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**FOR IMMEDIATE RELEASE**

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**LONG ISLAND PHYSICIAN TO BECOME OLDEST GRADUATE  
OF COLUMBIA UNIVERSITY'S INSTITUTE OF HUMAN  
NUTRITION**

***To Combat Childhood Obesity, Local Physician Finds its Never too Late to Put Nutrition First***

**February 23, 2005** — (New York, NY) At a time when many of his contemporaries were hanging up their stethoscopes and heading for the golf course, Dr. Herbert Goldman decided to go back to school and gain knowledge that would help him combat the rise in obesity in children. This May, Dr. Goldman will receive a Master of Science degree in nutrition and have the distinction of becoming the oldest graduate in the 50-year history of the Columbia University Institute of Human Nutrition (IHN).

Dr. Goldman, of Great Neck, New York has been a pediatrician and neonatologist for more than 40 years. Currently in private practice in New Hyde Park, New York, Dr. Goldman is an associate clinical professor of pediatrics at Albert Einstein Medical School and an attending physician at Long Island Jewish Medical Center. He has had a distinguished career, which includes heading Long Island Jewish Hospital's Neonatal Unit when it was begun in 1961 until 1973.

He says, "As I became older and did less neonatology, I found I had the time and inclination to pursue other endeavors. The Institute of Human Nutrition's Master of Science Program for Health Professionals was a natural step for me. All of my previous professional studies had been in the area of nutrition. I felt that earning a masters degree would bring me up to date with the latest science and research developments in the field."

Over the course of his career, Dr. Goldman participated in several research studies relating to infant nutrition, many with support from the National Institutes of Health. This work resulted in important developments for parents and children, including the removal of lactic acid milk from American grocery store shelves; the addition of Vitamin K to all infant formula to prevent bleeding that sometimes occurred in babies with diarrhea; and ending the use of high protein formula for premature infants, which was associated with lower IQ scores and eye problems.

(more)

## **LONG ISLAND PHYSICIAN TO GRADUATE FROM INSTITUTE OF HUMAN NUTRITION**

Dr. Goldman notes that there were both advantages and challenges to entering the masters program at an advanced stage of his career. "Because I was older and have had more schooling than the "youngsters," much of the material taught in the program was familiar to me. But on the other hand, a lot was brand-new to me. DNA was discovered after I finished medical school. Now, fifth grade students are taught about DNA. Learning new information, particularly about molecular biology, has enabled me to understand many medical journal articles that I would not have been able to otherwise."

Dr. Goldman has not wasted any time in putting his recently acquired knowledge and skills to use. "It was suggested to those of us in medical practice that for our thesis requirement, we might do a study on obesity in our offices. So I have carried out such a study, which suggests that the manner in which an infant is fed in the first two years of life may be important in determining whether or not later obesity will develop. I am continuing to study this relationship"

As a student in the Master of Science Program for Health Professionals, Dr. Goldman took courses in growth and development, biochemical and physiologic bases of nutrition, clinical nutrition, molecular nutrition, biostatistics, epidemiology, molecular biology. He devoted approximately 10 hours a week to classes and studying.

The overall purpose of the Institute of Human Nutrition's Master of Science Program for Health Professionals is to prepare individuals for positions in teaching, research, and leadership in nutrition programs both in the United States and abroad. The program is offered to physicians and other health specialists who wish to augment their training with knowledge of nutrition. The program is part time and takes two to three years to complete. It is designed to meet the academic and scheduling needs of practicing clinicians. In addition to the M.Sc. and the M.Sc. Program for Health Professionals, the Institute of Human Nutrition also offers a Ph.D. program and runs continuing education courses and intensive summer courses for health practitioners. This summer, the Institute will address the increasingly important issue of obesity, which will be offered both as a two-week intensive course and as part of a Summer Institute on *Nutrition and Capacity-Building: Critical Partners in Public Health and Clinical Interventions*.

Dr. Goldman observes, "During my career as a pediatrician, there has been a sea change in the professional as well as the public attitude toward nutrition. Now almost everyone is aware of the close relationship of nutrition to health."

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*For information on the Institute of Human Nutrition's Masters, Ph.D., M.S. Program for Health Professionals, visit the website at <http://www.cumc.columbia.edu/dept/ihn> or call 212.305.4808.*