Course Title: Public Health Foundations
Course Number: PHCO 0512
Course Prerequisite(s): None
Course Location: Online
Course Date & Time: Online
Course Instructor: Laura E. Liang, DrPH, CHES, CPH
Associate Dean for Academic Affairs
Assistant Professor, Department of Social and Behavioral Health Sciences, Rutgers School of Public Health (Room 115)
(732) 235-9752  laura.liang@rutgers.edu
(When emailing, please include the course number [PHCO 0512] in the subject line.)
Office Hours: By Appointment Only
Course Assistant: None
Course Website: canvas.rutgers.edu
Additional/Supplemental Readings/Resources: See Course Schedule
Course Description: This course will introduce MS and PhD students to the general principles, theories, and practices of public health. Students will be introduced to history and functions of public health, strategies and methods used in public health research and the determinants of health.
Competencies Addressed: The competencies addressed in this course include:

• Explain public health history, philosophy and values;
• Identify the core functions of public health and the 10 Essential Services;
• Explain the role of quantitative and qualitative methods and sciences in describing and assessing a population’s health;
• List major causes and trends of morbidity and mortality in the US or other community relevant to the school or program;
• Discuss the science of primary, secondary and tertiary prevention in population health, including health promotion, screening, etc.;
• Explain the critical importance of evidence in advancing public health knowledge;
• Explain effects of environmental factors on a population’s health;
• Explain biological and genetic factors that affect a population’s health;
• Explain behavioral and psychological factors that affect a population’s health;
• Explain the social, political and economic determinants of health and how they contribute to population health and health inequities;
• Explain how globalization affects global burdens of disease; and
• Explain an ecological perspective on the connections among human health, animal health and ecosystem health (eg, One Health).

Course Requirements and Grading:

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<tr>
<th>Assignment</th>
<th>DUE</th>
<th>GRADE VALUE</th>
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<tbody>
<tr>
<td>Weekly Discussion Post and Response</td>
<td>Each Week (when an assignment is not due)</td>
<td>28 points</td>
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<tr>
<td>Online Weekly Quiz</td>
<td>Each Week</td>
<td>28 points</td>
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<tr>
<td>Assignment: Public Health Elevator Pitch</td>
<td>Feb. 4</td>
<td>4 points</td>
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<tr>
<td>Assignment: Abstract on Public Health History</td>
<td>Feb. 18</td>
<td>10 points</td>
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<tr>
<td>Assignment: Reflection Essay</td>
<td>Mar. 4</td>
<td>10 points</td>
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<td>Assignment: Op-Ed</td>
<td>Apr. 8</td>
<td>10 points</td>
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<tr>
<td>Assignment: Letter to Congressional Representative</td>
<td>Apr. 22</td>
<td>10 points</td>
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TOTAL 100 points

• Grading Policy*:
  94 – 100 A
  90 – <94  A-
  87 – <90  B+
  84 – <87  B
  80 – <84  B-
  77 – <80  C+
  70 – <77  C
  <70       F

