

SHAPE THE FUTURE OF **PUBLIC HEALTH**

MASTER OF PUBLIC HEALTH



Digital Program Guide



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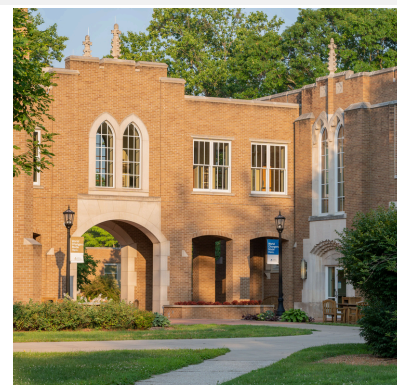
Explore the strengths of our MPH program, including its two specialized tracks: Nutrition & Wellness and Health Promotion & Health Education. Learn about diverse career pathways, admissions requirements, and the growing demand for public health leaders—all supported by accessible tuition and a student-centered learning environment.

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**World
Changers
Made
Here.**



Message From Our Program Director

Welcome to the **Master of Public Health (MPH) Program at Andrews University!** Our mission is to equip students with the knowledge, leadership skills, and values needed to promote health, prevent disease, and advance wellness on a population level. As public health challenges continue to grow globally, there has never been a more important time to pursue a career that makes a lasting impact.

What makes our program stand out is our unique integration of scientific rigor, community engagement, and a faith-informed commitment to health equity. You'll explore real-world public health issues through a curriculum grounded in evidence-based practice and hands-on learning. With specializations in **Nutrition & Wellness** and **Health Promotion & Health Education**, you'll have the flexibility to align your studies with your career goals—whether that means working in public health policy, global health, community education, or wellness leadership.

Join us at Andrews University, where your passion for public health can shape healthier communities and a more just world.

Dr. Dixon Anjejo, DrPH



Why Choose **Andrews** **University**



Why Choose Andrews University?

Since its founding in 1874, Andrews University has been dedicated to integrating rigorous scholarship, quality research, and practical Christianity into its curriculum. What began as a small school in Battle Creek, Michigan, with just 12 students, has grown into the most recognized Adventist educational institution in the world.

Named after John Nevins Andrews, a pioneering thinker and the first overseas missionary of the Seventh-day Adventist Church, the University embodies his legacy of thoughtful inquiry and compassionate action.

Andrews attracts students from across the U.S. and around the globe, offering a culturally diverse, faith-focused environment that prepares graduates to lead with both knowledge and purpose.

#1 
Top Private University
In Michigan

Out of 23 Michigan private universities
in 2024 Niche Best Colleges.

#1 
Best Christian
Colleges

Out of 12 Michigan Christian Colleges in
2024 Niche Best Colleges.

#1 
Top Ranked National
University For Ethnic
Diversity

Tied with University of San Francisco, and
out of 439 national universities ranked in
2024 U.S. News Best Colleges.

#1 
Best Small
Colleges

Out of 24 Michigan Small Colleges in
2024 Niche Best Colleges.



LIVE WHOLLY

Nurture Your Body, Mind & Spirit |

Andrews University has a foundational commitment to wellness. Our community promotes physical, mental and spiritual development.



EXPLORE INTENTIONALLY

Discover Your Future | Andrews is a place where our students can explore their futures to best understand and pursue God's plans for their lives.





LEARN DEEPLY

Create & Research | Andrews offers unparalleled opportunities for its students to study and learn in ways that consistently expand beyond specific assignments.



ENGAGE GLOBALLY

Understand Our World | Andrews offers students distinctive ethnic and cultural diversity opportunities that equip them to better understand and change the world.



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Andrews University 1874 • 2024



“The skills and experiences I gained at Andrews have made me feel truly job-ready. Thanks to Andrews, I’m confident in my ability to make a real difference in healthcare, whether it’s through policy change, research, or community outreach. One of the most rewarding moments in my coursework was realizing how seamlessly theory and practice connect. Learning about health disparities in class was one thing, but being able to apply that knowledge through hands-on projects made me truly understand the power of public health.”

Ezra O., Class of 2025



**Live Wholly
Explore Intentionally
Learn Deeply
Engage Globally**

Andrews University is the heartbeat of Adventist Education; the place where talents and ideas are inspired. We are a diverse and innovative community ready to help the next generation of World Changers deepen their knowledge, enrich their faith and change the world.

