

INTRODUCTION TO PUBLIC HEALTH
PUBH 1001-001
Fall 2024

Day and time: Tuesday and Thursday, 12:30-1:45 pm
Location: Gant West 002, Storrs campus
Instructor: David Gregorio, Ph.D., M.S. gregorio@uchc.edu
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Overview:

This course provides an overview of public health principles and practices, so that you are enabled to be informed citizens and consider your contributions to assuring the health and well-being of your community. It will examine the history and philosophy of the field and consider how the practice of public health reflects (and influences) our contemporary views on health and social conditions. During the semester, the course will identify determinants of health ranging from clean drinking water to seat belts, immunizations, workplace safety and lifestyle choices that affect the well-being of every individual. In the process, you'll gain understanding of how public health practitioners define health problems, establish causes, recommend and implement evidence-based interventions, and evaluate the impact of such action on population health. By doing so, students will recognize the complementary roles played by public health, health care, voluntary and governmental organizations in protecting the public's health.

Upon completing this course, students will be able to:

1. Describe how the history, philosophy and literature of public health reflect broader social influences and movements that influence our contemporary health and world views.
2. Identify determinants of health from a global perspective including consideration of environmental, social, cultural, behavioral, biological, and health service factors.
3. Apply fundamental principles of public health practice to defining health problems, establishing causes, recommending evidence-based intervention, implementing effective public health responses to health concerns and evaluating the impact of such strategies on community health and well-being.
4. Utilize the public health framework to develop life-long learning skills in framing questions, analyzing underlying causes, brainstorming solutions, evaluating interventions and advocating on behalf of community interests.
5. Recognize the complementary roles played by public health, health care, voluntary and governmental organizations in protecting the public's health.
6. Describe a range of career paths followed by persons working in public health.

Textbook: Riegelman R, Kirkwood B, *Public Health 101, Improving Community Health (3rd edition)*, Boston: Jones and Bartlett Publishers, 2010 (ISBN-13: 9781284118445). (Navigate #678244)

Class schedule: Sessions are 75 minutes in duration. Be prepared to spend that time **without a connection to a phone or email**. Class discussion is an instrumental part of the experience. If you must connect to the outside world, excuse yourself from the room as it is distracting and disrespectful of other.

Class Schedule

| Date | Topic | Assignments |
|-------|---|---|
| 8/27 | Introduction and course overview | Review Syllabus |
| 8/29 | The Population Health Approach | Read: Riegelman & Kirkwood Chapter 1. Watch: https://www.apha.org/what-is-public-health . Watch: https://www.youtube.com/watch?v=jA8uYvJ_i8Y |
| 9/3 | Public Health Institutions & Systems | Read: Riegelman & Kirkwood Chapter 12. Watch: A Day in the Life of a Public Health Nurse https://youtu.be/BtSMO_HqPbU COMPETE: PRACTICE Readiness Quiz for Chapter 1 on HuskyCT |
| 9/5 | Evidence-based public health | Read: Riegelman & Kirkwood Chapter 2. COMPLETE: Readiness Quiz for Chapter 2 on HuskyCT |
| 9/10 | Evidence-based public health | Watch: A Day in the Life of an Epidemiologist https://youtu.be/Qmt_k36TDzM |
| 9/12 | Evidence-based public health | Watch: A Day in the Life of a Public Health Sanitarian https://youtu.be/fxEfcedPoo4 |
| 9/17 | Evidence-based public health | Discuss Reflection #1 in class |
| 9/19 | EXAM #1 (Chapters 1, 2, and 12) | |
| 9/24 | Public Health Data & Communication | Read: Riegelman & Kirkwood Chapter 3. COMPLETE: Readiness Quiz for Chapter 3 on HuskyCT |
| 9/26 | Public Health Data & Communication | Watch: A Day in the Life of a Health Communication Specialist https://youtu.be/ig1bigFctR0 . |
| 10/1 | Social & Behavioral Science and Public Health | Read: Riegelman & Kirkwood Chapter 4. COMPLETE: Readiness Quiz for Chapter 4 on HuskyCT |
| 10/3 | Social & Behavioral Science and Public Health | Watch: A Day in the Life of a Health Educator https://www.youtube.com/watch?v=G7hiVlcxUw |
| 10/8 | Social & Behavioral Science and Public Health | Discuss Reflection #2 in class Watch: The hidden influence of social networks https://www.youtube.com/watch?v=2U-tOghblfE |
| 10/10 | Health Law, Policy and Ethics | Read: Riegelman & Kirkwood Chapter 5. COMPLETE: Readiness Quiz for Chapter 5 on HuskyCT |
| 10/15 | Health Law, Policy and Ethics | Watch: What is Public Health Law Research? https://www.youtube.com/watch?v=M829wtWycvs |
| 10/17 | EXAM #2 (Chapters 3, 4, and 5) | |
| 10/22 | Non-communicable diseases | Read: Riegelman & Kirkwood Chapter 6. COMPLETE: Readiness Quiz for Chapter 6 on HuskyCT |
| 10/24 | Non-communicable diseases | Discuss Reflection #3 in class |
| 10/29 | Political Determinants of Health | |
| 10/31 | Communicable diseases | Read: Riegelman & Kirkwood Chapter 7. COMPLETE: Readiness Quiz for Chapter 7 on HuskyCT |
| 11/5 | ELECTION DAY – VOTE! Communicable diseases | |
| 11/7 | Environmental health & Safety | Read: Riegelman & Kirkwood Chapter 8. COMPLETE: Readiness Quiz on HuskyCT for Chapter 8 View: A Day in the life of a Toxicologist https://youtu.be/9yS8S7yjnNO . |
| 11/11 | LAST DAY TO WITHDRAW FROM COURSE. LAST DAY TO PLACE ON / REMOVE FROM PASS/FAIL GRADING | |
| 11/12 | Environmental health & Safety | View: A Day in the Life of a Preparedness Coordinator: https://youtu.be/e_pEew3Y8zs |
| 11/14 | EXAM #3 (Chapters 6,7 and 8) | |

