in the selection of food, specially on children.

Malnutrition in childhood interferes with neuropsychological development, impairs height and induces anemia and other nutritional deficiency diseases. In the long term, it reduces intellectual and working capabilities in adulthood. Obesity is frequently associated with other disease, such as type 2 diabetes mellitus, hypertension, dyslipidemias and heart disease, which increase the risk of premature death.

The Master’s in the Science of Applied Nutrition is a response to the Mission of our University, pursuing the development and dissemination of knowledge in order to build a society with more freedom, equity and solidarity, training professional with humanist vocation, highly qualified to develop, implement and evaluate programs tackling priority issues of concern for our country, such as the integral the development of health, specially in social and economic adverse conditions.

The student of our Master’s receives high quality training in Applied Nutrition, humanistic ethics and social awareness approach, in an environment of openness, academic freedom, respect, and deep sense of social justice.
The Master in Science of Applied Nutrition is a part of CONACYT’s National Program of Quality Graduate Programs, in the category of Program in Development.

** LINKAGE **
The Health Department has links with several national and international institutions, pursuing three main objectives:

- Structured, supervised practical training.
- Academic exchange for students and professors.
- Research projects.

** Primarily practical training institutions **
- Instituto Nacional de Ciencias Médicas y Nutrición "Salvador Zubirán" (INCMNSZ)
- Instituto Nacional de la Genética "Victorino Huerta" (INGEN)
- Centro Nacional de Nutrición "Barrio de los Héroes"
- Instituto Nacional de Pediatría
- Hospital Infantil de México "Federico Gómez"
- Hospital General de México "Dr. Eduardo Liceaga"
- Centro Médico ABC, Hospital Inglés. Clínica de Obesidad
- Hospitales de la Secretaría de Salud del Distrito Federal
- Museo Infantil A.C. (Papalote Museo del Niño)
- Casa Meneses Centro Comunitario de la Universidad Iberoamericana
- Centro de Diagnóstico y Actuación
- Hospital Infantil de Barcelona, España
- Baylor College of Medicine
- Hospital for Sick Children, Toronto, Canada

** APPLICATIONS PROFILE **

- Bachelor’s degree in Health Science or related fields.
- Knowledgeable on the dietary and nutritional problems of our country.
- Knowledge of the general lines of the medical management of diseases related with food excess or deficiency.
- Clinical experience.

** Skills **
- Clear oral and written communication in Spanish.
- English reading and understanding skills.
- Management and analysis of statistical data and dietary and nutritional information.

** Involvement in interdisciplinary team work. **
- Attitudes and Values
- Interest in helping others improve their quality of life.
- Personal and professional ethics

** GRADUATES’ PROFILE **

The graduates from the Master’s of Applied Nutrition are distinguished by

- Nutritional and eating strategies for the prevention and treatment of diseases caused by unhealthy nutrition (deficiency or excess).
- Personalized strategies to promote the adoption of healthy behaviors in the context of a multidisciplinary approach.
FACULTY MEMBERS

Teresita González de Cosío Martínez
Member of the National Research System (SNI) Level 2
Ph.D. and M.A in International Nutrition, Cornell University.
B.A. in Nutrition and Food Science, Universidad Iberoamericana.

 Lines of Research:
Breast-feeding, obesity and population’s health.

Relevant Publications:

Relevant Publications:

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Loredana Tavano Colalazzi
M.A in Public Sciences and B.A. in Nutrition and Food Science. Universidad Iberoamericana.
n
Specially in Clinical Nutrition Research, Instituto Nacional de Perinatología

Areas of work:
Obesity and Comorbidities, Nutrition and Health of Elderly Persons.

Relevant Publications:

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Areas of work:
Anthropology of Feeding, Nutritional Education and Diet Orientation.

Relevant Publications:

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Ph.D. in Science of Human Development, Colegio Internacional de Educación Superior
M.A. in History of Thought, Universidad Panamericana
B.A. in Nutrition and Food Science, Universidad Iberoamericana

Area of work:
Clinical Nutrition and Psychosocial Aspects

Relevant Publications:

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Ph.D. in Pedagogy, Universidad de Granada
M.A. in Health Sciences, Instituto Nacional de Salud Pública
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Areas of work:
Psychology of Eating and Prevention of Obesity.

Relevant Publications:

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Ph.D. in Education, M.A in Research and Development of Education, B.A. in Nutrition and Food Science, Universidad Iberoamericana

Areas of work:
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Relevant Publications:

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**César Hernández Guerrero**  
Member of the National Research System, Level 1  
Ph.D. in Chemistry and Biology Sciences, M.A. in Clinical Biology, B.A. in Chemistry-Bacteriology-Parasitology, Instituto Politécnico Nacional.