WORLD CHANGERS MADE HERE



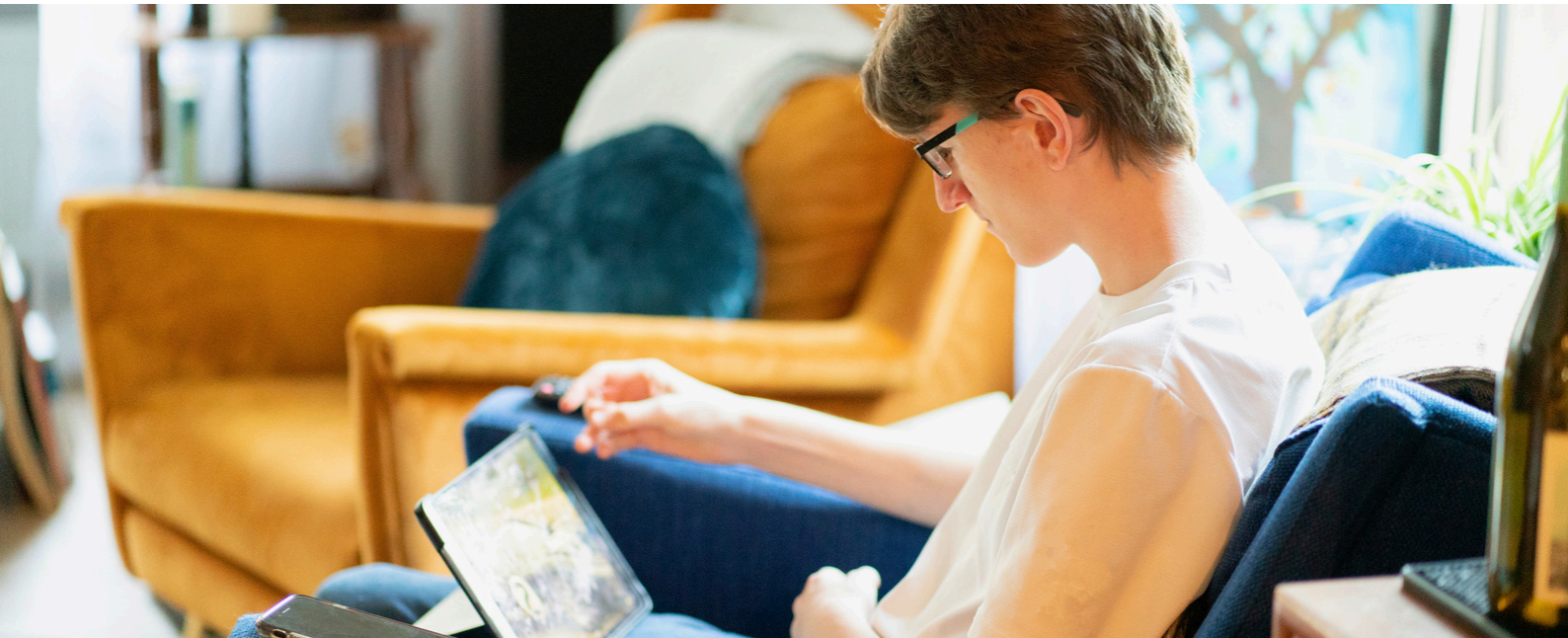
Hear What Our Students Are Saying

The MPH program allowed me to learn from faculty who were not only experts in their fields but also passionate mentors who created space for meaningful dialogue. I appreciated the real-world insight they brought into the classroom, helping us connect public health theories with lived experiences. Their encouragement played a significant role in my decision to continue my education at the doctoral level.

Krystal Eskildsen, Class of 2019

I am deeply grateful for the opportunity to be part of the Andrews University community. I now feel job-ready and inspired. Through hands-on experience in program development and community-based intervention, I'm confident in my ability to lead and support health initiatives. After designing a wellness program for older adults in a local church, I knew without a doubt that thanks to Andrews, I'm ready to make a real difference in healthcare.

Ana Perez, Class of 2025



Introduction to the School of Population Health, Nutrition, & Wellness

The Master of Public Health (MPH) program at Andrews University offers a transformative education grounded in academic excellence, Christian values, and a commitment to advancing community and global wellness. This graduate degree equips students with the analytical skills, leadership training, and ethical foundation needed to lead in public health, health promotion, and wellness fields.

Delivered through flexible online and on-campus options, the program features small class sizes, expert faculty mentorship, and a curriculum centered on evidence-based practice and real-world application. With specialized tracks in Nutrition & Wellness and Health Promotion & Health Education, students are prepared to address pressing public health challenges with a focus on prevention, education, and equitable care.

Our graduates embody the mission to “Seek Knowledge. Affirm Faith. Change the World,” using the tools of public health to create a healthier and more just future for individuals and communities around the globe.





Our Approach

At Andrews University's Master of Public Health (MPH) program, we prepare students to become compassionate, skilled public health professionals through a rigorous, mission-driven educational experience. The program blends evidence-based coursework with real-world application and community engagement, fostering critical thinking, data literacy, and ethical leadership.

Small class sizes provide opportunities for personalized mentorship from expert faculty with specializations in Nutrition & Wellness and Health Promotion & Health Education. Our supportive, faith-informed learning environment empowers students to become advocates for health equity and leaders in promoting community well-being.

Whether you're advancing in your current role or preparing for new opportunities in public health, our comprehensive curriculum aligns with your career goals and personal mission. With a strong commitment to academic excellence and public service, our graduates are equipped to create meaningful, measurable impact in communities around the world.



Accreditation

The Andrews University Master of Public Health (MPH) in Nutrition & Wellness and Bachelor of Science in Public Health (BSPH) programs have been re-accredited by the prestigious Council on Education for Public Health (CEPH) for the maximum period of seven years, through December 2029. This re-accreditation reflects Andrews University's ongoing commitment to academic excellence, public health innovation, and the preparation of future leaders in the field.





Our Faculty

At Andrews University's Master of Public Health (MPH) program, our dedicated faculty are central to preparing students for impactful careers in public health, health promotion, and wellness. Students consistently highlight the individualized mentorship they receive and the accessibility of professors who are deeply committed to their academic, professional, and personal growth.

With expertise in areas such as nutrition and wellness, health education, epidemiology, and community health, our faculty bring a blend of real-world public health experience and academic excellence to the classroom. Their mentorship fosters a collaborative and inclusive environment where students are supported, challenged, and inspired to grow into thoughtful, mission-driven leaders.

This student-centered approach empowers graduates with the confidence, skills, and vision to fulfill the Andrews University mission: "Seek Knowledge. Affirm Faith. Change the World."



JEAN CADET

Associate Professor of
Public Health
Chair; Director: BSPH and
MHA

EDUCATION

MD, State University of Haiti
MPH, Emory University
Mdiv, Andrews University,

BIOGRAPHY

Jean Cadet is Chair and Associate Professor at Andrews University, School of Population Health, Nutrition & Wellness and director of the Gospel, Health and Education Ministries, a volunteer organization that focuses on promoting healthy behaviors and preaching the gospel of Christ in selected U.S. communities and in rural Haiti.

He also has over 30 years of experience in the fields of public health and general medicine. Some of his public health experience included: serving as an epidemiologist/data analyst for the Virginia department of health; working as a public health prevention specialist for the Centers for Disease Control and Prevention (CDC), where he also provided technical assistance to the New Hampshire State Health Department, the World Health Organization in Guinea, Conakry, West Africa. He also supported CDC's assistance to the Haitian community after the 2010 earthquake and during the 2011 cholera outbreak there. His medical experience included: being a primary care provider at multiple clinics in rural Haiti where he experienced first-hand the impact of spirituality on healthcare in those communities. He also has experience in pre-hospital emergency care in New Jersey and Georgia.

