

School of Public Health

Syllabus and Course Information



UNIVERSITY OF MINNESOTA
Driven to DiscoverSM

PubH 3001-001 Personal and Community Health Fall 2015

Credits: 2

Meeting Days: Mondays and Wednesdays

Meeting Time: 12:20pm—1:10pm

Meeting Place: Phillips-Wangensteen Building 2-470

Instructors: Sarah Sevcik, MPH, M.Ed
Harry Lando, PhD

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Dr. Lando: West Bank Office Building, Suite 300

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Dr. Lando: lando001@umn.edu

Office Hours: S. Sevcik: Wednesdays 2:00pm – 4:25pm, or by appointment.
Dr. Lando: by appointment

Teaching Assistant

Mae Hanzlik

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Email: hanzl037@umn.edu

Office Hours: Mondays: 2:00—3:30pm & Thursdays: 1:00—2:30pm

To keep up-to-date with our office hour schedules, add the PUBH 3001/3003/3004 calendar to your Google calendar (see Moodle for details).

I. Course Description

This course will explore the fundamental principles of health conservation and disease prevention.

Acknowledgments

The contents of PubH 3001 have been developed with the contributions of numerous instructors. Dr. Harry Lando and Sarah Sevcik, the current instructors, have been involved with the majority of recent content and modifications. Former faculty/instructors, including Jim Rothenberger and Dana Farley, had roles in either the conceptual development or actual content of the current course, and are acknowledged for their contributions.

II. Course Prerequisites

There are no prerequisites for this course.

III. Course Goals and Objectives

The basic objectives of this course — indeed of all courses and of the university itself — are engraved in stone over Northrop Auditorium. Glance at them from time to time. The instructors of this course take them seriously and have designed the lectures and examinations to meet these objectives. In a more practical sense, we can identify three major educational objectives:

1. To understand the impact of human health on history, cultures, religion, a community's sense of values — even politics, law, and community's organization — as an orientation to the “scholarly” aspect of personal and community health.
2. To understand enough about one's physical self — structure and function — so that one can communicate intelligently about health and disease, treatment and quackery.
3. To teach University students enough about health services, health products, and the health delivery system so that they will be able to function effectively as consumers in the health marketplace.

IV. Methods of Instruction and Work Expectations

This class is largely lecture based; it is imperative to attend lectures, including any guest lectures that will be presented throughout the semester. It is our intention to generally make PowerPoint slides available on Moodle, but this will not always be possible and the slides may not be available before class.

Communication

Your University email account is the primary form of communication for this course; **you are responsible for reading all course related emails sent to your University email account and contacting us in a timely manner with any questions you may have.** We will use your University e-mail address to notify you of important announcements such as examinations and forced cancellation of classes due to weather. If you use a different e-mail address than the one the University has assigned, please go to: <https://www.umn.edu/validate> and forward your University e-mail account to the one you are using. You can also get to this site via: www.onestop.umn.edu

Email Us

For general information and questions, your Teaching Assistant, Mae Hanzlik, is your first line of contact and can be reached at the email listed on page 1.

- When sending email, your subject line should include your last name, the course number, and a brief descriptor. An example subject line: Nelson, Pubh 3001, ACA assignment
- Use your official University of Minnesota account for all email correspondence with us. **Please do not use personal email accounts to contact us for course related matters;** we will only respond to emails sent from University email accounts.
- We will generally reply to your email within 24-36 hours, except for weekends.

Course Website

Please make sure that you are accessing **Moodle 2.8** and not 2.6. Go to <http://www.oit.umn.edu/moodle/login-instructions/> for instructions.

Internet and Moodle Help:

- Students can contact the Technology helpline at 612-301-4357 (1-HELP on campus) for help with internet and Moodle access problems
- Student Support - <http://it.umn.edu/services/all/academic-technology-tools/course-management/>

V. Course Texts and Readings

1. Textbook: Schneider, Mary Jane. *Introduction to Public Health, 4th Edition* ISBN: 978-1-4496-9736-5
Publisher: Jones and Bartlett, 2014.
2. i>Clicker: We will be using the i>Clicker technology in this course. You can buy or rent the i>Clicker 2 from the UMN Bookstore. For more information, visit: <http://z.umn.edu/iclickerstudent>
Make sure you are using the i>Clicker brand (see image below) and **NOT** a Turning Point brand.



3. Additional required readings are listed in the schedule below and can be accessed via Moodle.

Due to the nature of the topics, further required readings may be added throughout the semester. All of these will be accessible via the Moodle course page.

VI. Course Outline/Weekly Schedule

This is a tentative course schedule listing the subjects to be covered during the lectures, as well as the reading assignments. This schedule is subject to change.

