HE 225: Social and Individual Determinants of Health
Linn-Benton Community College
Winter 2010 Online Class

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Office Hours: MW 10:00-11:00 a.m., TR 11:00a.m.-12:00 noon

Course Objectives:
This course is designed to teach students to recognize how personal behaviors and choices may lead to personal and social health issues via a public health ecological perspective approach.

Learning Competencies
Upon successful completion of this course, the student will be able to:

1. Analyze how predisposing factors (i.e. – beliefs, attitudes, family units) affect behavior change goals and discuss behavior change skills and techniques.
2. Critically evaluate sources of health information, particularly the Internet, to determine reliability and validity.
3. Identify both the historical and present-day leading causes of premature disease/illness, disability and death.
4. Assess the individual (micro) and social/system (macro) factors in the U.S. that contribute to health status, injury, illness and death, and the importance of the role of the public health field in this country.
5. Explain the interrelationships between health status and health services, the health care system, policies, public health programs and services, and the health of the public.
6. Critically evaluate disparities in health and the underlying reasons for differences in health risks based on non-modifiable and modifiable risk factors.

Course Materials:
There is no text book for this class. You will need ability to access online material to complete this class:

Evaluations:
Article Reviews/E-Themes (5 x 20 each) 100 points
Critical Thinking Questions (5 x 30 each) 150 points
Weekly topic discussions (9 x 10 each) 90 points
Final Paper 100 points
TOTAL 440 points

Course Comments:
1. You are on your own for meeting time deadlines. Please be sure to check all your work due dates.
2. If you know you will have an excused absent when any work is scheduled, it must be completed before the due date (Please know the time you log onto Moodle and the time and date you submit your work is provided to me).
3. Students are expected to be honest and ethical in their academic work. Academic dishonesty is defined as an intentional act of deception in one of the following areas:
   - Cheating – use or attempted use of unauthorized materials, information or study aids
   - Fabrication – falsification or invention of any information
   - Assisting – helping another commit an act of academic dishonesty
   - Tampering – altering or interfering with evaluation instruments and documents
   - Plagiarism – representing the words or ideas of another person as one’s own
     - Please note I have the ability to check your work for plagiarism. If you are unsure of plagiarism, please see the following site: [http://www.unc.edu/depts/wcweb/handouts/plagiarism.html](http://www.unc.edu/depts/wcweb/handouts/plagiarism.html)
     - You may also check you work with a free plagiarism site

4. Students with documented disabilities who may need accommodations, who have any emergency medical information the instructor should know of, or who need special arrangements in the event of an emergency, should speak with the instructor during the first week of classes. If you have not accessed services and think you may need them, contact the Office of Disability Services at 917-4789.

**Article Reviews/E-Themes:**
Read the article and then answer the corresponding questions found the week of the due date on Moodle. **Please use an ecological model as your guide when answering all questions.** This means you might need to do some outside research. There is a sample paper under week 1.

**Critical Thinking Activities:**
Every-other week you have a group of critical thinking questions/statements over specific topic assigned for that week. While there is no “length” requirement, do answer with thoughtfulness and be sure to site all of your sources – even if it is one I have given you.

**Weekly Topic Discussions:**
Each week I will open a forum with a discussion over a topic on ABC Health webpage. There will be a link to the article included in each week discussion. Your participation must be documented before midnight of the due date to get points. Quality and validity of your contribution to the discussion will determine your points for that week.

**Final Paper:**
Choose from the following topics:

- Alcohol
- Alternative medicine
- Birth Control
- Depression - SAD, or suicide
- Diabetes
- Domestic Violence
- Drug use and abuse
- Environmental Health
- Healthy Relationships
- STI's
- Stress Management
- Tobacco Use
- Overweight/obesity

Your paper should address all of the areas below:
1) An introduction to your topic:
   - What is it?
   - Discuss the statistics (rates, proportions, etc) on your topic.
   - Why is it an issue? (Discuss each of the ecological levels individually)

2) Using peer reviewed references, explain how the seven dimensions of health are related to your topic. If you do not perceive one of the dimensions to be associated with your topic, discuss why.

3) Discuss your understanding of the theoretical foundations of your project (examples: Theory of Reasoned Action, Health Belief Model, Transtheoretical Model, etc.) In other words, apply one of these theories, construct-by-construct to your topic.

4) Discuss what can be done about your issue and what resources are out there to meet these goals (again, on all the levels of the ecological model)

5) References
   - The paper must include a minimum of 6 scholarly sources including at least 2 journal articles.
   - Please see the following links for help with scholarly sources
     - http://libweb.linnbenton.edu/rooms/portal/page/22096_How_Do_I
     - http://scholar.google.com
     - http://library.franklinpierce.edu/research/scholarly.html