Cadet earned a medical doctor degree from the Faculty of Medicine and Pharmacy of Haiti; an Educational Commission for Foreign Medical Graduate (ECFMG) certificate from the ECFMG board in Pennsylvania; a Master of Public Health from Emory University, Rollins School of Public Health with a focus on behavioral sciences, health education, and epidemiology; and a Master of Divinity from Andrews University.

He has been actively involved in the Seventh day Adventist church for over 30 years, serving as youth director, church health ministry director, Sabbath school teacher, deacon, elder, evangelist, and field health coordinator for the Adventist Development and Relief Agency (ADRA). He has lead multiple short term medical mission trips to rural Haiti to support the medical and spiritual works there.



DIXON ANJEJO

Associate Professor
Director, MPH Program

EDUCATION

Doctorate in Public Health (Health Education and Promotion), Loma Linda University
Postgraduate Certificate in Geographical Information Systems, Loma Linda University
Master of Science in Agriculture, Moi University
Bachelor of Science in Agriculture, Andrews University (Baraton campus)

BIOGRAPHY

Dr. Dixon Anjejo is the Director of the Master of Public Health (MPH) program at Andrews University and a seasoned leader in public health education and program development. With over two decades of academic, administrative, and international experience, Dr. Anjejo is known for his commitment to student mentorship, program innovation, and service-oriented leadership.

Prior to joining Andrews, Dr. Anjejo served as Chair of the Department of Public Health and Dean of the School of Health Sciences at the University of Eastern Africa, Baraton, where he launched accredited public health programs and led a rapidly growing school serving over 1,000 students. He has taught at Loma Linda University, led collaborative global health initiatives in Kenya, Finland, and Mozambique, and contributed to multiple peer-reviewed publications on community health, HIV/AIDS risk behaviors, and disease prevention.

At Andrews, Dr. Anjejo has been instrumental in the MPH program's successful CEPH accreditation, development of academic standards, and coordination of key learning experiences including Applied Practice, Capstone, and Comprehensive Exams. His teaching focuses on research methods, program planning and evaluation, and community-based health promotion.

Dr. Anjejo's leadership reflects Andrews University's mission to integrate faith, service, and evidence-based public health practice—preparing graduates to lead with purpose and compassion in communities around the world.



SHERRI ISAAK

Associate Professor
Director, Dietetic Internship

EDUCATION

Master of Science in Human Nutrition, Andrews University
Bachelor of Science in Dietetics, Andrews University

BIOGRAPHY

Sherri Isaak brings over 20 years of clinical nutrition expertise to Andrews University's School of Population Health, Nutrition & Wellness. She holds an MS in Human Nutrition from Andrews and is a Registered Dietitian Nutritionist, Certified Diabetes Care and Education Specialist, and Board-Certified in Advanced Diabetes Management. Additionally, Sherri is a Board-Certified Lifestyle Medicine Practitioner through the American College of Lifestyle Medicine.

At Andrews, she directs the Clinical Plant-Based Dietetic Internship and serves as interim director of the MS in Nutrition & Wellness program. Outside academia, she owns Isaak Nutrition Solutions, LLC, providing in-person and virtual medical nutrition therapy with a focus on plant-based eating, cardiovascular health, diabetes management, and weight loss. As a strategic consultant for Cecelia Health, Sherri helped develop a scalable, bilingual digital diabetes coaching program—earning her recognition as a Change Champion by the American Association of Diabetes Educators.

Sherri has contributed patient and professional content for organizations such as Weight Watchers, Bayer, Sanofi, Humana, Novo Nordisk, and GSK, and appeared as the plant-based nutritionist in the documentary *The Jackie Film*. Her published works include *How to Live Your Best Life with Diabetes* (Humana) and *Fitness Tools and Technology: Making a Difference for Your Patient with Diabetes*. When she's not teaching or consulting, Sherri enjoys plant-based cooking, hiking, cross-country skiing, and mentoring dietetic interns—continuing her passion for guiding sustainable, life-changing health journeys.



GRETCHEN KRIVAK

Assistant Professor
Director, Didactic Program in
Dietetics; Interim Director,
Fitness and Exercise Science
Program

EDUCATION

BA, Bethel College - Exercise Science
MS, Andrews University - Nutrition & Wellness
Currently Working On: EdD, United States Sports Academy - Sports Management with
Emphasis in Sports Health and Fitness
RD (Registered Dietitian)
CGFI (Certified Group Fitness Instructor)
EIM - Level 1

BIOGRAPHY

Gretchen Krivak MS, RD, CGFI, EIM-1 is an Assistant Professor in the School of Population Health, Nutrition & Wellness at Andrews University, in Berrien Springs, Michigan. She has been a part of the Andrews faculty since 2010 and provides the school with her expertise in both nutrition and fitness. Gretchen graduated from Bethel College in Mishawaka, Indiana with her BA in Exercise Science. She completed her Master of Science at Andrews University in Nutrition and Wellness and she is currently working on her Doctorate of Education in Sports Management with an emphasis in Sports Health & Fitness through the United States Sports Academy in Daphne, Alabama. Gretchen is a Registered Dietitian and is part of the Dietetic Practice Group SCAN (Sports, Cardiovascular, and Wellness Nutrition). She is certified as a Group Fitness Instructor and Exercise is Medicine Specialist Level 1. She currently serves the school as the Director for the Nutrition Science and Dietetics Program and Interim Director for Fitness and Exercise Science.