*Grades will not be rounded.
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<tr>
<th>WEEK</th>
<th>TOPIC AND REQUIRED READINGS AND VIDEOS</th>
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| Week #1 | Overview of Course and Public Health in General  
- Schneider, Chapter 1: Public Health: Science, Politics, and Prevention, pp. 3-14  
- Schneider, Chapter 2: Why is Public Health Controversial? pp. 15-24  
- View What is Public Health? video from the American Public Health Association: [https://www.youtube.com/watch?time_continue=131&v=XkSnp9jQYSc](https://www.youtube.com/watch?time_continue=131&v=XkSnp9jQYSc) | Explain public health history, philosophy and values | Online weekly quiz  
Discussion post and replies |
| Week #2 | Public Health History, Philosophy and Values  
- Schneider, Chapter 4: Epidemiology: the Basic Science of Public Health, pp. 41-55  
- Chapter 3, The governmental public health infrastructure, pp. 96-177.  
**DUE:** Public Health Elevator Pitch |
| Week #3 | Core Functions of Public Health and the 10 Essential Services  
- Schneider, Chapter 1: Public Health: Science, Politics, and Prevention, pp. 3-14 (Review)  
- Schneider, Chapter 3: Powers and Responsibilities of Government, pp. 25-38  
- Chapter 3, The governmental public health infrastructure, pp. 96-177.  
- Chapter 1, A vision of public health in America, pp. 35-55  
- The 10 Essential Public Health Services. [https://www.cdc.gov/nphpsp/essentialservices.html](https://www.cdc.gov/nphpsp/essentialservices.html) | Identify the core functions of public health and the 10 Essential Services | Online weekly quiz  
Discussion post and replies |
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| Week #4 | Role of Qualitative Methods and Sciences in Describing and Assessing a Population’s Health  
DUE: Abstract on Public Health History |
| Week #5 | Role of Quantitative Methods and Sciences in Describing and Assessing a Population’s Health (with a focus on Mixed Methods)  
- Schneider, Chapter 5: Epidemiologic Principles and Methods, pp. 57-68.  
- Schneider, Chapter 6: Problems and Limits of Epidemiology, pp. 69-82.  
- Schneider, Chapter 8: The Role of Data in Public Health, pp. 103-113  | • Explain the role of quantitative methods and sciences in describing and assessing a population’s health  | Online weekly quiz  
Discussion post and replies |
| Week #6 | Major Causes and Trends of Morbidity and Mortality in the US  
- Schneider, Chapter 13: Do People Choose Their Own Health?, pp 193-204.  
https://www.cdc.gov/healthreport/publications/  
https://www.cdc.gov/nchs/hus/index.htm  | • List major causes and trends of morbidity and mortality in the US or other community relevant to the school or program  | Online weekly quiz  
DUE: Reflection Essay |
| Week #7 | Science of Primary, Secondary and Tertiary Prevention in Population Health  
- Schneider, Chapter 1: Public Health: Science, Politics, and Prevention, pp. 3-14 (Review).  
- CDC’s Prevention: Picture of America factsheet:  
https://www.cdc.gov/pictureofamerica/pdfs/picture_of_america_prevention.pdf  | • Discuss the science of primary, secondary and tertiary prevention in population health, including health promotion, screening, etc.  | Online weekly quiz  
Discussion post and replies |
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<td>Week #8</td>
<td>Critical Importance of Evidence in Advancing Public Health Knowledge</td>
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<td>• Schneider, Chapter 4: Epidemiology: the Basic Science of Public Health, pp. 41-55 (Review).</td>
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<td>• Schneider, Chapter 5: Epidemiologic Principles and Methods, pp. 57-68 (Review).</td>
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<td>• Explain the critical importance of evidence in advancing public health knowledge</td>
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<td>Online weekly quiz Discussion post and replies</td>
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<td>Week #9</td>
<td>Environmental Factors that Affect a Population's Health</td>
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<td>• Schneider, Chapter 15: Public Health Enemy Number Once: Tobacco, pp. 219-236.</td>
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<td>• Schneider, Chapter 20: A Clean Environment: the Basis of Public Health, pp. 315-331.</td>
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<td>• Schneider, Chapter 21: Clean Air: Is It Safe to Breathe?, pp333-347.</td>
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<td>• Schneider, Chapter 23: Solid and Hazardous Wastes: What to Do with the Garbage, pp. 369-379.</td>
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<td>• Chapter 7: Physical and Social Environmental Factors</td>
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<td>• Explain effects of environmental factors on a population's health</td>
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<td>Online weekly quiz Discussion post and replies</td>
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<td>Week #10</td>
<td>Biological and Genetic Factors that Affect a Population's Health</td>
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<td>• Schneider, Chapter 9: The “Conquest” of Infectious Diseases, pp.117-133.</td>
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<td>• Schneider, Chapter 10: The Resurgence of Infectious Diseases, pp. 135-162.</td>
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<td>• Schneider, Chapter 11: The Biomedical Basis of Chronic Diseases, pp. 163-174.</td>
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<td>• Schneider, Chapter 12: Genetic Diseases and Other inborn Errors, pp. 175-190.</td>
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<td>• Chapter 2: Biobehavioral factors in health and disease</td>
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<td>• Explain biological and genetic factors that affect a population’s health</td>
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| Week #11 | Behavioral and Psychological Factors that Affect a Population’s Health  
- Schneider, Chapter 13: Do People Choose Their Own Health?, pp 193-204 (Review).  
- Schneider, Chapter 14: How Psychosocial Factors Affect Health Behavior, pp. 205-218.  
- Schneider, Chapter 15: Public Health Enemy Number Once: Tobacco, pp. 219-236 (Review)  
- Schneider, Chapter 16: Public Health Enemy Number Two and Growing: Poor Diet and Physical Inactivity, pp. 237-258.  
- Schneider, Chapter 19: Mental Health: Public Health Includes Healthy Minds, pp. 301-312.  
- Chapter 3: Behavioral risk factors | Explain behavioral and psychological factors that affect a population’s health | Online weekly quiz  
DUE: Op-Ed |
| Week #12 | Social, Political and Economic Determinants of Health and How They Contribute to Population Health and Health Inequities  
- Schneider, Chapter 18: Maternal and Child Health as a Social Problem, pp. 281-300.  
- Chapter 4: Social risk factors  
- Executive Summary, pp 1-23. | Explain the social, political and economic determinants of health and how they contribute to population health and health inequities | Online weekly quiz  
Discussion post and replies |
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| Week #13 | **How Globalization Affects Global Burdens of Disease**  
- Schneider, Chapter 25: Population: The Ultimate Environmental Health Issue, pp. 399-41.  
http://www.who.int/docstore/bulletin/tableofcontents/2001/vol.79no.9.html  
https://doi.org/10.1146/annurev-publhealth-031210-101225  
https://doi.org/10.1186/s12992-018-0368-3 | • Explain how globalization affects global burdens of disease | Online weekly quiz  
DUE: Letter to Congressional Representative |
| Week #14 | **Ecological Perspective On The Connections Among Human Health, Animal Health And Ecosystem Health (Eg, One Health)**  
- CDC’s One Health factsheet (4 pages)  
https://www.cdc.gov/onehealth/multimedia/factsheet.html  
- CDC’s Blog Post: One Health – A Comprehensive Approach to Preventing Diseases, Saving Lives  
https://blogs.cdc.gov/global/2016/11/01/one-health/  
- USDA’s One Health website:  
https://www.usda.gov/topics/animals/one-health  
- USFDA’s One Health: It’s for All of Us  
https://www.fda.gov/AnimalVeterinary/ResourcesforYou/AnimalHealthLiteracy/ucm278139.htm | • Explain an ecological perspective on the connections among human health, animal health and ecosystem health (eg, One Health) | Online weekly quiz  
Discussion post and replies |
| Week #15 | **Future of Public Health**  
- Schneider, Chapter 31: Public Health in the Twenty-First Century: Achievements and Challenges, pp. 513-527. | | Course Evaluation |
Learning Management System: Canvas will be used extensively throughout the semester for course syllabus, assignments, announcements, communication and/or other course-related activities. It is the student’s responsibility to familiarize themselves with Canvas and check it regularly. If you have difficulties accessing Canvas, please inform the instructor and Canvas Support (help@canvas.rutgers.edu). Canvas is accessible at canvas.rutgers.edu.

