

# University of North Texas Health Sciences Center School of Public Health

## Theoretical Foundations of Individual and Community Health

SABS 5115

Department of Social and Behavioral Sciences

2009 Summer Institute June 29<sup>th</sup> - July 17<sup>th</sup>

Monday-Friday 12:30 - 3:30 p.m. Room: EAD-719

### Faculty

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### Course Description

This course provides an introduction to theoretical approaches used in developing and implementing behavioral, social and cultural change to improve health for populations in specific settings. In addition, this course provides an overview of the behavioral and social factors that determine the health and wellness of individuals and communities. Health promotion and prevention programs designed to change social conditions and/or health behaviors should be based on social and behavioral theories and research. Health professionals and practitioners in various fields also apply social and behavioral theories and research to evaluate effectiveness of policies and programs. Students learn the importance of integrating multidisciplinary social, cultural, and political/economic perspectives to address health disparities and assess impacts of health policy.

### Competencies Addressed

Upon completion of the course the student will be able to:

- Identify theories and methodologies from a range of social and behavioral disciplines used in the solution of public health problems that affect communities and individuals.
- Analyze social, cultural, political/economic and policy factors in health and disparities.
- Compare various community health promotion, assessment and planning models.
- Identify the components of successful community-based research design and implementation.

### Required Text:

Coreil, J. (Ed.). (2009). *Social and Behavioral Foundations of Public Health* (2<sup>nd</sup> Edition). Thousand Oaks, Calif.: Sage. ISBN 978-1-14129-5704-5.

### Additional Assigned Readings:

Rimer, B. K., & Glanz, K. (2005). *Theory at a Glance: A Guide for Health Promotion Practice* (2<sup>nd</sup> Edition). U.S. Department of Health and Human Services: NIH Publication No. 05-3896.

(Available free at the following web-link: <http://cancer.gov/aboutnci/oc/theory-at-a-glance/print>)

McKenzie, J. F., Pinger, R. R., & Kotecki, J. E. (2008). *An Introduction to Community Health* (6<sup>th</sup> Ed.). Sudbury, Massachusetts: Jones and Bartlett. ISBN#: 978-0-7637-4634-6. Chapters 1, 2, 5, 10 (on reserve at library desk).

**Course Requirements and Expectations**

**Class Participation:** Class participation is essential and expected for students. This includes preparation, participating in class discussions and completing assignments as scheduled.

**Exams:** There will be two non-cumulative exams for this class.

**Class Project:**

Each student will apply social and/or behavioral theory to a contemporary public health problem, write and present a report to the class (about 5 pages double-spaced, with 4-5 references cited and listed at end under “References”). The report is to follow this format:

- 1. Health problem and background:** Select a health priority area from special topics (Coriel text, chapters 17-20) and summarize recent national health research in that area.
- 2. Community epidemiology:** Describe the general health and social needs of a local community group.
- 3. Application of theory:** Describe how social or behavioral theory can be applied to understand and address the major environmental, social, cultural, occupational, and/or individual factors that affect health in this group.

**Grading**

Midterm Exam	30%
Final Exam	30%
Class Project	30%
Class Participation	10%
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Total:	100%

**Grading Scale**

95-100 points	=	A
90 -94 points	=	A-
85-89 points	=	B+
80-84 points	=	B
75-79 points	=	C+
65-74 points	=	C
<65 points	=	F

**Class Attendance**

“Regular and punctual class attendance is expected. Although in general students are graded on intellectual effort and performance rather than attendance, absences may lower the student’s grade where class participation is deemed essential by the faculty members. In those classes where participation is considered as part of the grade, the instructor should give written notice of the requirement at the beginning of the semester. An instructor may request the registrar to drop a student from a course for lack of participation.”

*UNTHSC School of Public Health Catalog*

**Academic Assistance**

Instructor is available for interaction with students by appointment and through electronic and telephonic communications. Academic assistance in the UNTHSC Office of Student Affairs provides individualized tutoring at no cost to those students who request these services.

**Honor Code**

The University of North Texas Health Science Center’s primary concern is the student. It attempts to provide for all students an environment that is conducive to academic endeavor, social growth and individual self-discipline. Enrollment is considered implicit acceptance of the rules, regulations, and guidelines governing student behavior promulgated by the health science center and the Student Handbook (available in the UNTHSC Office of Student Affairs or on the UNTHSC Web site) for which students are subject to discipline. Honor Code infractions by students constitute actions of dishonesty, cheating, plagiarism, stealing or lying to any school official. You should refer to the UNT Health Science Center regarding rules governing student academic conduct.