Gretchen serves the Andrews University campus as a Wellness Ambassador and on the Wellness Council. She currently leads the Community Outreach Task Force for the Wellness Council and the Health & Fitness Expo Committee through the College of Health & Human Services. Gretchen has successfully planned the community Health & Fitness Expo event since 2012. She also serves on the College of Health & Human Services, Interprofessional Education Committee and the University Assessment Committee. Most recently, she became a site-reviewer for ACEND (Accreditation Council of Education in Nutrition and Dietetics) where she helps conduct site reviews for the field of Nutrition and Dietetics.



EMMANUEL RUDATSIKIRA

Professor
Dean, College of Health &
Human Services

EDUCATION

Dr.PH Epidemiology - Loma Linda University, Loma Linda, CA
MPH- International Health, Loma Linda University, Loma Linda, CA
MD - Kinshasa University, Kinshasa, DRC

BIOGRAPHY

Emmanuel Rudatsikira is dean of the College of Health & Human Services. He has a successful and wide-ranging background in leadership in health professions education , as well as a significant history of research, much achieved through receipt of grants from federal, state and private funding agencies. His professional focus is on service and he has engaged in international projects to improve the quality of life in many ways. Rudatsikira earned a doctorate in public health epidemiology from Loma Linda University and a medical degree from Kinshasa University. He is a member of several professional societies including the American Public Health Association (APHA), the Delta Omega Honorary Society in Public Health, the Global Health Council, Allied Health Research Institute and Sigma Xi Research Society.

Prior to accepting the position at Andrews, Rudatsikira was a tenured professor and chair of the School of Community and Environmental Health at Old Dominion University in Norfolk, Va. He has also served as a professor and program director at San Diego State University and Loma Linda University, developing several new programs and courses in tobacco control, emergency preparedness and response, and public and global health at both universities.

A devoted researcher, Rudatsikira has published over 90 articles in peer-refereed journals. He is a recognized figure in the global health field, with particular experience in the areas of disaster management, preparedness for global emergencies, refugee health, violence prevention and tobacco control. He has conducted research in more than 30 countries in all regions of the World Health Organization and given a variety of presentations both in the United States and internationally. He has also worked as an evaluator and consultant for programs including ADRA's Child Survival projects in Guinea, Zambia and Haiti.

Rudatsikira is actively involved in church and public service. He serves as public health specialty editor for WebMed Central Plus, associate editor for BioMed Central Public Health Journal, guest editor of the special issue on preparedness and emergency response in the International Journal of Environmental Research and Public Health, and site visitor for the Council on Education in Public Health.



PADMA P. TADI UPPALA

Professor of Public
Health

EDUCATION

Doctorate in Tumor Biology, Loma Linda University,
Doctorate in Environmental Toxicology, University of California Riverside
Masters Degree in Experimental Parasitology, Kakatiya University
Bachelors Degree in Biology, Physics and Chemistry, Andhra University

BIOGRAPHY

Dr. Padma Uppala is a respected educator, researcher, and public health advocate with over 30 years of experience in environmental health, cancer research, and community health initiatives. She currently serves as Associate Dean of Research & Creative Scholarship for the College of Health & Human Services at Andrews University and is a Professor of Environmental Health.

Dr. Uppala previously served as Chair of the School of Population Health, Nutrition & Wellness and was instrumental in developing the university's accredited Bachelor of Science in Public Health program. She holds a PhD in Tumor Biology and an MPH in Lifestyle Medicine from Loma Linda University. Her leadership and research have led to nationally funded projects and influential work addressing cancer disparities and environmental health risks in underserved communities.



WINSTON CRAIG

Professor Emeritus

EDUCATION

PhD in Organic Chemistry, University of Queensland
Master of Public Health, Loma Linda University
Registered Dietitian since 1983.

BIOGRAPHY

Winston J Craig is Professor of Nutrition and Director of the dietetics internship program at Andrews University in Berrien Springs, Michigan, where he has taught health and nutrition classes since 1987. Dr Craig received his PhD degree in Organic Chemistry (in the field of terpenoid chemistry) from the University of Queensland in Brisbane, Australia and a Master of Public Health degree in Nutrition from Loma Linda University, California. He is a registered dietitian and holds membership in the American College of Nutrition, the American Society of Nutrition Sciences, the American Dietetic Association and Sigma Xi.

Before his tenure at Andrews University he was a faculty member at Loma Linda University, California and at the University of Massachusetts in Amherst. He has authored 20 articles for scholarly journals and over 225 nutrition articles for health publications. He is a regular contributor to Vibrant Life Magazine and has written seven chapters for various nutrition books. Books he has authored include Nutrition and Wellness: A Vegetarian Way to Better Health; The Use and Safety of Commonly Used Herbs and Herbal Teas; Eating for Good Health; Maintaining a Healthy Lifestyle; and Herbs for Your Health. In 2009, he co-authored the ADA position paper on vegetarian diets.

His research interests include the health-promoting properties of phytochemicals, the role of plant-based diet in preventing chronic diseases, and the disease-preventing properties of herbs and spices. His hobbies include wildlife and wildflower photography, travel, hiking, birding and backpacking.



KAREN REINER

Adjunct Professor

EDUCATION

PhD, Walden University
MSMLS, Andrews University
BSMT, Columbia Union College

BIOGRAPHY

Dr. Karen Reiner is a seasoned public health educator and scientist with over 20 years of experience bridging clinical practice, academic leadership, and graduate-level instruction. She serves as an adjunct professor in the Master of Public Health (MPH) program at Andrews University, where she teaches epidemiology and supports students in building critical skills in population health research and data interpretation.

Dr. Reiner earned her PhD in Public Health Epidemiology from Walden University, complementing her MS in Clinical Laboratory Sciences from Andrews University and BS in Medical Technology from Columbia Union College. She is certified by the American Society for Clinical Pathology (ASCP) and actively engaged in national professional organizations including ASCLS and AABB.

With a strong foundation in both laboratory science and public health, Dr. Reiner brings a systems-based perspective to disease surveillance, outbreak investigation, and epidemiological research. Her MPH courses equip students to understand the determinants of health, interpret scientific evidence, and apply epidemiological principles to address health disparities and inform public health interventions.

