

COMMUNITY HEALTH & PREVENTION RESEARCH

Courses offered by the Stanford Prevention Research Center within the Department of Medicine are listed under the subject code CHPR (<https://explorecourses.stanford.edu/search?q=CHPR&view=catalog&page=0&academicYear=&filter-term-Autumn=on&filter-term-Winter=on&filter-term-Spring=on&filter-term-Summer=on&collapse=&filter-catalognumber-CHPR=on&filter-departmentcode-CHPR=on&filter-coursestatus-Active=on&filter-catalognumber-CHPR=on>) on the Stanford Bulletin's ExploreCourses website.

The Master of Science (M.S.) in Community Health and Prevention Research (CHPR) covers the study and treatment of leading risk behaviors (e.g., poor diet, physical inactivity, tobacco use, stress, distress) to prevent the prevailing causes of morbidity and mortality (e.g., cardiovascular disease, cancer, diabetes, lung disease, mental illness) with a focus on engaging and advancing health in diverse communities.

Community health and prevention research are complementary fields increasingly integrated to promote health and prevent chronic diseases in individuals, families, local communities, states, and countries, globally.

Community health refers to the scientific discipline of safeguarding and enhancing the wellbeing of diverse communities and populations through education, the promotion of healthy lifestyle habits, and the extensive study of disease and disease determinants. Prevention research is a multidisciplinary scientific field that aims to enhance the health of populations through the study of genetic, behavioral, lifestyle, environmental, and policy factors that lead to disease or vitality.

The M.S. in CHPR is designed for students pursuing health-related careers focusing on chronic disease prevention, health and wellness promotion, and the pursuit of health equity. We anticipate the M.S. in CHPR will be attractive to Stanford's current (coterminal) undergraduates and graduate students, students in the health professions (e.g., medical students), health care providers seeking a second degree, and individuals who will later seek advanced degrees in medicine, nursing, or health/science-related doctoral programs.

The M.S. in CHPR is available to:

1. Current Stanford undergraduates (who must complete the M.S. as a coterminal master's program)
2. Current Stanford graduate students (i.e., master's, doctoral, and medical students)
3. External applicants.

All students in the program must complete the M.S.'s core curriculum and program requirements.

The University requirements for the M.S. degree are described in the "Graduate Degrees (<http://exploreddegrees.stanford.edu/graduatedegrees>)" section of this bulletin.

Master of Science in Community Health and Prevention Research

The Stanford Prevention Research Center within the Department of Medicine offers a Master of Science (M.S.) in Community Health and Prevention Research (CHPR). The M.S. in CHPR is available to external applicants, to current undergraduates via the coterminal master's program, and to graduate students at Stanford.

The purpose of the M.S. in CHPR is to:

- engage students from a range of backgrounds in didactic and experiential learning opportunities with the goal of gaining an in-depth understanding of community health and prevention research applications in diverse practice settings
- prepare future public health professionals to responsibly and effectively address health challenges faced by diverse communities across the life course.

In the M.S. in CHPR, students:

- study patterns of chronic diseases in diverse communities and settings and examine how prevention can optimize health and promote health equity at the individual, family, community, and population level
- critically interpret and evaluate research on community health and prevention
- become involved in research teams that encourage health equity promotion and social responsibility
- gain and hone methodological skills including research study design, study implementation, and data analysis related to community health and prevention research
- utilize course work and implementation science in a community-based research internship with the expectation that they design, implement, and assess health and wellness solutions addressing preventable community health challenges
- complete a master's thesis.

Admission for External Applicants

The application deadline for Autumn 2018-19 entry into the M.S. program is January 16, 2018 at 11:59 p.m. Pacific Standard Time (PST).

- **Knight-Hennessy Scholars**
 - The Knight-Hennessy Scholars program (<https://knight-hennessy.stanford.edu>) awards up to 100 high-achieving students every year with full funding to pursue a graduate education at Stanford, including the M.S. in CHPR. To be considered, you must apply to Knight-Hennessy Scholars by September 27, 2017, and separately apply to the CHPR program by November 6, 2017 at 11:59 p.m. Pacific Standard Time (PST).

All applicants (not including coterminal applicants) must submit the following required application materials as part of their application. Instructions on how to submit these application materials can be found on Stanford's Graduate Admissions web site (<https://gradadmissions.stanford.edu/applying>).

- 3 letters of recommendation
 - At least one letter of recommendation should be from a faculty member at the last school you attended as a full-time student (unless you have been out of school for more than five years).
- GRE scores (valid MCAT or DAT scores may be submitted in lieu of GRE scores)
- TOEFL scores (if necessary)
- Resume or curriculum vitae (CV)
- Statement of purpose
 - The statement of purpose should describe succinctly your reasons for applying to the proposed program at Stanford, your preparation for this field of study, research interests, future career plans, and other aspects of your background and interests which may aid the admissions committee in evaluating your aptitude and motivation for graduate study.
- Official transcript(s) from all postsecondary institutions you have attended as a full-time student for one year (i.e., three quarters or two semesters) or longer.