Wednesday, Sept 9th

Welcome to Personal and Community Health

Reading: none

Monday, Sept 14th

Introduction to Public Health: Basic Concepts and Principles

Schneider: Chapter 1

On Moodle: *Sharing a Common Vision*

Wednesday, Sept 16th

The Public Health Approach + Sources of Health Information

Reading: none

Monday, Sept 21st

Epidemiology: The Basic Science of Public Health

Schneider: Chapters 4, 5, 8

Wednesday, Sept 23rd

The Public Health System: Players and Payers

Schneider: Chapters 2, 3

On Moodle: *Health of the People: The Highest Law?*

Monday, Sept 28th

Health insurance coverage, access and utilization of care

Guest Speaker: Dr. Lynn Blewett, Director of State Health Access Data Assistance Center

Reading TBD

ASSIGNMENT DUE: AFFORDABLE CARE ACT ASSIGNMENT

Wednesday, Sept 30th

Public Health Ethics

Reading TBD

Monday, Oct 5th

Social and Behaviors Factors (Theories)

Schneider: Chapters 13, 14

On Moodle: *Theories and Models Frequently Used in Health Promotion*

Wednesday, Oct 7th

Unnatural Causes documentary

On Moodle: *White paper on Income and Health + White paper on Family Leave and Health + Transportation Emerges as Crucial to Escaping Poverty + Watch "How childhood trauma affects health across a lifetime" [TEDMED]*

Monday, Oct 12th

HEALTH EXAM #1 Please bring a #2 pencil and your student ID

Wednesday, Oct 14th

Infectious Disease: Chain of Infection

Schneider: Chapter 9

On Moodle: *Chain of Infection—Breaking the Chain + The Perpetual Challenge of Infectious Diseases*

Monday, Oct 19th

Infectious Disease: Current Challenges

Schneider: Chapter 10

Wednesday, Oct 21st

Chronic Disease: Cancer, Diabetes

Schneider: Chapter 11

Monday, Oct 26th

Culture and Health

On Moodle: *The Indian sanitary pad revolutionary + HAP Breast and Cervical cancer + Isuroon*

ASSIGNMENT DUE: SOCIAL DETERMINENTS OF HEALTH

Wednesday, Oct 28th

Infectious Disease and Epidemiology

Guest Speaker: Dr. Alan Lifson

Reading TBD

Monday, Nov 2nd

Global Tobacco

Schneider: Chapter 15

On Moodle: *War Against Tobacco: 50 Year and Counting*

Wednesday, Nov 4th

Physical Activity and Physical Inactivity

Schneider: Chapter 16

On Moodle: *Sitting is the Smoking of our Generation + Active Education: Growing Evidence on Physical Activity and Academic Performance*

Monday, Nov 9th

Emergency Preparedness and Health Communication

Guest Speaker: Katie Nyquist, MN Dept. of Health

Schneider: Chapter 30

Wednesday, Nov 11th

Nutrition

Reading TBD

Monday, Nov 16th

Maternal and Child Health

Schneider: Chapter 18

On Moodle: *Reducing risk of perinatal HIV transmission*

Wednesday, Nov 18th

HEALTH EXAM #2 Please bring a #2 pencil and your student ID

Monday, Nov 23rd

Environmental Health: Classic Concerns

Schneider: Chapters 20, 21

On Moodle: *What does that air pollution reading actually mean?*

ASSIGNMENT DUE: HEALTH ASSIGNMENT PART 1

Wednesday, Nov 25th

Environmental Health: Climate Change

Schneider: Chapters 23, 25

On Moodle: *Live longer? Save the planet? Better diet could nail both.*

Monday, Nov 30th

Local and Global Health Issues: Water

Guest Speaker: Peggy Knapp, Freshwater Society

Schneider: Chapter 22

Wednesday, Dec 2nd

Mental Health and Mental Illness

Schneider: Chapter 19

Monday, Dec 7th

Topic TBD

Reading TBD

ASSIGNMENT DUE: HEALTH ASSIGNMENT PART 2

Wednesday, Dec 9th

Obesity

Reading TBD

Monday, Dec 14th

Gun Violence and Public Health

Reading TBD

ALL EXTRA CREDIT ASSIGNMENTS DUE

Wednesday, Dec 16th

Topic TBD

Reading TBD

FINAL EXAM: Thursday, December 17th from 6:30pm—8:00pm. Room TBD.

Note: An alternate final exam will not be offered unless at least one of the following criteria is met:

- 1) Student has three or more exams scheduled within a 24-hour period.

- 2) Student has two or more exams scheduled for the same time on the same day.