Areas of work:  
Basic Research on Genetic and Biochemical Pro-oxidant and Anti-oxidant Characteristics in Individuals with Obesity and its Main Comorbidities.

Relevant Publications:  

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**Ana Bertha Pérez Lizaur**  
M.A. in Health Sciences, Universidad Autónoma del Estado de México.  
B.A. in Nutrition and Food Science, Universidad Iberoamericana

Area of work:  
Research in Nutritional Education. Public Schools Projects.

Relevant Publications:  

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**José Monroy Ruiz**  
Ph.D. in Cardiovascular Physiology, Universidad de Salamanca  
M.A. in Food Science and Technology, Universidad Iberoamericana  
B.A. in Biology Universidad Autónoma Metropolitana

Areas of work:  
Cardiovascular Diseases, Mechanisms of Action of Nutrients in Cardiovascular Health, Functional Food.

Relevant Publications:  

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**Mireya Vilar Compte**  
Member of the National Research System, Level 1  
B.A. in Political Sciences, ITAM.

Areas of work:  
Health Policies and Economics, Program Evaluation, Quantitative Methods.

Relevant Publications:  

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**Araceli Suverza Fernández**  
M.A. in Education Research and Development. Universidad Iberoamericana  
SPECIALTY IN CLINICAL NUTRITION. HOSPITAL REGIONAL 20 DE NOVIEMBRE ISSSTE  
B.A. in Dietetics and Nutrition. Dietetics and Nutrition School, ISSSTE, Nutritionist Certified by the Mexican College of Nutritionist.

Areas of work:  
Evaluation of Nutritional Status: Anthropometrics and Body Composition, Dietetic, Clinical and Biochemical Aspects; Overweight and Obesity in the Adult Based on the Study of the Factors Associated with Diet and Nutrition; Clinical Nutrition in the Adult.

Relevant Publications:  

Contact: araceli.suverza@iboero.mx
LINES OF RESEARCH

1) Biological and Molecular Mechanisms Associated to Chronical Non-Communicable Disease Development.

Objective:
Study the relationship between a group of anti-oxidant genetic characteristics and the pro-inflammatory and anti-inflammatory response, with the onset and development of chronic disease such as obesity, insulin resistance, diabetes, dyslipidemias, cardiovascular conditions, metabolic syndrome, etc., as well as study the benefits of functional foods and the mechanisms of action in the physiopathologic processes of cardiovascular diseases and other diseases mentioned above.

2) Encourage nutrition centered in family, culture and environment.

Objective:
Explain the mechanisms involved in the development of interventions to promote, educate and communicate topics related to nutrition, considering the influence of family, culture and environment.

3) Epidemiologic Research in Gerontology

Objective:
Develop research projects in epidemiology and gerontology to create new knowledge on prevention, diagnosis and attention of priority health problems associated with human aging, contributing to improve the quality of life of this population group.


Objective:
Organize multidisciplinary teams and promote a stimulating and collaborative environment among the Maternal Breast-feeding Team and participant groups to implement research projects generating pertinent, timely and excellence knowledge on maternal lactation.

ADMISSION PROCEDURES

• Interview with the program coordinator. Bring the following documents:
  - Curriculum Vitae
  - Letter of Purpose
  - Certified copy of studies with grade average
  - Copy of Degree and Professional Health Specialty License (both sides) with at least 46 credits acknowledged by SEP.
  - Copy of valid INE, IFE or passport
  - At the end of the interview, upon request of the coordinator, write an autobiography by hand (no longer than one page).
• Admission Committee Meetings. The candidate will be notified if she/he may enroll for the National Graduate Admission Exam III (EXANI III)
• Earn 1000 points or more as global score
• Earn 1000 points or more in the English Test Section
• Continue admission formalities at the University’s Student Services Directorate.

For further information please contact:
loredana.tavano@ibero.mx

SYLLABUS

3RD SEMESTER

<table>
<thead>
<tr>
<th>Subject</th>
<th>Hours / Credits</th>
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<tbody>
<tr>
<td>Nutrition and Health Communication</td>
<td>3 Hours / 4 Credits</td>
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<tr>
<td>Epidemiology and Biostatistics</td>
<td>4 Hours / 8 Credits</td>
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4TH SEMESTER

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<th>Subject</th>
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<tr>
<td>Evaluation of Nutrition and Health Programs</td>
<td>4 Hours / 6 Credits</td>
</tr>
<tr>
<td>Community Practice</td>
<td>4 Hours / 4 Credits</td>
</tr>
</tbody>
</table>

ELECTIVE SUBJECTS

- Theory and Technique in the Group Process
- Community Human Social Development
- Socioanthropological Aspects of Obesity
- Selected Topic in Nutrition and Health

* Graduation forms:
  - Thesis
  - Case Study
  - General Knowledge Exam

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