

**ALH 3 - Introduction to Public Health****Catalog Description****Transfer Status:** CSU**Unit(s):** 3.00**Lecture:** 51.00 Contact hours/102.00 Out of class hours/153.00 Total hours/3.00 Unit(s)**Total:** 51.00 Contact hours/102.00 Out of class hours/153.00 Total hours/3.00 Unit(s)

Course Description: This course presents an 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 disease 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).

Objectives

Upon successful completion of this course, the student should be able to:

1. Define important foundational concepts in community/public health.
2. Identify different public health disciplines, professions and organizations, and explain how each contributes to the field of public health.
3. Describe the historical development of public health including the most important achievements of public health.
4. Distinguish the difference between personal and public health.
5. Distinguish how public health differs from the traditional Western medicine approach to treating disease and illness.
6. 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, morbidity and mortality.
7. Outline strategies for prevention, detection, and control of infectious and chronic diseases.
8. Outline the process of community organizing, building and health promotion programming.
9. Describe the interplay between health determinants, such as environmental conditions, social, behavioral and cultural factors, and biological considerations, and explain the role of each in determining local, national and global health organization and policy.
10. Analyze current public health issues and describe how they affect societal well-being among specific populations of age, sex, ethnicity, minority, education and socioeconomic status.
11. Describe the organization, financing and delivery of various medical and population-based services in the U.S. healthcare system.
12. Identify, assess and utilize credible information resources on community health current issues, such as the Internet, social media, media outlets, and libraries.
13. Describe the Dual Diagnosis/Co-Occurring Disorders approach to treating people who suffer from both an addiction and a psychiatric disorder.
14. Identify the components of the Whole School, Whole Child, Whole Community (WSCC) model designed to improve learning and health in our nation's schools
15. Describe the inter-relationship between human beings and their environment and public health initiatives and policies to protect the planet.
16. Communicate orally and in writing in the scientific language of the discipline.
17. Identify common practices that contribute to intentional and unintentional workplace injuries and public health policies that would reduce their occurrences.

Course Content**Topic Titles / Suggested Time Topic****Lecture****Topics****Lec Hrs**

Definition of Public Health

5.00

- a. Distinction between personal and public health
- b. History and accomplishments of public health officials and agencies
- c. Core functions of public health professions and institutions

Analytical Methods of Public Health

6.00

- a. Epidemiology: the basic science of public health
- b. Principles, methods and limitations
- c. Statistics: making sense of uncertainty
- d. The role of data in public health
- e. Rates, cases and populations at risk

Topics	Lec Hrs
f. Risk factors, incidence and prevalence	
g. Morbidity and Mortality	
The Biomedical Basis of Public Health	5.00
a. The conquest of infectious disease	
b. New infectious disease	
c. Chronic disease	
d. Genetic disease	
e. Prevention, detection and control	
Community Organizing and Health Promotion Programming	5.00
a. Assessing needs	
b. Setting goals and objectives	
c. Developing interventions	
d. Implementing interventions	
e. Evaluating results	
Social and Behavioral Factors in Public Health	5.50
a. Health inequities among ethnic and minority groups	
b. Education and socioeconomic status and health	
c. Community concerns: including, but not limited to addiction, obesity, and violence	
d. Maternal, infant and child, adolescent, adulthood and elder health	
Environmental Issues in Public Health	5.50
a. Clean air	
b. Clean water	
c. Garbage	
d. Food and drug safety	
e. Population control	
f. Injury prevention	
g. Emergency Preparedness	
Medical Care and Public Health	4.00
a. Study of healthcare systems	
b. Public health vs western medicine	
c. Population-based services	
Workplace safety	5.00
a. Intentional injuries	
b. Unintentional injuries	
c. Prevention (including Occupational Safety and Health Association OSHA regulations)	
Whole School, Whole Child, Whole Community (WSCC) school health promotion model	5.00
a. Health education	
b. Physical education and physical activity	
c. Nutrition environment and services	
d. Health services	
e. Counseling, psychological, and social services	
f. Social and emotional climate	
g. Physical environment	
h. Employee wellness	
i. Family engagement	
j. Community involvement	
Social determinants of health	5.00
a. Gestational endowment	
b. Social circumstances	
c. Environmental conditions	
d. Behavioral choices	
e. Access to medical care	
f. Individual and community health status	
g. Local, state, national, and global health organization and policy	

Total Hours: 51.00

Methods of Instruction

- A. Discussion
- B. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- C. Lecture

Methods of Evaluation

- A. Exams/Tests
- B. Quizzes
- C. Projects
- D. Written Assignments

Examples of Assignments

Reading Assignments

1. Read the text chapter regarding Epidemiology: The Study of Disease, Injury, and Death in the Community. Be prepared to identify and discuss the diseases and their resultant injury and deaths.
2. Read the text chapter regarding Health Care Delivery in the United States. Be prepared to discuss how health care options have changed over the past century and what current options people have in the United States.

Writing Assignments

1. After completing the assigned reading and classroom presentations on Community and Public Health and the Environment, write a three-page narrative on how our environment impacts public health care concerns, policy and medical decisions.
2. After completing the assigned reading and classroom presentations on Community and Public Health and the Environment, write a 100-word short answer for each item under the In-Text questions listed at the end of this chapter.

Out-of-Class Assignments

1. Read the text chapter on Communicable and Non-communicable Diseases: Prevention and Control of Diseases and Health Conditions. Prepare a group presentation on the area agencies that test and serve those with communicable diseases in the greater Butte County area.
2. Read the text chapter on Community Organizing/Building and Health Promotion Programming. Prepare a plan to develop and promote a program that will help with a local health care issue.

Recommended Materials of Instruction

Seabert, McKenzie, & Pinger. (2022). McKenzie's An Introduction to Community and Public Health. *Jones & Bartlett Learning*, 10th. 9781284202687.

Schneider, Mary-Jane. (2021). Introduction To Public Health. *Jones & Bartlett Learning*, 6th. 9781284197594.

Reigelman, Richard and Kirkwood, Brenda. (2025). Public Health 101. *Jones & Bartlett Learning*, 4th. 9781284230383.

Minimum Qualifications

Emergency Medical Technologies
Health (Masters Required)
Health Care Ancillaries

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