In addition to her teaching role in the MPH program, Dr. Reiner serves as Chair and Program Director of the Department of Medical Laboratory Sciences at Andrews University. She is widely respected for her leadership in curriculum development, accreditation, and mentorship, and has presented her work at national conferences including the Clinical Laboratory Educators Conference (CLEC).

Her scholarly contributions and commitment to interdisciplinary education make her a valuable asset to students preparing for impactful careers in public health research, health education, and population health leadership.



SAMARA STERLING

Adjunct Professor

EDUCATION

PhD, Walden University
MSMLS, Andrews University
BSMT, Columbia Union College

BIOGRAPHY

Dr. Samara Sterling, PhD, RD is a registered dietitian, nutrition scientist, and nationally recognized advocate for plant-based nutrition and health equity. With deep expertise in chronic disease prevention, culturally responsive nutrition education, and evidence-based public health communication, she brings a unique blend of academic rigor and practical insight to the MPH program at Andrews University.

Dr. Sterling serves as Director of Research & Nutrition at The Peanut Institute, where she leads scientific strategy, research initiatives, and public-facing education campaigns.

Her career includes roles as co-investigator on lifestyle medicine interventions, curriculum developer for public health nutrition programs, and media contributor on topics ranging from food as medicine to global nutrition policy. She has spoken at the White House Conference on Hunger, Health & Nutrition, advised the CDC-funded Association of State and Public Health Nutritionists (ASPHN), and served on the Medical Advisory Board for the T. Colin Campbell Center for Nutrition Studies.

Through her teaching and mentoring, Dr. Sterling empowers students to bridge the gap between science and service—preparing them to lead at the intersection of nutrition, public health, and social change.

EDUCATION

Doctorate in Public Health (Preventive Care), Loma Linda University (expected 2025)
Master's Degree in Public Health (Nutrition & Wellness), Andrews University

BIOGRAPHY

Krystal Eskildsen, DrPH (c), MPH, CHES is a certified health educator and wellness coach with a passion for equipping communities to achieve sustainable health outcomes. She currently serves as an adjunct instructor at Andrews University, where she develops and teaches courses in public health and digital health strategy, emphasizing participant-centered, interactive learning experiences.

With more than seven years of experience in health education, coaching, and community wellness initiatives, Krystal specializes in health behavior change, digital learning facilitation, and capacity-building frameworks. She has led wellness programs and coaching sessions for diverse populations and is committed to bridging the gap between theory and real-world application in preventive care.

Krystal is pursuing her Doctor of Public Health (DrPH) in Preventive Care at Loma Linda University, where she has been recognized for academic excellence and community service. She brings a modern, accessible, and compassionate perspective to the MPH program, inspiring future public health professionals to lead with empathy and innovation.



KRYSTAL ESKILDSEN

Adjunct Professor



ROBIN SARKAR

Adjunct Professor

EDUCATION

Doctorate in Management, Indian Institute of Technology

Postgraduate Diploma in Management (MBA equivalent), Indian Institute of Management

Bachelor's Degree in Mechanical Engineering (Honors), Indian Institute of Technology

BIOGRAPHY

Dr. Robin Sarkar, PhD, CPHQ, CISM is an accomplished healthcare technology leader, educator, and global business executive with extensive experience in strategic planning, information systems, and healthcare quality. He currently serves as Chief Information Officer and Vice President at Spectrum Health Lakeland, a nationally recognized healthcare system.

Dr. Sarkar holds a PhD in Management from the Indian Institute of Technology, Delhi, an MBA from the Indian Institute of Management, Calcutta, and a Bachelor's in Mechanical Engineering from IIT Kharagpur. His certifications include Certified Professional in Healthcare Quality (CPHQ), Certified Information Security Manager (CISM), and Certified Scrum Master, among others.

He has lived and worked across the U.S., Europe, and Asia, bringing a global perspective to leadership, healthcare innovation, and operations. Dr. Sarkar was named one of Computerworld's Premier 100 Technology Leaders and has consistently been recognized by Becker's Review for his impact on healthcare IT.

As an adjunct faculty member at Andrews University, Dr. Sarkar brings real-world expertise to the classroom, preparing MPH students to lead at the intersection of public health, technology, and organizational excellence.



SIMONE M. CHARLES

Adjunct Professor

EDUCATION

Postdoctoral Fellowship in Environmental Health Sciences, University of Michigan

Doctorate in Environmental Chemistry and Toxicology, Michigan State University

BIOGRAPHY

Dr. Simone M. Charles, PhD, MS is a Clinical Associate Professor in the Department of Environmental Health Sciences at the University of Michigan School of Public Health, where she also serves as Director of the Risk Science and Human Health Certificate and Director of the Pathways to Public Health program. With over two decades of experience in public health education, leadership, and research, Dr. Charles is known for her commitment to environmental justice, community-based research, and building workforce capacity to address health disparities.

Dr. Charles has held leadership roles at Georgia Southern University, Michigan State University, and the University of the West Indies, and has served as principal investigator or co-investigator on numerous federally funded projects, including NIH R01, R25, and P30 grants. Her teaching and research focus on environmental exposures, climate justice, maternal and child health, and community-engaged approaches to public health practice.

A passionate educator and mentor, Dr. Charles brings a practical, equity-centered approach to the classroom and continues to play a pivotal role in shaping interdisciplinary public health education across institutions.



JIMMY KIJAI

Adjunct Professor

EDUCATION

Doctorate in Educational Research, University of South Carolina
Master's Degree in Educational Research, University of South Carolina
Bachelor's Degree in Physics, Spicer College

BIOGRAPHY

Dr. Jimmy Kijai, PhD is a Professor of Research and Statistical Methodology in the School of Education at Andrews University. With more than 30 years of experience in quantitative research, program evaluation, and educational measurement, he brings deep expertise in biostatistics and applied statistical methods to interdisciplinary public health education.

