

C-ID Descriptor

Introduction to Public Health

Descriptor Details

- **Descriptor Title:** Introduction to Public Health
- **C-ID Number:** 101
- **Units:** 3
- **Date of Last Revision:** 9/18/2023 10:55:13 AM PDT

General Description

This course presents an overview of the disciplines of community and public health. Topics include the basic concepts and terminologies of public health; an overview of various public health professions and organizations; the study, prevention and control of diseases in the community; the analysis of the social determinants of health; strategies for eliminating disease, illness, and health disparities among various populations; community organizing and health promotion programming; school health promotion; environmental health and safety; and an overview of the healthcare delivery system in the United States. Emphasis will be placed on the development of knowledge and preliminary skills to serve as an effective advocate for community and public health.

Prerequisites

No information provided

Corequisites

No information provided

Advisories

English, one level below transfer (i.e., eligibility for English composition (C-ID ENGL 100) and reading a course with an exiting skill of ability to read a college-level text.

Content

1. Public health discipline
 - a. Personal versus public health
 - b. Public health disciplines, professions, and organizations
 - c. Core functions
2. Historical achievements
 - a. Current impact
3. Analytical methods of public health
 - a. Epidemiology
 - b. Rates
 - c. Cases
 - d. Population at risk
 - e. Risk factors
 - f. Incidence
 - g. Prevalence
 - h. Natality
 - i. Morbidity
 - j. Mortality
4. Biomedical basis of public health
 - a. Infectious conditions
 - b. Chronic disease
 - c. Risk factors
 1. Genetics
 - d. Prevention, detection and control
5. Whole School, Whole Child, Whole Community (WSCC) school health promotion model
 - a. Health Education
 - b. Physical Education and Physical Activity

- c. Nutrition Environment and Services
 - d. Health Services
 - e. Counseling, Psychological, and Social Services
 - f. Social and Emotional Climate
 - g. Physical Environment
 - h. Employee Wellness
 - i. Family Engagement
 - j. Community Involvement
6. Community organizing and health promotion programming
- a. Assessing needs
 - b. Setting goals and objectives
 - c. Developing interventions
 - d. Implementing interventions
 - e. Evaluating results
7. Social, cultural and behavioral factors in public health
- a. Health inequities
 - b. Demographics
 - 1. Maternal and infant
 - 2. Child
 - 3. Adolescent
 - 4. Adulthood
 - 5. Senior
 - c. Racial, ethnic and minority groups
 - d. Education and socioeconomic status
 - e. Community concerns (not limited to)
 - 1. Dual Diagnosis/Co-Occurring disorders
 - a. Addiction

- b. Mental disorders
- 2. Obesity
- 3. Violence
- 8. Social determinants of health
 - a. Gestational endowment
 - b. Social circumstances
 - c. Environmental conditions
 - d. Behavioral choices
 - e. Access to medical care
 - f. Individual and community health status
 - g. Local, state, national, and global health organization and policy
- 9. Healthcare system
 - a. Public health versus Western medicine
 - b. Population-based services
- 10. Environmental issues in public health (not limited to)
 - a. Clean air
 - b. Clean water
 - c. Garbage
 - d. Food and drug safety
 - e. Population control
 - f. Emergency preparedness
 - 1. Natural disasters
 - 2. Violence
- 11. Workplace safety
 - a. Intentional injuries
 - b. Unintentional injuries
 - c. Prevention

1. Occupational Safety and Health Association (OSHA) regulations
12. Public health information
 - a. Credible resources

Lab Activities

No information provided

Objectives

No information provided

Evaluation Methods

May include:

Exams

Quizzes

Written Assignments

Projects

Textbooks

McKenzie & Pinger, An Introduction to Community Health

McKenzie & Pinger, An Introduction to Community Health

Schneider, Introduction to Public Health

Riegelman, Public health 101