- You must upload one scanned version of your official transcript(s) in the online application and mail one official copy to the Stanford Prevention Research Center within the Department of Medicine.
- \$125 application fee
 - This application fee is assessed regardless of admission decision.

University Coterminal Requirements

Coterminal master's degree candidates are expected to complete all master's degree requirements as described in this bulletin. University requirements for the coterminal master's degree are described in the "Coterminal Master's Program (<http://exploreddegrees.stanford.edu/cotermdegrees>)" section. University requirements for the master's degree are described in the "Graduate Degrees (<http://exploreddegrees.stanford.edu/graduatedegrees/#masterstext>)" section of this bulletin.

After accepting admission to this coterminal master's degree program, students may request transfer of courses from the undergraduate to the graduate career to satisfy requirements for the master's degree. Transfer of courses to the graduate career requires review and approval of both the undergraduate and graduate programs on a case by case basis.

In this master's program, courses taken three quarters prior to the first graduate quarter, or later, are eligible for consideration for transfer to the graduate career. No courses taken prior to the first quarter of the sophomore year may be used to meet master's degree requirements.

Course transfers are not possible after the bachelor's degree has been conferred.

The University requires that the graduate adviser be assigned in the student's first graduate quarter even though the undergraduate career may still be open. The University also requires that the Master's Degree Program Proposal be completed by the student and approved by the department by the end of the student's first graduate quarter.

Coterminal Admission

The application deadline for Autumn 2018-19 entry into the M.S. program is January 16, 2018 at 11:59 p.m. Pacific Standard Time (PST).

Stanford undergraduates may apply to the M.S. program once the following conditions have been met:

- Applicants must have earned 120 units toward graduation (UTG) as shown on the undergraduate unofficial transcript. This includes allowable Advanced Placement (AP) and transfer credit.
- Applicants must have a major(s) declared.
- Applicants must have completed six non-Summer quarters at Stanford (or two non-Summer quarters at Stanford for transfer students).

As part of their program application, applicants must submit the following required application materials. Instructions on how to submit these application materials can be found on the Current Stanford Students (<https://gradadmissions.stanford.edu/applying/current-stanford-students>) page of the Graduate Admissions web site.

- Application for admission to coterminal master's program
- Statement of purpose
 - The statement of purpose should describe succinctly your reasons for applying to the proposed program at Stanford, your preparation for this field of study, research interests, future career plans, and other aspects of your background and interests which may aid the admissions committee in evaluating your aptitude and motivation for graduate study.
- Resume or curriculum vitae (CV)

- Preliminary program proposal
- Two letters of recommendation from Stanford professors
- 1 copy of your Stanford transcript (unofficial transcripts are acceptable)
- \$125 application fee (this fee is assessed by the Registrar's Office to those accepted and matriculated into the program).

Admission for Current Stanford Graduate Students

- Current Stanford graduate students include master's, doctoral, and medical students who are currently enrolled in a graduate degree program at Stanford. Current Stanford postdoctoral scholars must apply as external applicants.
- The application deadline for Autumn 2018-19 entry into the M.S. program is January 16, 2018 at 11:59 p.m. Pacific Standard Time (PST).
- On a case-by-case basis, current Stanford graduate students may be allowed to apply to the program after the application deadline.

Required Application Materials: Instructions on how to submit these application materials can be found on the CHPR program web site (<http://CHPR.stanford.edu>). (<http://prevention.stanford.edu/education/chpr.html>)

- Completed Current Graduate Student Online Application Form (https://stanfordmedicine.qualtrics.com/SE?SID=SV_eIIAYRZnPUqkPGJ)
- Resume/CV
- Transcript (unofficial transcripts are acceptable)
- Valid GRE, MCAT, or GMAT scores (i.e., the test scores students submitted to their original graduate program at Stanford)
- Statement of Purpose
 - The Statement of Purpose should describe succinctly the reasons for applying to the proposed program at Stanford, preparation for this field of study, research interests, future career plans, and other aspects of the applicant's background and interests which may aid the admissions committee in evaluating aptitude and motivation for graduate study.
- 2 letters of recommendation from Stanford professors
- \$125 application fee

Core Curriculum and Program Requirements (45 units)

To complete the M.S. in CHPR, students must complete a minimum of 45 units, conduct a two-quarter community-based research internship, and write a master's thesis. All students in the M.S. in CHPR must also fulfill the course requirements below. Students are advised to check the prerequisites for all CHPR courses, especially the Biostatistics and Research Methods courses.

Units

CHPR Foundation Core

Take 5-6 courses, 13-14 total units

Students are only required to take CHPR 201 if they have not taken CHPR 226/HUMBIO 126 or equivalent.

