

## COMMUNITY HEALTH SCIENCES 100

WINTER 2010

UCLA School of Public Health

Tues/Thurs, 3:00pm-4:50pm

Room 13-105A, Health Sciences Bldg.

**Instructor: Dr. Bonnie Taub**

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### **Course Objectives**

This introductory course aims to provide students with a broad understanding of cultural, ethnic, social and psychological influences on health status and behaviors at the individual, family, community and international levels. Models and theories of health behavior and behavior change, examples of health research, promotion, and evaluation, and educational and media interventions will be presented. The class format will include lectures, films, and discussions.

### **Course Prerequisites**

The course is open to graduate students in public health and other disciplines and qualified undergraduates interested in an introductory course in community health.

### **Required Texts:**

La Veist, Thomas, Editor , Race, Ethnicity and Health , John Wiley and Sons, Jossey-Bass, 2002

Nutbeam, Don & Elizabeth Harris, Theory in a Nutshell, A Guide to Health Promotion Theory, McGraw Hill, Inc., NY, 1999

Wermuth, Laurie Global Inequality and Human Needs; Health and Illness in an Increasingly Unequal World, Pearson Education, Inc. 2003  
Handouts

### **Recommended:**

Scrimshaw, Susan and Hurtado, Elena

RAP: Rapid Assessment Procedures for the Assessment of Nutrition and Primary Health, UNICEF & UCLA Latin America Center, 1988

Reagan, P. & Brookins-Fisher, J. Community Health in the 21<sup>st</sup> Century, Benjamin Cummings, San Francisco, 2002,

Why are some people Healthy and Others Not? The Determinants of Health of Populations  
Editors: Richard Evans, Morris Barer, Theodore Marmor, 1994, Walter de Gruyter, New York

## **CHS 100/Dr. Bonnie Taub/ Winter 2010**

### **Evaluation and Assignments**

#### **1. Class Attendance and Participation (10%)**

**2. Midterm Exam (30%)** Given in class, week five, Thursday, February 4<sup>th</sup>. The exam will cover material from the first half of the course. The format will include matching questions, true-false, short answer.

**3. Health Education Pamphlet and Presentation (20%)** Students will develop and present health education material in the form of a pamphlet about a significant public health problem or concern of interest to you within a specific population.

**4. Exam #2 (40%)** Given in class, Thursday March 11. The exam will cover lecture material, films, and readings from the entire course. The format will include matching questions, true-false, short answer.

#### **THE PAMPHLET WILL INCLUDE:**

**A. Brief Description and Significance of the Problem addressed**, i.e. info you have researched about either prevalence, severity, and/or reasons why it is of public health concern in the group you are focusing on. You may include information about how the distribution and impact of the problem is influenced by social, economic, gender, ethnic or cultural factors.

**B. Description of health education intervention** geared to change some aspect of the problem (access to services, knowledge, health status, behavior, etc.). Interventions can be based on principles of health promotion or communications, social learning theory, based on community development, grass roots approaches or based on leadership, education or role modeling.

**C. References:** At least five references should be cited about your topic, with a minimum of three coming from articles in journals or chapters in scholarly books. Pamphlet to be four pages/sides.

#### **D. HEALTH EDUCATION FAIR PRESENTATION during the week 7 and 8 sessions in February**

Students will make 10 minute presentations to classmates during a health fair, which are a brief synopsis of the health education pamphlet you designed, providing copies of your pamphlet. You may develop a poster, pin, bookmark, cookbook, etc. to illustrate your educational intervention material at the fair. It is very important to attend both of these sessions.

#### **Examples of health education pamphlet topics include:**

Diabetes prevention/treatment in Mexican Americans, kidney stones among Iranians, asthma in Black Adolescents, weight management in Latino children, prostate cancer in Japanese Americans, Heart Disease among Black men, HIV/AIDS in Brazil or South Africa, War and Trauma in Iraq. or the Sudan, depression/alcoholism among Asian college students, etc.