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| 11/19 | Health professions & workforce | Read: Riegelman & Kirkwood Chapter 9. Complete Readiness Quiz on HuskyCT for Chapter 9 View: A Day in the Life of a Volunteer Coordinator: https://youtu.be/tRVRezCwgXU Discuss Reflection #4 in class |
| 11/21 | Healthcare institutions | Read: Riegelman & Kirkwood Chapter 10. Complete Readiness Quiz on HuskyCT for Chapter 10 |
| 11/26 and 11/28 | THANKSGIVING BREAK | |
| 12/3 | Health Insurance and Healthcare Systems | Read: Riegelman & Kirkwood Chapter 11. Complete Readiness Quiz on HuskyCT for Chapter 11 Discuss Reflection #5 in class |
| 12/5 | Health Insurance and Healthcare Systems | |
| Finals Week | EXAM #4 (Chapters 9, 10, and 11) | |

Required assessments The schedule for exams and quizzes is posted in the course syllabus. It's important that **YOU** keep track of your pending assignments.

Exam Preparation. Study guides for each exam will be available in HuskyCT.

Students can earn a total of 250 points by their performance on class assignments.

- **4 EXAMS: 200 points.** There are 4 in class exams scheduled throughout the semester (Due online 9/19, 10/17, 11/14 and During Final's week) in formats that may include multiple choice and matching questions. Each exam, earning a maximum of 50 points. Exams are NOT cumulative and pertain only to specified chapters.
- **10 READINESS QUIZZES: 5 points each, 50 points total.** Readiness quizzes help students preparation for class and master fundamental concepts. Each topic in the course corresponds to a textbook chapter. This is intended to assure that you have appropriately prepared for each section of the course. Readiness quizzes are to be completed online by 12:00 noon of the day a new chapter is introduced for credit. The assignments will be available on HuskyCT (under 'Readiness Quizzes') 24 hours before the scheduled due date. For example, Readiness Quiz on Chapter 2 will be available at noon on Monday September 4 at 12:00pm and must be completed by September 5 by noon. Quizzes are timed (7 minutes) and must be completed in 1 attempt. Because readiness quizzes are intended to demonstrate your preparedness for an upcoming topic, they must be completed BEFORE the assigned topic is covered in class. There will be no individual extensions to the scheduled quiz deadlines and "extenuating circumstances" cannot be considered.

Course grading: (Note: Absence from exams or failure to complete quizzes or other assignments, without prior approved justification, will not be remediable.) Grading for this course will be determined by the number of points earned for various assignments. A total of 260 points is possible. The point distribution for semester grades will be:

A 225 – 250 A- 210 – 224 B+ 200 – 209 B 190 – 199 B- 180 – 189 C+ 170 – 179
C 160 – 169 C- 150 – 159 D+ 140 – 149 D 130 – 139 F 0 – 129

As this is an introductory elective for most students, the course material and grading rubric are generous. Consequently, there will be **no** 'extra credit' opportunities. **Don't bother asking and don't complain!**