VII. Evaluation and Grading

Final grades are calculated using the following points (200 points total). Details of these assignments/exams will be available on Moodle.

September 28 th	ACA assignment	(10 points)
October 12 th	Health Exam I	(40 points)
October 26 th	Social determinants	(15 points)
November 18 th	Health Exam II	(40 points)
November 23 rd	Health Issue Part 1	(20 points)
December 7 th	Health Issue Part 2	(15 points)
December 17 th	Final Exam	(40 points)
Throughout	i>clicker questions	(20 Points)*

*Although it is possible to accrue more than 20 points during the term, the maximum number of points students can earn towards their grade from i>clicker participation is 20 points.

Points needed to receive the following grades:

A	94-100 % = 187 – 200 points
A-	90-93 % = 179 – 186.9 points
B+	87-89 % = 173 – 178.9 points
B	84-86 % = 167 – 172.9 points
B-	80-83 % = 159 – 166.9 points
C+	77-79 % = 153 – 158.9 points
C	74-76 % = 147 – 152.9 points
C-	70-73 % = 139 – 146.9 points
D+	65-69 % = 129 – 138.9 points
D	60-64 % = 119 – 128.9 points
F	59 % and below = 0 – 118.9 points

Assignments

All assignments require you to upload your assignment to Moodle by the due date and time. All assignments should be submitted as a Word document (.doc or .docx) or PDF (.pdf) format. If you have any questions or concerns about how to upload to Moodle, contact Moodle at moodle@umn.edu well in advance of the due date.

NOTE: It is your responsibility to make sure the assignment has been uploaded to Moodle by the due date. Double-check to make sure you have uploaded the correct document(s). Failure to upload the correct documents on time will be subject to the late assignment policy.

Our intention is to have grades for each assignment available on Moodle approximately two weeks after the due date. It is your responsibility to keep up-to-date with the grades provided and inform your TA if you have any questions or concerns regarding a grade for your assignments and exams. Concerns with grading must be communicated with a TA within two weeks of the grade being posted to Moodle for us to address the issue.

Late Assignment Policy

Unless you have been granted an extension on an assignment for a compelling reason, for each day past the original due date, 10% of the maximum grade will be deducted per day late. NOTE: Whether 1 minute late or 19 hours late, this policy stands. Therefore, be sure to give yourself enough time to upload your assignments to Moodle by the due date and time. If you have any questions or concerns about how to upload to Moodle, contact Moodle at moodle@umn.edu well in advance of the due date. Assignments will not be accepted after the 5th day overdue.

One day late = the max you will be able to earn is 90%

Two days late = the max you will be able to earn is 80%

Three days late = the max you will be able to earn is 70%

Four days late = the max you will be able to earn is 60%

Five days late = the max you will be able to earn is 50%

Extra Credit

Students can choose from several extra credit options to submit for **up to 10** extra credit points. All extra credit must be submitted no later than **noon on Monday, December 14th**. Details are provided on the course Moodle site.

Make-up exams policies and procedures

Excusable absences

(<http://www.policy.umn.edu/Policies/Education/Education/MAKEUPWORK.html#100>)

If you are prevented by illness or other emergency from taking an exam at the regularly scheduled time, *you must*:

1. Notify your TA before the start of the exam
2. Provide proper documentation of illness/circumstance for the TA.

Note that the instructor has primary responsibility to decide if an absence is due to unavoidable or legitimate circumstances, and you must provide proper documentation of the issue. Failure to do so may result in a score of 0 on the exam.

In the case of make-up exams, it is **your** responsibility to contact the TA to set up a time to retake an exam. Make-up exams must be conducted **within one week** of the original exam date.

NOTE: You must provide documentation *that is verified* **BEFORE** the makeup exam is scheduled. You **CANNOT** take the exam if you do not provide verified documentation.

Course Evaluation

Beginning in fall 2008, the SPH will collect student course evaluations electronically using a software system called CourseEval: www.sph.umn.edu/courseval. The system will send email notifications to students when they can access and complete their course evaluations. Students who complete their course evaluations promptly will be able to access their final grades just as soon as the faculty member renders the grade in SPHGrades: www.sph.umn.edu/grades. All students will have access to their final grades through OneStop two weeks after the last day of the semester regardless of whether they completed their course evaluation or not. Student feedback on course content and faculty teaching skills are an important means for improving our work. Please take the time to complete a course evaluation for each of the courses for which you are registered.

