

Course Outline for HEA 7

INTRODUCTION TO PUBLIC HEALTH

Effective: Fall 2020

I. CATALOG DESCRIPTION:

HEA 7 — INTRODUCTION TO PUBLIC HEALTH — 3.00 units

An introduction to the discipline of Public Health including basic concepts and terminologies of public health, as well as the history and accomplishments of public health professionals and agencies. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines will be covered. Topics include epidemiology of infectious and chronic diseases; prevention and control of diseases in the community; analysis of the social determinants of health; health disparities among various populations; strategies for disease reduction; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy.

3.00 Units Lecture

Strongly Recommended

- Eligibility for ENG 1A -

Grading Methods:

Letter or P/NP

Discipline:

- Health

| | MIN |
|---|------------|
| Lecture Hours: | 54.00 |
| Expected Outside of Class Hours: | 108.00 |
| Total Hours: | 162.00 |

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

- A. -Eligibility for ENG 1A
1. Use strategies to assess a text's difficulty, purpose, and main idea prior to the act of reading
 2. Respond critically to a text through class discussions and writing
 3. Use concepts of paragraph and essay structure and development to analyze his/her own and others' essays
 4. Write effective summaries of texts that avoid wording and sentence structure of the original
 5. Respond to texts drawing on personal experience and other texts
 6. Organize coherent essays around a central idea or a position
 7. Provide appropriate and accurate evidence to support positions and conclusions
 8. Produce written work that reflects academic integrity and responsibility, particularly when integrating the exact language and ideas of an outside text into one's own writing
 9. Utilize effective grammar recall to check sentences for correct grammar and mechanics
 10. Proofread his/her own and others' prose

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Define important foundational concepts in public/community health;
- B. Identify different public health disciplines, professions, organizations; and explain how each contributes to the field of public health;
- C. Describe the historical development of public health including the most important public health achievements;
- D. Distinguish between personal health and public health;
- E. Describe how public health differs from the medical model of treating disease and illness;
- F. Demonstrate the use of basic epidemiological methods, such as analysis of rates, the definition of cases, population at risk, risk factors, incidence, prevalence, morbidity, and mortality;
- G. Outline strategies for prevention, detection, and control of infectious and chronic diseases;
- H. Outline processes of community organizing and health promotion programming;
 - I. Describe the determinants of health (biological considerations, social factors, environmental conditions, behavioral and cultural factors, access to health services, and policy) and explain the role of each in determining local, national, and global health

- organization and policy;
- J. Analyze current public health issues and describe how they affect societal well-being among specific populations by age, sex, gender, ethnicity, race, education, and socioeconomic status;
- K. Describe the U.S. healthcare system including organization, financing, and delivery of various medical and preventative services;
- L. Identify, assess, and utilize credible sources of public/community health information;
- M. Communicate orally and in writing utilizing public health specific discipline language.

V. CONTENT:

- A. Definition of Public Health
 - 1. Distinction between personal health and public health
 - 2. Key public health terms
 - 3. History and major accomplishments of public health professionals and agencies
 - 4. The public health approach
 - a. surveillance, risk factor identification, intervention evaluation, implementation
 - 5. Core sciences of public health
 - a. surveillance, epidemiology, prevention effectiveness, laboratories, informatics
 - 6. Core functions of public health including public health services of each
 - a. assessment, policy development, assurance
 - 7. An overview of the determinants of health
- B. The Biomedical Basis of Public Health
 - 1. The conquest of infectious disease
 - 2. Newly emerging (and reemerging) infectious diseases
 - 3. Chronic diseases
 - 4. Genetic diseases
- C. Analytical Methods of Public Health
 - 1. Epidemiology
 - a. key terms
 - b. Statistics - making sense of the numbers
 - c. calculating rates
 - d. comparing population characteristics
 - e. study types - experimental, observational
 - f. data sources and collection methods
 - 2. Surveillance
 - a. goal, uses, responsibility, roles, types, process
 - 3. Laboratories
 - a. differentiating between clinical laboratories and public health laboratories
 - b. core functions
 - c. infrastructure - State, Federal, Environmental, Private (clinical)
 - 4. Principles, methods and limitations
 - 5. The role of data in public health
- D. Community Organizing
- E. Health Promotion Programming
 - 1. Prevention Effectiveness - problem identification, audience identification, perspective identification
 - 2. cost analysis and economic evaluation methods
- F. Social Determinants of Health
 - 1. Health inequities among groups
 - 2. Effects of education, employment, poverty, discrimination, and socioeconomic status on health
 - 3. Access to health information, health services and healthcare providers
 - 4. The built environment and community health
- G. Psychosocial factors that affect health behaviors
 - 1. Mental health
 - 2. Community challenges including addiction, tobacco, violence, poor diet, physical inactivity, mental health, and obesity
- H. Biological Determinants of Health
 - 1. Maternal, infant, and child health
 - 2. Genetics
- I. Individual and Cultural Behaviors
 - 1. Lifestyle
- J. Environmental Determinants/Issues affecting Public Health
 - 1. Clean air
 - 2. Clean water
 - 3. Solid and hazardous wastes
 - 4. Food and drug safety
 - 5. Injury prevention
 - 6. Population dynamics
 - 7. Natural disasters and emergency preparedness
- K. U.S. Health Care System
 - 1. Organization and Reform
 - 2. Various models of individual and population-based services
 - 3. Financing of medical services, preventative services, and public health efforts
- L. Public health informatics
 - 1. The public health information system
 - 2. Health services research: finding what works
 - 3. Sharing data

VI. METHODS OF INSTRUCTION:

- A. **Audio-visual Activity** -
- B. **Discussion** -
- C. **Lecture** -
- D. Reading
- E. **Research** -
- F. **Service Learning** -
- G. **Projects** -

VII. TYPICAL ASSIGNMENTS:

- A. Reading - read chapter on "A Clean Environment: The Basis of Public Health."
- B. Discussion - What is the role of local, State, and Federal Government in Environmental Health?
- C. Research - Choose one local environmental public health topic to learn more about such as water, air, or toxic chemicals (agricultural pollution such as pesticides). Access and interpret local reports, compare and contrast local data with regulatory standards. Draw conclusions based on your analysis.

- D. Service Learning Project - serve with an institution, organization, or nonprofit that promotes public health. Track your service time and journal your experience.

VIII. EVALUATION:

Methods/Frequency

- A. Exams/Tests
Minimum of two exams/tests/quizzes
- B. Quizzes
Minimum of two exams/tests/quizzes
- C. Research Projects
Minimum of one research assignment, including requirement to utilize sources from relevant Library periodical database
- D. Oral Presentation
course presentation, or course project
- E. Projects
A final examination, course presentation, or course project
- F. Class Participation
Weekly/regular
- G. Home Work
as deemed appropriate by instructor

IX. TYPICAL TEXTS:

1. McKenzie, James, Robert Pinger, and Denise Seabert. *An Introduction to Community & Public Health*. 9th ed., Jones and Bartlett Learning, 2018.
2. Schneider, Mary-Jane. *Introduction to Public Health*. 5th ed., Jones and Bartlett Learning, 2017.
3. Centers for Disease Control and Prevention. (2016, June 1). Introduction to Public Health: Public Health 101 Series. Retrieved from <https://www.cdc.gov/publichealth101/public-health.html>
4. California News Reel, Unnatural Causes (selected excerpts or video clips).

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Internet access