## Class Schedule

<i>Date</i>		<i>Topic</i>	<i>Assignment</i>
1.	Mon. 6/29/09	Introduction to the Course	
2.	Tues. 6/30/09	Social and Behavioral Factors in Public Health	Coriel, Intro., Ch. 1 McKenzie, Ch. 1
3.	Wed. 7/1/09	Health and Illness: Historical Perspectives	Coriel, Ch. 2
4.	Thurs. 7/2/09	Social Epidemiology	Coriel, Ch. 3
5.	Fri. 7/3/09	Social and Behavioral Science Theory	Coriel, Ch. 4, McKenzie, Ch. 2
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6.	Mon. 7/6/09	Health and Illness Behavior <b>Project topic due</b> <b>Midterm exam (take-home)</b>	Coriel, Ch. 5; Rimer and Glanz ( <i>tba</i> )
7.	Tues. 7/7/09	Social Environment and Community Health	Coriel, Ch. 6, 7
8.	Wed. 7/8/09	Social Justice and Health: Organizational and Institutional Analysis (Hong Kong) G.A. Lurie	( <i>tba</i> )
9.	Thurs. 7/9/09	Culture, Health and Illness; Health Disparities <b>Midterm exam due</b>	Coriel, Ch. 8, 9 McKenzie, Ch. 10
10.	Fri. 7/10/09	Reproductive, Child and Adolescent Health	Coriel, Ch. 10, 11
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11.	Mon. 7/13/09	Occupational Health; Aging and Health <b>Final exam (take-home)</b>	Coriel, Ch. 21, 12
12.	Tues. 7/14/09	Health Promotion Programs	Coriel, Ch. 13, 14 McKenzie, Ch. 5
13.	Wed. 7/15/09	Health Communication and Social Marketing	Coriel, Ch. 15
14.	Thurs. 7/16/09	Health Policy and Advocacy	Coriel, Ch. 16
15.	Fri. 7/17/09	<b>Project Presentations; Reports Due</b> <b>Final Exam due</b>	

### Optional References:

#### Books:

- Angel, R. and Lein, L. (2006). *Poor Families in America's Health Care Crisis*. New York: Cambridge U. Press.
- Gibbs, T. and Lurie, S. (Eds.) (2007). *Health-Seeking Behavior in Ethnic Populations*. Lewiston, N.Y.: Edwin Mellen Press.
- Glanz, Rimer, Viswanath (Eds.) (2008). *Health Behavior and Health Education* (4<sup>th</sup> edition). San Francisco, CA: Jossey-Bass.
- Glanz, K., Marcus Lewis, F., & Rimer, B. (Eds.). (2002). *Health Behavior and Health Education: Theory, Research, and Practice* (3<sup>rd</sup> Edition). San Francisco, CA: Jossey-Bass Publishers.
- Hahn, R. and M. Inhorn. (2009). *Anthropology and Public Health*. Oxford University Press.

Kemp, C. and Rasbridge, L. (Eds.) (2005). *Refugee and Immigrant Health: A Handbook for Health Professionals*. Cambridge University Press. West Nyack, N.Y.

LaViest, T. (Ed.) (2002). *Race, Ethnicity and Health*. San Francisco, CA: Jossey-Bass Publishers.

Minkler, M. and Wallerstein, N. (Eds.) (2003). *Community-Based Participatory Research for Health*. San Francisco: Jossey-Bass.

Riegelman, R. (Ed.) (2007). *Essentials of Health Behavior: Social and Behavioral Theory in Public Health*. Boston: Jones and Bartlett.

Wallace, Green and Jaros. (Eds.) (2003). *Health and Welfare for Families in the 21<sup>st</sup> Century*. (Second edition). Sudbury, Massachusetts: Jones and Bartlett.

Whiteford, L. and Manderson, L. (Eds.) (2000). *Global Health Policy, Local Realities*. Boulder, Colo.: Lynne-Rienner.

Winkelman, M. (2009). *Culture and Health: Applying Medical Anthropology*. San Francisco: Jossey Bass.

### **Journals:**

American Anthropologist  
American Journal of Health Behavior  
American Journal of Health Promotion  
American Journal of Psychiatry  
American Journal of Public Health  
American Psychologist  
American Sociological Review  
Health Education Quarterly  
International Journal of Health Services Research  
Journal of Health and Social Behavior  
Journal of Health Care for the Poor and Underserved  
Journal of Public Health Policy  
Journal of the American Medical Association  
Medical Anthropology  
Public Health Reports  
Social Science and Medicine

### **Social/ Behavioral Science and Public Health Websites:**

American Anthropological Association: <http://www.aaanet.org>  
American Cancer Society: <http://www.cancer.org/frames.html>  
American Heart Association: <http://www.americanheart.org/>  
American Medical Association: <http://www.ama-assn.org/>  
American Psychiatric Association: <http://www.psych.org>  
American Psychological Association: <http://www.apa.org>  
American Society for Bioethics and Humanities: <http://www.asbh.org/>  
American Sociological Association: <http://www.asa.org/>  
Centers for Disease Control and Prevention: <http://www.cdc.gov>  
Gerontological Society of America: <http://www.geron.org/>  
Health A to Z (search engine): <http://www.healthatoz.com/>  
Health Psychology (journal): <http://www.apa.org/journals/hea.html>  
Health Psychology & Behavioral Medicine: [http://www.psychwatch.com/healthpsych\\_page.htm](http://www.psychwatch.com/healthpsych_page.htm)  
Healthy People 2010: <http://web.health.gov/healthypeople/>  
Journal of Health Psychology: <http://www.mdx.ac.uk/www/jhp/index.htmlx>  
Mental Health Net: <http://www.cmhc.com/prof.htm>  
National Cancer Institute: <http://www.cancer.gov/>  
National Center for Complementary & Alternative Medicine, NIH: <http://altmed.od.nih.gov/>  
National Institute of Health: <http://www.nih.gov>  
National Institute of Mental Health: <http://www.nih.nimh.gov>  
National Library of Medicine: <http://www.nlm.nih.gov>