Incomplete Contracts

A grade of incomplete "I" shall be assigned at the discretion of the instructor when, due to extraordinary circumstances (e.g., documented illness or hospitalization, death in family, etc.), the student was prevented from completing the work of the course on time. The assignment of an "I" requires that a contract be initiated and completed by the student before the last official day of class, and signed by both the student and instructor. If an incomplete is deemed appropriate by the instructor, the student in consultation with the instructor, will specify the time and manner in which the student will complete course requirements. Extension for completion of the work will not exceed one year (or earlier if designated by the student's college). For more information and to initiate an incomplete contract, students should go to SPHGrades at: www.sph.umn.edu/grades.

University of Minnesota Uniform Grading and Transcript Policy - A link to the policy can be found at onestop.umn.edu.

VIII. Other Course Information and Policies

Student English Language Support Program

The Minnesota English Language Program offers free, face-to-face English as a Second Language support for students at the University of Minnesota. It is designed for students who want to address a particular English language need to be more successful at the U of M, who have a specific question about learning English, or who need resources for polishing English skills.

(<http://cce.umn.edu/minnesota-english-language-program/student-english-language-support>)

English language consultants provide one-on-one support for improving:

- speaking skills for giving presentations, participating in class discussions, communicating with instructors and classmates;

- grammar in speaking and writing;
- listening comprehension of class lectures and discussions;
- reading comprehension of academic texts;
- vocabulary development;
- pronunciation;
- any other English as a Second language need

Grade Option Change (if applicable)

For full-semester courses, students may change their grade option, if applicable, through the second week of the semester. Grade option change deadlines for other terms (i.e. summer and half-semester courses) can be found at onestop.umn.edu.

Course Withdrawal

Students should refer to the Refund and Drop/Add Deadlines for the particular term at onestop.umn.edu for information and deadlines for withdrawing from a course. As a courtesy, students should notify their instructor and, if applicable, advisor of their intent to withdraw.

Students wishing to withdraw from a course after the noted final deadline for a particular term must contact the School of Public Health Office of Admissions and Student Resources at sph-ssc@umn.edu for further information.

Student Conduct Code

The University seeks an environment that promotes academic achievement and integrity, that is protective of free inquiry, and that serves the educational mission of the University. Similarly, the University seeks a community that is free from violence, threats, and intimidation; that is respectful of the rights, opportunities, and welfare of students, faculty, staff, and guests of the University; and that does not threaten the physical or mental health or safety of members of the University community.

As a student at the University, you are expected adhere to Board of Regents Policy: *Student Conduct Code*.

To review the Student Conduct Code, please see:

http://regents.umn.edu/sites/default/files/policies/Student_Conduct_Code.pdf.

Note that the conduct code specifically addresses disruptive classroom conduct, which means "engaging in behavior that substantially or repeatedly interrupts either the instructor's ability to teach or student learning.

The classroom extends to any setting where a student is engaged in work toward academic credit or satisfaction of program-based requirements or related activities."

Use of Personal Electronic Devices in the Classroom

Using personal electronic devices in the classroom setting can hinder instruction and learning, not only for the student using the device but also for other students in the class. To this end, the University establishes the right of each faculty member to determine if and how personal electronic devices are allowed to be used in the classroom. For complete information, please reference:

<http://policy.umn.edu/Policies/Education/Education/STUDENTRESP.html>.

Scholastic Dishonesty

You are expected to do your own academic work and cite sources as necessary. Failing to do so is scholastic dishonesty. Scholastic dishonesty means plagiarizing; cheating on assignments or examinations; engaging in unauthorized collaboration on academic work; taking, acquiring, or using test materials without faculty permission; submitting false or incomplete records of academic achievement; acting alone or in cooperation with another to falsify records or to obtain dishonestly grades, honors, awards, or professional endorsement; altering, forging, or misusing a University academic record; or fabricating or falsifying data, research procedures, or data analysis. (Student Conduct Code:

http://regents.umn.edu/sites/default/files/policies/Student_Conduct_Code.pdf) If it is determined that a student has cheated, he or she may be given an "F" or an "N" for the course, and may face additional sanctions from the University. For additional information, please see:

<http://policy.umn.edu/Policies/Education/Education/INSTRUCTORRESP.html>.

The Office for Student Conduct and Academic Integrity has compiled a useful list of Frequently Asked Questions pertaining to scholastic dishonesty: <http://www1.umn.edu/oscai/integrity/student/index.html>. If you have additional questions, please clarify with your instructor for the course. Your instructor can respond to your specific questions regarding what would constitute scholastic dishonesty in the context of a particular

class-e.g., whether collaboration on assignments is permitted, requirements and methods for citing sources, if electronic aids are permitted or prohibited during an exam.

