

HED 0101 - INTRODUCTION TO PUBLIC HEALTH

Catalog Description

Advisory: Eligibility for ENGL C1000

Hours: 54 lecture

Description: 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. (C-ID PH 101) (CSU, UC)

Course Student Learning Outcomes

- CSLO #1: Explain the differences between personal and public health.
- CSLO #2: Explain the foundational concepts, major functions, and historical development of public health.
- CSLO #3: Analyze data and research on determinants of health, their role in health inequities, and their relationship to health policy.
- CSLO #4: Apply epidemiological concepts and methods to the analysis, prevention, and control of disease and injury.
- CSLO #5: Outline the process of community organizing, community building, and health promotion programming.
- CSLO #6: Assess and address contemporary public health challenges and healthcare and how they affect specific populations.

Effective Term

Fall 2025

Course Type

Credit - Degree-applicable

Contact Hours

54

Outside of Class Hours

108

Total Student Learning Hours

162

Course Objectives

Upon successful completion of the course, students will be able to:

1. Define important fundamental concepts in community and public health.
2. Explain the difference between personal and public health.

3. Identify different public health disciplines, professions and organizations, and explain how each contributes to the field of public health.
4. Describe the historical achievements in public health and their impact today.
5. Demonstrate the use of basic epidemiological methods, such as the analysis of rates, and the definition of cases, population at risk, risk factors, incidence, prevalence, natality, morbidity, and mortality.
6. Outline strategies for prevention, detection and control of infectious conditions and chronic disease.
7. Identify the components of the Whole School, Whole Child, Whole Community (WSCC) model designed to improve learning and health in our nation's schools.
8. Outline the process of community organizing and health promotion programming.
9. Analyze current public health issues and describe how they affect the health status of specific populations of age, gender, race and ethnicity, minority, education level, and socioeconomic status.
10. Describe various mental health challenges that exists and the Dual Diagnosis/Co-Occurring Disorders approach to treating people who suffer from both an addiction and a psychiatric disorder.
11. Describe the interplay between the social determinants of health, including gestational endowment, social circumstances, environmental conditions, behavioral choices, and access to medical care, in determining individual and community health status, and local, state, national, and global health organization and policy.
12. Analyze the organization, financing and delivery of various medical and population-based services in the United States healthcare system.
13. Distinguish how preventative health differs from the traditional Western medicine approach to treating disease and illness.
14. Describe the inter-relationship between human beings and their environment and public health initiatives and policies to protect the planet.
15. Identify common practices that contribute to intentional and unintentional workplace injuries and public health policies that would reduce their occurrences.
16. Communicate orally and in writing in the scientific language of the discipline.
17. Interpret and evaluate public health and medical information from general and subject specific library and credible Internet sources.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Social and Behavioral Sciences
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
 - Cal-GETC 4 - Social and Behavioral Sciences
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: Instructor-led small group discussion on topics such as effects of stress on personal and population health or the modes of transmission of communicable disease.
- Objective Examinations
 - Example: Objective quizzes will be used for foundational learning. For example, What are four major factors that affect the health of a community? Provide an example of each.
- Projects
 - Example: Students will be asked to create a health promotion presentation to specifically address the prominent health issues of college student demographics. A rubric will provided outlining to key components such as data, contributing factors, prevention, treatment, and resources.

Repeatable

No

Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Instructor will share data of the leading causes of death in the U.S and globally then ask the students to discuss in small groups what their current knowledge is about the contributing factors to each of these causes of death and list their ideas to share out. After a large group discussion the instructor then provides disaggregated data of the same causes of death and asks them to now discuss what factors may be contributing to these disparities.

Distance Learning

1. Discussion: Each student will select a current issue in public health of concern. They will research and share with the class and example they can find of a person, community, or entity organizing or working on health promotion to address this issue. The instructor will ask probing questions on the thread to engage students and facilitate connecting the examples to course information and suggested areas to address additionally to improve the efforts.

Typical Out of Class Assignments

Reading Assignments

Instructor will assign reading assignments from various sources such as a chapter of the textbook, a report from a public health foundation, or a public health investigation case study. Students will use critical thinking to apply the information to analyze a current scenario. Select a community and public health problem that exists in your community; then, using the factors that affect the health of a community noted in the reading assignment, analyze and discuss at least three factors that contribute to this specific problem.

Writing, Problem Solving or Performance

Analysis of short case studies and/or video segments, such as the community organizing and environmental health responses to the Flint water crisis. Multiple method submission assignments assessed with a rubric for critical thinking, application of public health concepts, and use of reliable sources.

Other (Term projects, research papers, portfolios, etc.)

Project (multiple methods of submission): Select a current issue of concern in public health. Summarize the data around the incidence of this issue, populations at greatest risk, contributing factors, and significant historical context (i.e. discoveries, research). Develop a plan of community education to inform specific communities that includes individual and community actionable steps and resources to improve health in this area.

Required Materials

- An Introduction to Community Health
 - Author: Mckenzie & Pinger
 - Publisher: Jones and Barlett Learning
 - Publication Date: 2022
 - Text Edition: 10th
 - Classic Textbook?:
 - OER Link:
 - OER:
- Introduction to Public Health
 - Author: Schneider, Mary Jane
 - Publisher: Jones and Bartlett Learning
 - Publication Date: 2021
 - Text Edition: 6th
 - Classic Textbook?:
 - OER Link:
 - OER:
- Public Health 101
 - Author: Riegelman and Kirkwood
 - Publisher: Jones and Barlett Learning
 - Publication Date: 2019
 - Text Edition: 3rd
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.

None