**COURSE SCHEDULE- CHS 100 / Winter 2010/Dr. Bonnie Taub**

<b>Week</b>	<b>Date 2010</b>	<b>Topic</b>
1	Tues 1/5	Introduction to Community Health, Health Status and Behavior
	Thurs 1/7	Social Context of Health: Culture, Race and Ethnicity;
2	Tues 1/12	Qualitative Methods to Assess Community health
	Thurs 1/14	Health Disparities: SES /Poverty, Gender
3	Tues 1/19	Health Disparities: Diet and Obesity (Wang)
	Thurs 1/21	Income Disparities and Health-Homelessness; Neighborhoods,
4	Tues 1/26	Complementary and Alternative Medicine
	Thurs 1/28	Community Organizing and Evaluation (Prelip)
5	Tues 2/2	Models and Theories of Health Behavior & Change; Discussion
	Thurs 2/4	Midterm
6	Tues 2/9	Disasters and Public Health Interventions
	Thurs 2/11	Community interventions: Hunger & Food Insecurity
7	Tues 2/16	Global Health Among Women and Children; HIV/AIDS
	Thurs 2/18	Health Disparities: Immigrants
8	Tues 2/23	Health Fair- Student Presentations
	Thurs 2/25	Health Fair- Student Presentations
9	Tues 3/2	Health Promotion in Work Sites & Schools,; Exercise; Communication & Media Interventions
	Thurs 3/4	Global Health: Violence, War and Human Rights
10	Tues 3/9	Global and domestic health & interventions,Mental Health Summary and Review
	Thurs 3/11	Exam

## **COURSE READING ASSIGNMENTS** CHS 100/Winter 2010/Prof. Bonnie Taub

### **Week 1: What is Community Health? What is Health Status and Behavior?**

#### **Readings:**

LaVeist, T. *Race, Ethnicity and Health*

Ch 1: Why Study Race, Ethnicity and Health

Ch 7: Beyond Dummy Variables:

What Health Researchers Ought to Know About the Race Variable

### **Week 2 Health Disparities: SES, Poverty Gender, Culture, Race and Ethnicity**

#### **La Veist:**

Ch 3: Under The Shadow of Tuskegee

Ch 22. US Socioeconomic and Racial Differences in health

Ch 30: The Effect of Race and Sex on Physician's Recommendations for Cardiac Catherization

#### **Recommended**

Scrimshaw, Susan and Hurtado, Elena

RAP: Rapid Assessment Procedures for the Assessment of Nutrition and Primary Health,

UNICEF & UCLA Latin America Center, 1988

Recommended: From Reagan & Brookins- Fisher

Chapter 3: Financing & Providing Health Care (Homelessness)

### **Week 3 Neighborhoods and Diet**

#### **LaVeist**

Chapter 23: Relationship of Neighborhood SES...to Birthweight Among Five Ethnic Grps in CA

Chapter 24: Neighborhood Characteristics...Food Stores

Ch 27: Health Risk and Liquor Stores

### **Week 4**

Chapter 23: Frisbie, WP, Immigration and Health of Asian and Pacific Islander Adults in the US.

#### **Recommended : Reagan & Brookins Fisher:**

Chapter 23: Frisbie Immigration and Health of Asian & Pacific Islander Adults in US

### **Week 5 Models/Theories;**

Nutbeam,Don & Elizabeth Harris, Theory in a Nutshell, A Guide to Health Promotion Theory, McGraw Hill, Inc., NY, 1999/2004;

## **CHS 100/Taub/2010/Readings**

### **Week 6 Health Promotion in School and Work Settings, Exercise;**

Recommended From: Reagan & Brookins- Fisher : Community Health in 21<sup>st</sup> Century Book:

Chapter 15: Occupational Health

Chapter 17: Comprehensive School Health Programs

La Veist:

Chapter 2: Health Education in a Multicultural Society

Chapters 18-20: Racism and Discrimination-African Americans and Health

### **Week 7: Immigrants**

**LaVeist**

Chapter 4 : Vega, W., Amaro, H., “Latino Outlook: Good Health, Uncertain Prognosis,”

Chapter 16: Franzini, et al.Understanding the Hispanic Paradox

**Weeks 8:** HEALTH FAIR: Student Presentations of Health Education Pamphlets

### **Week 9: Global Inequalities, International Health /Women & Children**

Wermuth: Chapter Wermuth: Chapter 1-3, 4,5, 6

LaVeist:

Ch 14: Differing Birthweight

Recommended From Reagan & Brookins- Fisher

Chapter 4: The Global Community and its Health Care issues

Chapter 9: Infants, Children, Adolescents

Chapter 10: Elderly

Chapter 11: Ethnically Diverse People: of Color, Immigrants, Migrant Farmworkers

Chapter 13: Women’s health

**.Week 9-10** Mental Health/ Drug Use

**Wermuth : Chapter 7, 8, 9 10-end**

### **Patient- Provider Interactions; Mental Health**

LaVeist Book:

Chapter 31: Psychotropic Prescribing

Chapter 36: Race, Gender and Partnership on the Patient-Physician Relationship

Chapter 34 Racial Differences in Attitudes Toward professional Use of Mental Health Services...

Recommended:

Community Health 21<sup>st</sup> Century:

Chapters 18-21, Food Safety, Air, Water, Waste

### **Week 10**

Review/Summary & Exam