Makeup Work for Legitimate Absences

Students will not be penalized for absence during the semester due to unavoidable or legitimate circumstances. Such circumstances include verified illness, participation in intercollegiate athletic events, subpoenas, jury duty, military service, bereavement, and religious observances. Such circumstances do not include voting in local, state, or national elections. For complete information, please see:

<http://policy.umn.edu/Policies/Education/Education/MAKEUPWORK.html>.

Appropriate Student Use of Class Notes and Course Materials

Taking notes is a means of recording information but more importantly of personally absorbing and integrating the educational experience. However, broadly disseminating class notes beyond the classroom community or accepting compensation for taking and distributing classroom notes undermines instructor interests in their intellectual work product while not substantially furthering instructor and student interests in effective learning. Such actions violate shared norms and standards of the academic community. For additional information, please see: <http://policy.umn.edu/Policies/Education/Education/STUDENTRESP.html>.

Sexual Harassment

"Sexual harassment" means unwelcome sexual advances, requests for sexual favors, and/or other verbal or physical conduct of a sexual nature. Such conduct has the purpose or effect of unreasonably interfering with an individual's work or academic performance or creating an intimidating, hostile, or offensive working or academic environment in any University activity or program. Such behavior is not acceptable in the University setting. For additional information, please consult Board of Regents Policy:

<http://regents.umn.edu/sites/default/files/policies/SexHarassment.pdf>

Equity, Diversity, Equal Opportunity, and Affirmative Action

The University will provide equal access to and opportunity in its programs and facilities, without regard to race, color, creed, religion, national origin, gender, age, marital status, disability, public assistance status, veteran status, sexual orientation, gender identity, or gender expression. For more information, please consult Board of Regents Policy:

http://regents.umn.edu/sites/default/files/policies/Equity_Diversity_EO_AA.pdf.

Disability Accommodations

The University of Minnesota is committed to providing equitable access to learning opportunities for all students. Disability Services (DS) is the campus office that collaborates with students who have disabilities to provide and/or arrange reasonable accommodations.

If you have, or think you may have, a disability (e.g., mental health, attentional, learning, chronic health, sensory, or physical), please contact DS at 612-626-1333 to arrange a confidential discussion regarding equitable access and reasonable accommodations.

If you are registered with DS and have a current letter requesting reasonable accommodations, please contact your instructor as early in the semester as possible to discuss how the accommodations will be applied in the course.

For more information, please see the DS website, <https://diversity.umn.edu/disability/>.

Mental Health and Stress Management

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance and may reduce your ability to participate in daily activities. University of Minnesota services are available to assist you. You can learn more about the broad range of confidential mental health services available on campus via the Student Mental Health Website: <http://www.mentalhealth.umn.edu>.

The Office of Student Affairs at the University of Minnesota:

The Office for Student Affairs provides services, programs, and facilities that advance student success, inspire students to make life-long positive contributions to society, promote an inclusive environment, and enrich the University of Minnesota community.

Units within the Office for Student Affairs include, the Aurora Center for Advocacy & Education, Boynton

Health Service, Central Career Initiatives (CCE, CDes, CFANS), Leadership Education and Development – Undergraduate Programs (LEAD-UP), the Office for Fraternity and Sorority Life, the Office for Student Conduct and Academic Integrity, the Office for Student Engagement, the Parent Program, Recreational Sports, Student and Community Relations, the Student Conflict Resolution Center, the Student Parent HELP Center, Student Unions & Activities, University Counseling & Consulting Services, and University Student Legal Service.

For more information, please see the Office of Student Affairs at <http://www.osa.umn.edu/index.html>.

Academic Freedom and Responsibility: for courses that do not involve students in research

Academic freedom is a cornerstone of the University. Within the scope and content of the course as defined by the instructor, it includes the freedom to discuss relevant matters in the classroom. Along with this freedom comes responsibility. Students are encouraged to develop the capacity for critical judgment and to engage in a sustained and independent search for truth. Students are free to take reasoned exception to the views offered in any course of study and to reserve judgment about matters of opinion, but they are responsible for learning the content of any course of study for which they are enrolled.*

Reports of concerns about academic freedom are taken seriously, and there are individuals and offices available for help. Contact the instructor, the Department Chair, your adviser, the associate dean of the college (Dr. Kristin Anderson, SPH Dean of Student Affairs), or the Vice Provost for Faculty and Academic Affairs in the Office of the Provost.* *Language adapted from the American Association of University Professors "Joint Statement on Rights and Freedoms of Students".*

Student Academic Success Services (SASS): <http://www.sass.umn.edu>:

Students who wish to improve their academic performance may find assistance from Student Academic Support Services. While tutoring and advising are not offered, SASS provides resources such as individual consultations, workshops, and self-help materials.