Course Syllabus

PubH 3001-001
Personal and Community Health
Spring 2015

Credits: 2
Meeting Days: Mondays and Wednesdays
Meeting Time: 12:20pm-1:10 pm
Meeting Place: Phillips-Wangensteen Building 2-470
Instructor: Sarah Sevcik, MPH, M.Ed
Harry Lando, PhD
Office Address: S. Sevcik: McNamara Alumni Center, Suite 350-1
Dr. Lando: West Bank Office Building, Suite 300
Office Phone: S. Sevcik: 612-626-7107
Dr. Lando: 612-624-1877
Fax: 612-624-0315
E-mail: S. Sevcik: sevci010@umn.edu
Dr. Lando: lando001@umn.edu
Office Hours: S. Sevcik: Mondays 10:45am—12:00pm and Wednesdays 3:00—4:30pm
Dr. Lando: by appointment

Teaching Assistants: Mae Hanzlik
Office: McNamara Alumni Center, Suite 350-1 (call 6-9929 at the door to Ste 350-1)
Email: hanzl037@umn.edu
Office Hours: Mondays and Wednesdays 2:00pm—3:30pm

Jaquelyn Chagnon
Office: McNamara Alumni Center, Suite 350-1 (call 6-9929 at the door to Ste 350-1)
Email: chag0009@umn.edu
Office Hours: Tuesdays and Thursdays 1:15pm—2:15pm and
Wednesdays 10:00am—11:00am
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.

**COURSE WEBSITE:**

Please make sure that you are accessing Moodle 2.6 and not 2.4. Go to [http://www.oit.umn.edu/moodle/login-instructions/](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/](http://it.umn.edu/services/all/academic-technology-tools/course-management/)

**E-mail:** 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](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](http://www.onestop.umn.edu)

For general information and questions, your Teaching Assistant(s) is your first line of contact and can be reached at the email(s) listed on page 1.
V. Course Texts and Readings

   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](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, January 21<sup>st</sup>**

*Welcome to Personal and Community Health*

**Monday, January 26<sup>th</sup>**

*Introduction to Public Health: Basic Concepts and Principles*
Textbook: Chapter 1
On Moodle: *Sharing a Common Vision*

**Wednesday, January 28<sup>th</sup>**

*Epidemiology: The Basic Science of Public Health*
Textbook: Chapters 4, 5, 8
On Moodle: *MN Public Health Data Access*

**Monday, February 2<sup>nd</sup>**

*Statistical Framework*
Textbook: Chapters 6, 7 [review chapter 5]

**Wednesday, February 4<sup>th</sup>**

*The Public Health Approach + Sources of Information*
On Moodle: *Public Health Interventions with Definitions* worksheet

**Monday, February 9<sup>th</sup>**

*The Public Health System*
Textbook: Chapters 2, 3
On Moodle: *Health of the People: The Highest Law?*

**ASSIGNMENT DUE: STATISTICAL FRAMEWORK**
Wednesday, February 11th  
**Employer-Based Insurance and Wellness Programs**  
**Guest Speaker:** Jean Abraham  
Textbook: Chapter 26, 27  

Monday, February 16th  
**Societal Issue:** Tobacco  
Textbook: Chapter 15  
On Moodle: *War Against Tobacco: 50 Year and Counting*  

Wednesday, February 18th  
**Culture and Health**  
On Moodle: *The Indian sanitary pad revolutionary + HAP Breast and Cervical cancer + Isuroon*  

Monday, February 23rd  
**HEALTH EXAM #1** Please bring a #2 pencil and your student ID  

Wednesday, February 25th  
**Unnatural Causes video**  
On Moodle: *Vehicle pollution greater in minority neighborhoods + White paper on Income and Health*  

Monday, March 2nd  
**Social and Behavioral Factors**  
Textbook: Chapters 13, 14  
On Moodle: *Theories and Models Frequently Used in Health Promotion*  
**ASSIGNMENT DUE: AFFORDABLE CARE ACT ASSIGNMENT**  

Wednesday, March 4th  
**Public Health Ethics + Science and Technology**  
Reading: TBD  

Monday, March 9th  
**Infectious Disease: Chain of Infection**  
Textbook: Chapter 9  
On Moodle: *Chain of Infection—Breaking the Chain*  

Wednesday, March 11th  
**Infectious Disease: Current Challenges Locally and Globally**  
Textbook: Chapter 10  

**WEEK OF MARCH 16th:** SPRING BREAK  

Monday, March 23rd  
**Nutrition**  
Reading: TBD  

Wednesday, March 25th  
**Maternal and Child Health**  
Textbook: Chapter 18  
On Moodle: *Reducing risk of perinatal HIV transmission*  
**ASSIGNMENT DUE: HEALTH PAPER PART 1**  

