Integrative Health & Wellness (IHW) is the future of healthcare.

It’s a holistic, patient-centered approach to addressing health issues and promoting overall well-being. With an emphasis on preventive care, it combines evidence-informed practices from a variety of healthcare modalities, ranging from ancient medicine to contemporary scientific discoveries, to improve health for individuals and large populations.

What Makes IHW at University of Portland Different?

Students at UP benefit from our liberal arts core curriculum that fosters:

+ CRITICAL THINKING
+ PROBLEM SOLVING
+ A FOUNDATION IN ETHICS
+ CONFIDENCE & LEADERSHIP SKILLS

Every Integrative Health & Wellness student gains field experience by completing over 135 practicum hours.

9:1 STUDENT TO FACULTY RATIO
<30 AVERAGE CLASSROOM SIZE

Practicums are tailored to each student’s career interests.

Between 2021 and 2031, jobs for health education specialists and community health workers are projected to grow by 12% according to the Bureau of Labor and Statistics.

100% of 2023 graduates would recommend the IHW program to other students.

CAREER OPPORTUNITIES

An IHW degree leads to a wide array of career opportunities in two main pathways:

Individualized, patient-centered care and large-population, community-centered care. Graduates can go on to be:

- Physicians or Nurses
- Psychologists
- Physical Therapists
- Acupuncturists
- Naturopaths
- Certified Health Coaches
- Nutritionists
- Epidemiologists / Researchers
- Health Policy Professionals
- Hospital Administration
- Community Health Educators

MAJORS especially COMPATIBLE WITH AN IHW MINOR:

- Nursing
- Psychology
- Business
- Social Work
- Education

CREDIT HOUR REQUIREMENTS:

IHW Major 54  IHW Minor 15

Bachelor of Science-IHW 154*

*All University of Portland students must complete the Core Curriculum requirements to earn a bachelor’s degree.

JOBS PROJECTED TO GROW BY 12%
INTEGRATIVE HEALTH & WELLNESS COURSES

Some of our most popular IHW classes include:
- Nature’s Pharmacy: Food, Herbs & Supplements that Support Health
- Health & Wellness Across the Lifespan
- Integrative Public Health
- Foundations of Health Education and Health Promotion
- Community Health Promotion

HEALTH COACH CERTIFICATION

University of Portland School of Nursing & Health Innovations - Integrative Health Coaching Program is an approved Health and Wellness Coach Training & Education Program by the National Board for Health and Wellness Coaching (NBHWC). Graduates of this program are eligible to apply for the HWC Certifying Examination to become National Board Certified Health & Wellness Coach (NBC-HWC)

STEPS TO APPLY

1. Submit Application (either the UP Application or the Common Application) up.edu/admissions/apply
2. Declare Integrative Health and Wellness as your major or minor (a minor can be declared once you attend UP)
3. Submit supporting materials:
   - Official high school transcript(s)
   - Secondary School Report/Recommendation Form
   - SAT or ACT scores (optional through Fall 2024)
   - Essay (optional)

FALL APPLICATION TIMELINE

DECEMBER 1: Early Action deadline for first-year students (non-binding)
FEBRUARY 1: Regular Decision deadline for first-year students (after this date applications are reviewed on a space-available basis)
JUNE 1: Preferred application deadline for domestic transfer students and final application deadline for international students
AUGUST 1: Final application deadline for domestic transfer students

Spring applications are due December 1

CONTACT US

Phone: (503) 943 - 7211 or (800) 227 - 4568
Email: integrative health@up.edu
Web: nursing.up.edu
Follow us on Instagram @UP_sonhi

School of Nursing & Health Innovations
Buckley Center 301
University of Portland
5000 N. Willamette Blvd.
Portland, OR 97203

To learn more about University of Portland and the School of Nursing & Health Innovations, scan the QR code.