

Collaboration Among Colleges. Diverse Expertise. Inspiring Student Success.

APPLIED NUTRITION & CULINARY MEDICINE

At the University of Kentucky, we ignite the passion within you and inspire your path forward to success. You'll find a community that supports you as you challenge yourself to bigger possibilities.

Through collaboration among the **College of Agriculture, Food and Environment, College of Health Sciences and College of Medicine** our faculty bring a wide-array of expertise to this 100 percent online program.

Meet Dr. Sara Police, Director of the Online Graduate Certificate in Applied Nutrition & Culinary Medicine.



100% ONLINE | 12 CREDIT HOURS

Dr. Police's

Courses

Nutrition and Chronic Disease NS/CNU 689

Explore how nutrients work to benefit health and prevent disease. Learn about the impact specific nutrients have on chronic diseases.

"This course prepares students for discussing the rationale and evidence underlying nutrition recommendations with their patients."

~ Dr. Sara Police

Drug and Nutrient Interactions NS/PHA 550

Discover the why behind prescription label warnings. Explore the beneficial and possible harmful interactions that can occur between specific drugs and foods.

"For anyone working with medications and patients, this course is directly applicable."

~ Dr. Sara Police

Discover what's wildly possible in Applied Nutrition & Culinary Medicine at uky.edu/ukonline.

Faculty spotlight

Sara Police, PhD

Assistant Professor

Department of Pharmacology and Nutritional Sciences

College of Medicine

Background

10 years experience teaching

- **Subject:** nutrition
- **Style:** online, hybrid and in-person
- **Level:** undergraduate, graduate and professional

Corporate health coach

- Motivational interviewing
- Wellness programming

Nutrition is a foundational, functional and critically important component of health. Studies have shown that nutrition interventions can be as or more effective as pharmaceutical therapies.

For additional information contact:

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College of Agriculture, Food and Environment
College of Health Sciences
College of Medicine

An Equal Opportunity