CHPR 201	Introduction to Science of Healthy Living (Autumn)	1
CHPR 225	The Role of Causal Inference, Study Design, & Outcomes in Community Research (Autumn)	3
CHPR 228	Theoretical Foundations and Design of Behavioral Intervention Trials (Autumn)	3
CHPR 240	Prevention Research: the Science of Healthy Living (Autumn)	3
CHPR 255	The Responsible Conduct of Research for Clinical and Community Researchers (Autumn, Winter, Spring)	1

CHPR 260	Prevention Across Medical Disciplines: Evidence-based Guidelines (Winter)	3
----------	---	---

Biostatistics and Research Methods

Take 3 of the 6 courses or other approved Biostatistics and Research Methods courses, minimum 9 total units

CHPR 206	Meta-research: Appraising Research Findings, Bias, and Meta-analysis (Winter)	3
----------	---	---

CHPR 247	Methods in Community Assessment, Evaluation, and Research (Spring)	3
----------	--	---

CHPR 290	Advanced Statistical Methods for Observational Studies (CHPR students must take course for 3 units) (Spring)	2-3
----------	--	-----

HRP 234	Engineering Better Health Systems: modeling for public health (formerly CHPR 254)	4
---------	---	---

HRP 258	Introduction to Probability and Statistics for Clinical Research (Spring)	3
---------	---	---

HRP 259	Introduction to Probability and Statistics for Epidemiology (Autumn)	3-4
---------	--	-----

Community-Based Research Internship

Take course for 2 consecutive non-summer quarters, 6 total units

CHPR 299	Community-based Research Internship (Autumn, Winter, Spring)	1-6
----------	--	-----

Master's Thesis

Take course for 1 or more quarters, minimum 3 total units

CHPR 399	Community Health and Prevention Research Master's Thesis Writing (Autumn, Winter, Spring, Summer)	1-3
----------	---	-----

Community-Based Research Internship

Students must complete a consecutive two-quarter long community-based research internship under the supervision of an SPRC mentor. Students will receive 6 total units for their internships, which are all unpaid positions. The primary learning goal of these internships is for students to apply their coursework and implementation science in a community or lab setting by engaging community members and faculty to create innovative, research-based, chronic disease prevention solutions addressing community health challenges.

- CHPR students (not including coterminal students) must enroll in CHPR 299 Community-Based Research Internship during the Winter and Spring quarters.
- Coterminal students must fulfill the following requirements in order to enroll in CHPR 299 Community-Based Research Internship:
 - Complete or be enrolled in one of the following courses:
 - CHPR 225 The Role of Causal Inference, Study Design, & Outcomes in Community Research
 - CHPR 228 Theoretical Foundations and Design of Behavioral Intervention Trials
 - Complete or be enrolled in at least 1 approved Biostatistics and Research Methods course.
- For the 2018-19 academic year, the earliest that incoming students may begin their community-based research internships is in the Winter Quarter.
- For incoming coterminal students who plan to begin their community-based research internships in the Winter Quarter 2018, it is highly recommended that they follow the below sequence:
 - Autumn Quarter:
 - Take both of the following courses:
 - CHPR 225 The Role of Causal Inference, Study Design, & Outcomes in Community Research
 - CHPR 228 Theoretical Foundations and Design of Behavioral Intervention Trials

- Take the following Biostatistics and Research Methods course:
 - HRP 234 Engineering Better Health Systems: modeling for public health
- Winter Quarter:
 - If a Biostatistics and Research Methods course was not taken in the Autumn quarter, students must take the following Winter Quarter course:
 - CHPR 206 Meta-research: Appraising Research Findings, Bias, and Meta-analysis.

Master's Thesis

Students are required to complete and present a master's thesis. The master's thesis allows students to demonstrate knowledge, application, and thoughtful scholarly communication of theoretical principles central to community health interventions, study design, research and analytic methods, as well as depth in a substantive area of community health and prevention research. The thesis is intended to be 30 pages in length (i.e., article-length), double-spaced, including supporting tables, figures, and references. The thesis can take one of the following forms:

- Analysis of original data collected via a student's internship
- Comprehensive literature review with meta-analysis of data or critical reanalysis of data
- Evaluation of a methodological problem using data
- Comprehensive literature review with a grant proposal (NIH-style format) for a new study to bridge a gap in existing knowledge
- Organizational health improvement and evaluation plan written for a student's internship organization
- CHPR mentor approved, independently designed thesis.

The program encourages students to use extant data sets for their projects. Students are not limited to quantitative data sets; many SPRC faculty possess qualitative data sets that may be analyzed for an M.S. thesis project. Students also have the option of collecting original data, for example, through the use of surveys. Students are encouraged to develop their thesis into a manuscript for publication or a credible research grant application, and mentorship is provided to do so.

Director of the Stanford Prevention Research Center: John Ioannidis

Core Faculty and Academic Staff

Professors: John Ioannidis, Randall Stafford, Marcia Stefanick

Associate Professor: Judith J. Prochaska (Program Faculty Director)

Assistant Professors: Mike Baiocchi, Sanjay Basu

Senior Research Scientists: Wes Alles, Michaela Kiernan

Instructor: Lisa Goldman Rosas