GROSSMONT COLLEGE

COURSE OUTLINE OF RECORD

Curriculum Committee Approval: 03/22/2022

GCCCD Governing Board Approval: 04/19/2022

HEALTH EDUCATION 201 – INTRODUCTION TO PUBLIC HEALTH

1. Course Number Course Title Semester Units

HED 201 Introduction to Public Health 3

Semester Hours:

3 hours lecture 48-54 hours 96-108 outside-of-class hours 144-162 total hours

1. Prerequisites

None

Corequisite

None

Recommended Preparation

None

1. Catalog Description

The purpose of this course is to provide an introduction to the environmental, biological, and socio-cultural determinants of public health. The areas of emphasis are health and community behavior, infectious and chronic disease, environmental health, public health policy, implementation, and regulation. Along with the In- depth examination of these areas, there will be a focus on the epidemiology of infectious and chronic disease and their impact on society as a whole, environmental health, health promotion, global health (including health disparities and cultural competence),and public health policy and management (including disaster and epidemic preparedness). An overview of various public health professions and institutions will also be covered.

1. Course Objectives

The student will:

* 1. Review the historical development of public health regulations and their efficacy and analyze potential future trends in the field.
  2. Compare and contrast the basic differences between personal and public health issues, and discuss how these issues affect public health policy.
  3. Demonstrate **the** use of basic epidemiological methods such as analysis of rates, risk factors, disease determinants, and causation.
  4. Analyze the relationship between health determinants such as environmental conditions, social, behavioral, and cultural factors, and biological considerations, and explain the role of each in determining global health policy.
  5. Evaluate strategies for prevention, detection, and control of **the** infectious and chronic disease.
  6. Describe the organization, financing, and delivery of various medical and population-based services in the United States health care system.
  7. Analyze current public health issues and describe how they affect societal well-being in the following areas: health disparities among different populations, aging, injuries, obesity, control of emerging diseases and epidemics, and emergency preparedness.

1. Instructional Facilities

Standard lecture classroom.

1. Special Materials Required of Student

Electronic storage media.

1. Course Content
   1. Foundations of public health.
      1. Analytical methods used in the area of public health.
      2. Epidemiology – the basic science of public health.
      3. Use of statistical data in public health policy development and practice.
   2. Social and behavioral factors in public health.
      1. The human organism and its physiology.
      2. Psychological and socio-cultural influences on individual and public health.
      3. Lifestyle choices, including tobacco and alcohol use, physical inactivity, and poor nutrition, and their impact on public health.
   3. Biomedical factors in public health.
      1. Tools for population analysis of disease threats.
      2. Infectious diseases and emerging pathogens.
      3. Chronic disease risks.
      4. Genetic determinants of disease.
      5. Individual risk factors and successful aging.
   4. Environmental health protection.
      1. Air quality, water treatment and management, hazardous waste disposal.
      2. Residential, institutional, and occupation health and safety.
      3. Food safety and regulations.
      4. Ionizing radiation and chemical risk potentials.
      5. Population increase and the resultant environmental impact on global health.
   5. Medical care and public health.
      1. Access (or lack thereof) of adequate medical care.
      2. Public health impact of an increasingly unhealthy and aging population.
      3. Health care policy (universal health care, the ACA, and single-payer funding)
   6. Public health resources, services, and regulations.
      1. Federal and State Departments of community health and affiliated agencies.
      2. International health organizations.
      3. Consumer protection and education.
      4. Research institutions.
      5. History of health policy development.
      6. Future trends in environmental and community health and public health policy.
2. Method of Instruction
   1. Lecture.
   2. Group discussion- including small group discussions
   3. Student presentations and research
   4. Field trips (Earth Day events, Water treatment plants, County of San Diego Department of Environmental Health).
   5. Professional guest interviews – including Public Health officials representing career choices
3. Methods of Evaluating Student Performance
   1. Group assignments graded for quality of analysis and written work.
   2. Lecture examinations, including the final exam, with objective, short answer, and essay answers.
   3. Quizzes.
   4. Student presentations.
   5. Public Health Prevention Project- see example in #10 Outside Class Assignments
4. Outside Class Assignments
   1. Preparing for group discussions, and student presentations regarding selected current public health topics.
   2. Written critical analysis of selected contemporary public health issues. - Public Health Prevention Project-example: using the 5 -step approach to prevention, students will state a public health problem and go through the steps to show how the problem can be prevented.
5. Representative Texts
   1. Representative Text(s):

Schneider, Mary-Jane. *Introduction to Public Health*, 6th (latest) edition. Jones and Bartlett.

Publishers, 2019

* 1. Supplementary texts and workbooks:

Selected readings provided by the instructor, as assigned.

Addendum: Student Learning Outcomes

Upon completion of this course, our students will be able to do the following:

1. Differentiate between the basic epidemiological methods used to determine sources and causation of disease.
2. Outline the role of the government in preventing health issues in the areas of chronic and infectious diseases, environmental health, and food-borne diseases.
3. Identify the biggest present-day threats and future threats to Public Health in the United States.