Monday, March 30th  
**Stress and Disease**  
On Moodle: *How Anxiety Influences Your Health + Colleges Find a New Way to Promote Students Social and Emotional Wellbeing*
Wednesday, April 1st
Infectious Disease and Epidemiology
Guest Speaker Alan Lifson
Reading: TBD

Monday, April 6th
Chronic Disease: Cancer, Diabetes
Textbook: Chapter 11

Wednesday, April 8th
HEALTH EXAM #2 Please bring a #2 pencil and your student ID

Monday, April 13th
Obesity and Physical Inactivity
Textbook: Chapter 16
On Moodle: Sitting is the Smoking of our Generation

Wednesday, April 15th
Obesity from a Public Health Perspective
Reading: TBD
ASSIGNMENT DUE: HEALTH PAPER PART 2

Monday, April 20th
Environmental Health: Classic Concerns
Textbook: Chapters 20, 21

Wednesday, April 22nd
Environmental Health: Climate Change
Textbook: Chapters 23, 25
On Moodle: Live longer? Save the planet? Better diet could nail both.

Monday, April 27th
Local and Global Health Issues: Water
Guest Speaker: Peggy Knapp
Textbook: Chapter 22

Wednesday, April 29th
Topic TBD
Reading: TBD

Monday, May 4th
Sexually Transmitted Infections
Guest Speaker: Julie Sanem
On Moodle: The MN Chlamydia Partnership + MDH Report on STI rates in 2013 + Promoting the HPV Vaccine
ALL EXTRA CREDIT ASSIGNMENTS DUE

Wednesday, May 6th
Gun Violence and Public Health
Reading: TBD

FINAL EXAM: FINAL EXAM: Monday, May 11th from 6:30pm to 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Assignment</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 9th</td>
<td>Statistical Framework</td>
<td>10</td>
</tr>
<tr>
<td>February 23rd</td>
<td>Exam I</td>
<td>40</td>
</tr>
<tr>
<td>March 2nd</td>
<td>ACA assignment</td>
<td>10</td>
</tr>
<tr>
<td>March 25th</td>
<td>Health Paper Part 1</td>
<td>20</td>
</tr>
<tr>
<td>April 8th</td>
<td>Exam II</td>
<td>40</td>
</tr>
<tr>
<td>April 15th</td>
<td>Health Paper Part 2</td>
<td>20</td>
</tr>
<tr>
<td>May 11th</td>
<td>Final Exam</td>
<td>40</td>
</tr>
<tr>
<td>Throughout</td>
<td>i&gt;clicker questions</td>
<td>20</td>
</tr>
</tbody>
</table>

*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:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>94-100 %</td>
<td>187 – 200 points</td>
</tr>
<tr>
<td>A-</td>
<td>90-93 %</td>
<td>179 – 186.5 points</td>
</tr>
<tr>
<td>B+</td>
<td>87-89 %</td>
<td>173 – 178.5 points</td>
</tr>
<tr>
<td>B</td>
<td>84-86 %</td>
<td>167 – 172.5 points</td>
</tr>
<tr>
<td>B-</td>
<td>80-83 %</td>
<td>159 – 166.5 points</td>
</tr>
<tr>
<td>C+</td>
<td>77-79 %</td>
<td>153 – 158.5 points</td>
</tr>
<tr>
<td>C</td>
<td>74-76 %</td>
<td>147 – 152.5 points</td>
</tr>
<tr>
<td>C-</td>
<td>70-73 %</td>
<td>139 – 146.5 points</td>
</tr>
<tr>
<td>D+</td>
<td>65-69 %</td>
<td>129 – 138.5 points</td>
</tr>
<tr>
<td>D</td>
<td>60-64 %</td>
<td>119 – 128.5 points</td>
</tr>
<tr>
<td>F</td>
<td>59 % and below</td>
<td>0 – 118.5 points</td>
</tr>
</tbody>
</table>

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 assignments must be communicated with a TA within two weeks of being posted to Moodle in order 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, May 4th**. 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.

The University utilizes plus and minus grading on a 4.000 cumulative grade point scale in accordance with the following:

A  4.000 - Represents achievement that is outstanding relative to the level necessary to meet course requirements
A-  3.667
B+  3.333
B  3.000 - Represents achievement that is significantly above the level necessary to meet course requirements
B-  2.667
C+  2.333
C  2.000 - Represents achievement that meets the course requirements in every respect
C-  1.667
D+  1.333
D  1.000 - Represents achievement that is worthy of credit even though it fails to meet fully the course requirements
S  Represents achievement that is satisfactory, which is equivalent to a C- or better.

For additional information, please refer to:
http://policy.umn.edu/Policies/Education/Education/GRADINGTRANSCRIPTS.html.
Course Evaluation
The SPH will collect student course evaluations electronically using a software system called CoursEval: 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

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:

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:

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:
Disability Accommodations:
The University of Minnesota is committed to providing equitable access to learning opportunities for all students. The Disability Resource Center Student Services 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 DRC at 612-626-1333 or drc@umn.edu 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.

Template update 8/2014