Dr. Kijai has served as a statistical methodologist and dissertation chair for dozens of doctoral students across fields including health education, international development, and psychology. He has taught internationally and has contributed to research on youth development, health behaviors, language shift, educational success, and systemic change in Adventist education systems. His extensive experience with survey design, structural equation modeling, and program evaluation enriches the MPH program's commitment to data-driven, community-informed public health practice.

In addition to his academic work, Dr. Kijai has consulted for public schools, community health programs, and nonprofit organizations to improve data collection and evaluation strategies that inform policy and practice.



Hear What Our Students Are Saying

“I graduated from the Andrews University online Master of Public Health program in 2022. It was a truly gratifying and challenging experience. I am a practicing gastroenterologist in a busy single-specialty private practice group in Fayetteville, North Carolina. Due to my prior service in the Army, I was eligible for the military’s Post-9/11 GI Bill, which provides for undergraduate and graduate level education. The 100 percent online MPH program with emphasis in nutrition and wellness was exactly what I was looking for to provide additional treatment options for patients referred to our clinic for various gastrointestinal symptoms. I was a bit apprehensive initially since it had been 19 years since I completed my formal education. Taking 1-2 courses (rarely three) per semester, I was able to make time (1-3 hours) in the evenings and on weekends to complete assignments. I was challenged academically, but I did not feel overwhelmed. Without exception, the professors for all the classes were very accessible by email, text, phone call or Zoom. They were also God-fearing, and very knowledgeable, with obvious mastery of their respective courses.”

Anthony Daniels, MD, MPH '22



Master of **Public Health**

MPH

PROGRAM OVERVIEW

Master of Public Health (MPH)

Welcome to Andrews University's Master of Public Health (MPH) Program

— a CEPH-accredited, mission-focused graduate degree designed to prepare students for leadership roles in public health, wellness, and community health promotion, with a unique emphasis on plant-based nutrition.

Program Duration:

The MPH program can typically be completed within 4-6 semesters of full-time study (3 semesters/year). The online option offers a flexible, self-paced format for the working professional.

Students engage in a combination of core public health coursework, specialization-specific training, and applied practice experiences.

Both online and on-campus learning options are available to support a range of professional schedules and learning preferences.

Specialization Tracks:

- **Nutrition & Wellness** – with a distinctive focus on evidence-based, plant-based diets rooted in Seventh-day Adventist health principles
- **Health Promotion & Health Education** – designed to equip students with the tools to lead effective education and behavior change initiatives



Program Structure & Concentrations

Health Promotion & Health Education Concentration - Ideal for students who want to lead community-focused public health efforts through education, behavior change strategies, and culturally responsive program design.

You'll build in-demand skills in health planning, grant writing, and program evaluation—equipping you to secure funding, implement sustainable interventions, and measure real-world impact across schools, nonprofits, healthcare systems, and public agencies.

What You'll Learn:

✓ HEALTH EDUCATION STRATEGY AND COMMUNICATION

Master the design of effective, culturally relevant public health messaging and campaigns.

✓ HEALTH PLANNING AND PROGRAM DEVELOPMENT

Learn how to assess community needs, set goals, and build structured public health programs.

✓ GRANT WRITING AND FUNDING ACQUISITION

Gain practical experience identifying funding sources and writing compelling grant proposals.

✓ PROGRAM EVALUATION AND IMPACT MEASUREMENT

Design evaluation tools and use data to assess the effectiveness of health initiatives and guide decision-making.



Career Pathways

- **Health Educator** – public health departments, K–12 schools, universities, and community wellness programs
- **Community Health Specialist** – nonprofits, health clinics, and global outreach organizations
- **Public Health Program Coordinator** – local and state agencies, NGOs, and healthcare systems
- **Grant Writer or Development Officer** – foundations, nonprofits, research institutions, and public health organizations
- **Program Evaluator** – consulting firms, government agencies, academic research centers, and international health programs

Program Structure & Concentrations

Nutrition & Wellness Concentration - Designed for students passionate about the role of nutrition in public health and disease prevention. With a strong emphasis on plant-based, whole-person approaches, students explore the intersection of nutrition science, behavior change, and community wellness.

You'll be prepared to lead wellness initiatives, develop public health nutrition programs, and advocate for policies that promote healthier communities.

What You'll Learn:

✓ **PLANT-BASED NUTRITION IN PUBLIC HEALTH**

Understand the role of plant-forward diets in chronic disease prevention and population health promotion.

✓ **CULTURAL AND COMMUNITY NUTRITION APPROACHES**

Learn to design inclusive, culturally responsive nutrition interventions for diverse communities.

✓ **HEALTH BEHAVIOR CHANGE MODELS**

Explore the psychological, social, and environmental factors that shape dietary behaviors and wellness habits.

✓ **PROGRAM DESIGN AND EVALUATION**

Build the skills to develop, implement, and assess nutrition-focused public health programs for lasting impact



Career Pathways

- **Public Health Nutritionist** – government agencies, nonprofit organizations, and community health programs
- **Wellness Program Coordinator** – corporate wellness initiatives, schools, healthcare systems, and faith-based organizations
- **Health Coach or Nutrition Educator** – wellness centers, lifestyle medicine clinics, insurance companies, and virtual health platforms
- **Nutrition Policy Analyst** – advocacy groups, public health think tanks, and state or federal health departments

A smiling male doctor with grey hair and a beard, wearing a white lab coat over a blue shirt. He is holding a basket of fresh vegetables, including yellow and red bell peppers, tomatoes, and carrots. A stethoscope is visible around his neck. The background is a solid blue color with a vertical orange line running through the center.

Plant-Based Nutrition Is On The Rise

Join the Movement!



