

#### COURSE DESCRIPTION

This course presents an introduction and overview of public health and epidemiology, including the distribution and correlates of illness in the population and current efforts to prevent and control risk factors that contribute to morbidity and mortality. Additional topics include public health issues that face the primary care provider including TCM practitioners

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#### LEARNING OBJECTIVES

By the end of this course, the student will be able to:

- Identify the basic principles of public health
- Describe social and behavioral determinants of health and understand how health outcomes are measured
- Provide examples of current public health issues and concerns
- Differentiate between public health and medicine and how the two disciplines can work together
- Select and apply appropriate theories to public health and TCM practice
- Describe how public health principles can affect TCM practice
- Incorporate health communication & education and promotion principles in TCM practice

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#### COURSE PREREQUISITIES

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#### REQUIRED TEXTS

The assigned readings for this course will be provided by the instructor the first week of class. Some readings may be listed as "Recommended" to provide you with further information and references.

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#### RECOMMENDED TEXTS

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#### COURSE REQUIREMENTS

Class attendance and participation: 20%  
Weekly Reaction Papers (4 total): 80%

#### Grades:

##### **Class attendance and participation (20%)**

**Students must have no more than 2 absences in this 10-week course and must earn at least a 70% on all assignments. Late arrivals or early departures of 15 minutes or more are the equivalent of one-half absence and will be computed in the absences of all students per this Absence policy.**

**The success of this course and your learning the material will be based on your attendance and participation in class discussions. This course can be fun and enjoyable if every student comes into each class session, ready to discuss the material, express opinions, share personal experiences, and raise thoughtful questions.**

##### **Weekly Reaction Papers (Total 80%)**

**These short papers (2.5 to 3.5 pages typed, double spaced, 11 or 12 size font) give you the opportunity to express your opinions and react to the class lectures and readings assigned for the week. To help guide your papers, a different question or assignment related to the week's class lecture and readings to you the first week of class. Your papers must include a response to the week's question(s). You have the choice to select 4 out of the 9 weeks to turn in an assignment for a grade. All assignments are due in class the following week. For example, if you choose to react to Week 1's lecture and readings, you must turn in the reaction paper during class of Week 2. Late papers will not be accepted. There is no extra-credit available in this course. Each student is required to submit 4 assignments(for a grade) in this course.**

GRADING SCALE: 100-90% A, 89-80% B, 79-70% C, 69% and below F

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SPECIAL NOTES

**Professionalism and Full and Prompt Attendance:** To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework. Professionalism includes full and prompt attendance: students who miss more than 2 class meetings in a 10-week course will earn an F in that course. Additionally, students who arrive more than 15 minutes to class or leave class before it ends will be given ½ absence towards attendance. NOTE: Students who leave and return to class late from a break or leave during the class (especially if this is repeated) or who disrupt the class in other ways may earn an F in that class and/or be referred to the Academic Dean for professionalism.

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CLASS ONE (The syllabus is subject to change at the discretion of the instructor.)

**What is Public Health?**

- Introduction to discipline
- Public Health and CAM/TCM

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CLASS TWO

Social and Behavioral Determinants of Health

- Health and illness
- Measuring health outcomes and health status

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CLASS THREE

Public Health Interventions

- Health Education and Promotion
- Individual vs. community/population programs

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CLASS FOUR

Theories

- Why theories are important
- Theories, focusing on those that affect the individual (e.g., Health Belief Model, Social Cognitive Theory, Stages of Change)

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CLASS FIVE

Health Communication

- Health and the Media
- Media Effects

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CLASS SIX

**Epidemiology and Public Health**

- **Importance**
  - **Principles/Methods**
  - **Limitations**
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CLASS SEVEN

Health Services

- Structure of US Medical System
  - Acceptance of Complementary and Alternative Medicine in current US Health care system
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CLASS EIGHT

Health Services (Con't)

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CLASS NINE

Environmental Health

- Overview of Environmental topics (e.g., clean air, water, hazardous wastes, food-borne illnesses)
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CLASS TEN

Current and Future topics of Public Health

- Tobacco usage, Cardiovascular Disease,
  - Bioterrorism response and natural disasters
  - Challenges for the future
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CLASS ELEVEN

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REFERENCE MATERIAL

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FACULTY INFO

Thornton, William

Please check with instructor during class to get updated contact info.

drwthornton@hotmail.com