School of Public Health Honor Code: The School of Public Health Honor Code is found in the School Catalog (sph.rutgers.edu/academics/catalog.html). Each student bears a fundamental responsibility for maintaining academic integrity and intellectual honesty in his or her graduate work. For example, all students are expected to observe the generally accepted principles of scholarly work, to submit their own rather than another's work, to refrain from falsifying data, and to refrain from receiving and/or giving aid on examinations or other assigned work requiring independent effort. In submitting written material, the writer takes full responsibility for the work as a whole and implies that, except as properly noted by use of quotation marks, footnotes, etc., both the ideas and the works used are his or her own. In addition to maintaining personal academic integrity, each student is expected to contribute to the academic integrity of the School community by not facilitating inappropriate use of her/his own work by others and by reporting acts of academic dishonesty by others to an appropriate school authority. It should be clearly understood that plagiarism, cheating, or other forms of academic dishonesty will not be tolerated and can lead to sanctions up to and including separation from the Rutgers School of Public Health.

Students with Disabilities: Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student must Apply for Services by first completing a Registration Form with the Rutgers Office of Disability Services (ODS) at ods.rutgers.edu. The student will also be required to participate in an ODS intake interview and provide documentation. If reasonable accommodations are granted, ODS will provide you with a Letter of Accommodations which should be shared with your instructors as early in your courses as possible.

Graduate Student Computer Policy: Students are required to possess a personal laptop, no older than approximately two years, that must meet minimum requirements which may be found online at: sph.rutgers.edu/student-life/computer-support.html.

Policy Concerning Use of Recording Devices and Other Electronic Communications Systems: When personally owned communication/recording devices are used by students to record lectures and/or classroom lessons, such use must be authorized by the faculty member or instructor who must give either oral or written permission prior to the start of the semester and identify restrictions, if any, on the use of mobile communications or recording devices.

Policy Concerning Use of Turnitin: Students agree that by taking this course all required papers may be subject to submission for textual similarity review to Turnitin.com (directly or via learning management system, i.e. Canvas) for the detection of plagiarism. All submitted papers will be included as source documents in the Turnitin.com reference database solely for the purpose of detecting plagiarism of such papers. Use of the Turnitin.com service is subject to the Usage Policy posted on the Turnitin.com site. Students who do not agree should contact the course instructor immediately.

Withdrawal/Refund Schedule: Students who stop attending their course(s) without submitting a completed Add/Drop Course form will receive a failing grade. Furthermore, students dropping to zero credits for the semester are considered withdrawn and must submit a completed Leave of Absence form from the School of Public Health’s Office of Student Affairs. The School of Public Health refunds tuition only. Administrative and technology fees are non-refundable. You may find the Withdrawal/Refund Schedule on the School of Public Health website at: sph.rutgers.edu/academics/school-calendar.html