📈 **12% → 26%**

Rising Adoption of Plant-Based Diets. The percentage of Americans following plant-rich diets has more than doubled over the past decade —from 12% to nearly 26%.*

🌍 **\$113.05 BILLION**

Projected Global Plant-Based Food Market by 2031. The global plant-based food market is expected to reach \$113.05 billion by 2031, growing at a CAGR of 12.3% from 2024 to 2031.**



🇺🇸 **\$8.1 BILLION**

U.S. Plant-Based Market Size in 2023. Consumer demand continues to rise, with the U.S. plant-based food market reaching \$8.1 billion in 2023.***

* Sahathevan, S., Churilov, L., & Skelly, R. (2021). Plant-Based Diets in Health and Disease: A Review.
** Meticulous Research®. (2024). Plant-Based Food Market to be Worth \$113.1 Billion by 2031.
*** Good Food Institute. (2024). U.S. Plant-Based Market Overview 2023.

Master of Public Health (MPH)

ADMISSIONS REQUIREMENTS

Applicants to the MPH program at Andrews University must meet the general graduate admissions criteria and satisfy the specific requirements of their chosen concentration.

Nutrition & Wellness Concentration (43 credits)

- Bachelor's degree from an accredited college or university with a minimum GPA of 3.0. Applicants with a lower GPA may still be considered based on overall academic and professional profile.
- Completion of co-requisite coursework in Biology, Physiology, or Anatomy & Physiology, plus two nutrition courses.
- Two professional references (from professors, advisors, or employers).
- Resume or CV detailing relevant work, research, or volunteer experience.
- Purpose statement outlining your goals, values, and reasons for pursuing this concentration.
- English proficiency required for non-native speakers: TOEFL, IELTS, or PTE scores must be submitted.



Master of Public Health (MPH)

ADMISSIONS REQUIREMENTS

Health Promotion & Health Education Concentration (45 credits)

- A Bachelor's degree or equivalent, and meet one of the following: a minimum 2.60 overall undergraduate GPA, a 2.75 GPA on the last 50% of undergraduate courses, a 3.00 graduate GPA on at least 8 semester credits earned in courses graded A–F, or already hold a master's degree
- Professional resume
- Two letters of recommendation from professionals such as advisors, major professors, and employers
- Statement of purpose
- Minimum TOEFL score of 80 or 6.5 on the IELTS English Proficiency if language of education was not English



Program Costs & Financial Aid

PROGRAM COSTS - Public Health, Health Promotion and Health Education Concentration (45 credits)

The **on-campus MPH program** follows a year-round academic calendar with three semesters per year and can be completed in as few as four semesters. **On-campus students may be eligible to receive up to 50% off tuition through our Graduate GPA Scholarships.** [Click here to explore all available financial aid and scholarship opportunities.](#)

On Campus Program	Semester	Program Total (4 Semesters)
Full Tuition (based on 11 credits per semester)	\$15,092.00*	\$61,740.00*
Per credit cost	\$1,372.00/credit	
General Fee	\$572.00*	\$2,288.00*
Professional Fee	\$447.00*	\$1,788.00*
Total	\$16,111.00	\$65,816.00**

Totals include *asterisked items. Tuition rates & fees subject to change as published in the Andrews University Academic Annual Bulletin

****Total does not include applicable scholarships or financial aid.**



The **online MPH program** is designed with working professionals in mind, offering a flexible, self-paced format that allows you to balance your studies with personal and professional commitments. While the program can be completed in as few as four semesters, students have six years for completion giving you the flexibility to progress at the pace that works best for you.

Online Program	Semester	Program Total (45 credits)
Per credit cost	\$686.00/credit	\$30,870.00**
Distance Fee *	\$165.00*	
Professional Fee*	\$447.00*	

*Total fees are based on the number of semesters utilized to complete the program.

**Tuition rates & fees subject to change as published in the Andrews University Academic Annual Bulletin.

Program Costs & Financial Aid

PROGRAM COSTS - Public Health, Nutrition and Wellness Concentration (43 credits)

The **on-campus MPH program** follows a year-round academic calendar with three semesters per year and can be completed in as few as four semesters. **On-campus students may be eligible to receive up to 50% off tuition through our Graduate GPA Scholarships.** [Click here to explore all available financial aid and scholarship opportunities.](#)

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Professional Fee	\$447.00*	\$1,788.00*
Total	\$16,111.00	\$63,072.00**

Totals include *asterisked items. Tuition rates & fees subject to change as published in the Andrews University Academic Annual Bulletin
****Total does not include applicable scholarships or financial aid.**



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Online Program	Semester	Program Total (43 credits)
Per credit cost	\$686.00/credit	\$29,498.00**
Distance Fee *	\$165.00*	
Professional Fee*	\$447.00*	

*Total fees are based on the number of semesters utilized to complete the program.
**Tuition rates & fees subject to change as published in the Andrews University Academic Annual Bulletin.

Program Costs & Financial Aid

FINANCIAL AID

At Andrews University, we are committed to making high-quality public health education accessible and affordable. Students enrolled in the MPH program—whether online or on-campus—benefit from competitive tuition rates and financial support options. Online students automatically receive a 50% tuition discount, while on-campus students may qualify for GPA-based scholarships of up to 50% as well as additional scholarship opportunities—making it easier to invest in your future without pausing your career.

We encourage all applicants to explore financial aid opportunities, including:

- Federal financial aid for U.S. citizens and eligible non-citizens
- Employer tuition reimbursement programs
- Payment plans designed to help spread tuition costs over the semester

Our enrollment team is here to help you navigate the financial aid process and explore options that align with your budget and goals.

Invest in your future—an MPH from Andrews University prepares you to make a lasting impact in your community and beyond.



Program Costs & Financial Aid

GPA BASED SCHOLARSHIPS

Andrews University is committed to making graduate education in public health more affordable for students dedicated to academic excellence. Our GPA-based scholarship program offers significant tuition discounts to on-campus MPH students based on their most recent academic performance.

