

**Course Outline for:** HLTH 2011 Introduction to Public Health**A. Course Description**

1. Number of credits: 3
2. Lecture hours per week: 3
3. Prerequisites: None
4. Corequisites: None
5. MnTC Goal: None

A foundation course that introduces students to the concept, history and practice of public health. The course examines the environmental, social, political, and behavioral determinants of health and disease from a population perspective. It also looks at options for intervening to maintain the public's health with the help of healthcare, public health, environmental health, and safety systems as well as laws and taxation. Emphasis is on developing critical thinking skills to assist the student in creating a holistic plan for optimal personal and community health.

**B. Date last reviewed:** December 2021**C. Outline of Major Content Areas:**

1. Public health philosophy, core values, concepts, and functions across the globe and in society.
2. Historical perspectives in public health.
3. Health systems: access, quality, cost, and reform.
4. The political and controversial nature of public health.
5. Public health interventions.
6. Emergency preparedness.
7. Epidemiologic principles, methods, and limits.
8. The role of data in public health.
9. Communicable disease: historical perspectives, causes, risk factors, prevention and treatment.
10. Chronic disease: origins, risk factors, early detection, prevention and management.
11. The social determinants of health: how personal choices and psychosocial factors affect health.
12. Mental illness: causes, risk factors, prevention and treatment.
13. Maternal and child health.
14. Public health and the aging population.
15. Environmental health.
16. The government's role in public health safety and prevention.

**D. Course Learning Outcomes:**

1. Define eras in the historical development of public health policies, principles, programs and interventions.

2. Illustrate the interdisciplinary, crosscutting, or ecological character of public health and the contributions of a range of disciplines and professions to improving health.
3. Identify criteria for evaluation health systems including issues of access, quality, and cost.
4. Explain the basic principles of epidemiology, including rates, risk factors, disease determinants, causation, and public health surveillance.
5. Describe how public health can utilize health information and data systems to evaluate and improve the health of populations.
6. Recognize important trends, risk factors, psychosocial issues, and disparities among women, infants, children, aging adults, and other vulnerable populations.
7. Understand how the social determinants of health influence health disparities.
8. Implement principles of prevention in making personal lifestyle choices that minimize risk factors for chronic illnesses, communicable diseases, and injuries.
9. Recognize the impact that environmental toxins have on population health and what society can do to minimize the associated risks.

**E. Methods for Assessing Student Learning:**

Course evaluation may include (but is not limited to) class attendance and participation, textbook exercises, chapter quizzes, midterm, and final examinations.

**F. Special Information:**

None