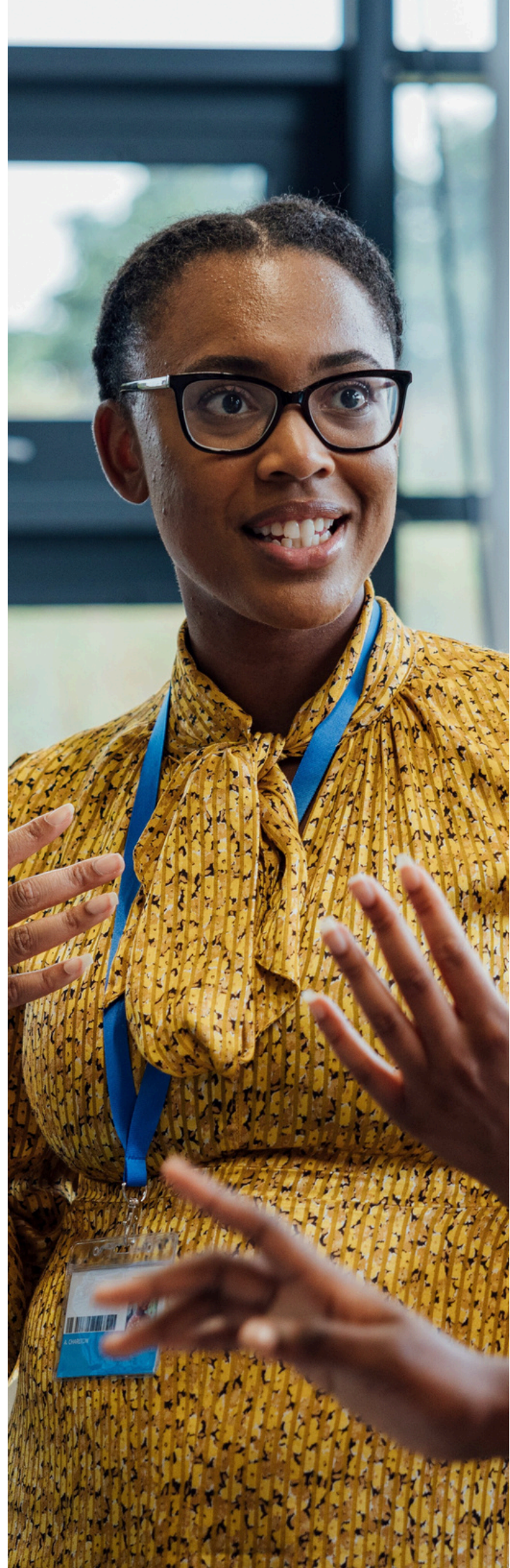
Scholarship Tiers:

- 10% Tuition Discount – GPA of 3.70 to 3.79
- 25% Tuition Discount – GPA of 3.80 to 3.89
- 50% Tuition Discount – GPA of 3.90 to 4.00

These scholarships are automatically applied to eligible students upon admission—no separate application is required. In order to retain the Graduate Scholarship, students are required to maintain the minimum GPA for their program.

Students whose GPA falls below the required minimum for their program will permanently forfeit the scholarship.

Additional scholarships are available to qualified students as well.





Student Life & Campus Experience

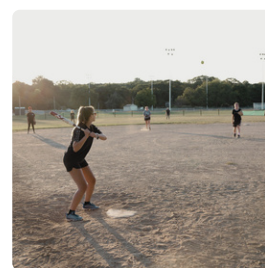


Student Life And Campus Experience

Life at Andrews University offers students a vibrant and diverse community where lifelong friendships are forged through shared experiences, both inside and outside the classroom.

Nestled in Southwest Michigan, just an hour and a half from Chicago and minutes from the stunning beaches of Lake Michigan, students can enjoy an amazing blend of city excitement and natural beauty.

Whether it's soaking up the sun on the beach, hitting the slopes for some winter fun, or exploring the cultural richness of nearby cities, there's always something exciting to do. Beyond academics, life at Andrews is filled with opportunities for adventure, personal growth, and lasting memories.



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“When I go to my class, there are students from all around the world with different perspectives. I don’t even have to travel outside of the country to experience different cultures, and foods from all over the world.”

Jhoana Mortera

Enjoy A World of Diversity & The Best That Southwest Michigan Has To Offer!



WORLD CHANGERS MADE HERE



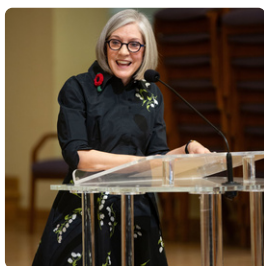
Faith & Spiritual Life



Faith And Spiritual Life

At Andrews University, students are offered a unique opportunity to grow spiritually in an environment that fosters a close relationship with God. As a Seventh-day Adventist institution, we prioritize not just academic excellence but also the development of strong moral principles and a deep spiritual foundation.

Our holistic approach to education nurtures the body, mind, and spirit, ensuring that students are well-equipped to make a meaningful impact in the world. Through worship services, spiritual retreats, and faith-based community activities, students are encouraged to explore and deepen their personal faith journey, creating a balanced and purpose-driven life.





GROW FAITHFULLY

Nurture your spiritual journey | Andrews provides engaging faith-based activities, community worship, and service opportunities, that help guide you toward a deeper relationship with God.



TRANSFORM SPIRITUALLY

Immerse in an atmosphere of spiritual growth | Andrews integrates spiritual development into every aspect of student life, ensuring you grow not just academically, but in your faith as well.





Take The Next Step

As you explore your future in public health, the Master of Public Health (MPH) program at Andrews University offers a strong foundation rooted in academic excellence, real-world application, and a supportive, faith-informed environment.

We're committed to helping you reach your goals. For more information about how our CEPH-accredited MPH program can prepare you for a meaningful career in public health, health education, or nutrition and wellness, contact us today—we're here to answer your questions and help guide your next steps toward a purpose-driven future.

School of Population Health, Nutrition, & Wellness



Scan the QR Code
To Apply Today!



+1-269-471-3370



publichealth@andrews.edu



KEEP *Pushing*
BOUNDARIES AND
Never **STOP**
GROWING.

**World
Changers
Made
Here.**