PHC 6405 Theoretical Foundations of Public Health

Summer C 2013
Tuesdays and Thursdays, 9:30am – 12:15 pm
G210

Instructor: Tracey Barnett, PhD
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Email: tebarnett@phhp.ufl.edu
Office Hours: by appointment

Course Description: The purpose of this course is to provide the student with a comprehensive and in-depth review of the social and behavioral science theories used in public health. A critical analysis will be conducted of the major theories and the research that supports them. In addition to individual-level theories, attention will be directed toward systems and multi-level perspectives on health behavior. The course is designed to prepare public health students for satisfying MPH competencies in social and behavioral sciences.

Course Objectives: Upon successful completion of the course, students should be able to:

1) Articulate the utility of a theory-based approach to understanding health behavior and behavior change.
2) Know the relationships between how theories direct research, and how research influences practice, which in turn continues to influence theories.
3) Critically evaluate the utility of theory as a basis for effective public health practice.
4) Apply theories of health behavior change to design of interventions.
5) Describe the role of social and community factors in health issues.
6) Understand the benefits of addressing social and behavioral issues in health.
7) Describe the shortcomings of current social and behavioral approaches.
8) Describe what factors should be assessed to understand the utility of an intervention.

Course Materials
Texts:

Hayden J (2009) Introduction to Health Behavior Theory. Sudbury, MA: Jones and Bartlett


Other readings: Articles listed and additional readings may be assigned as the semester progresses.
Components of the Course
Weekly Readings: Each week you will read chapters from the textbook and additional article readings related to that week’s topic or in class exercise. A list of the readings appears in the course schedule. All articles for required readings are on the Sakai course website.

Course Work and Assignments:
1) Discussion Questions: Prior to class (specified in course outline below), you are responsible for completing the assigned reading and submitting 1-2 question(s) to the Sakai course website as a discussion post. This is a chance to think critically about the reading. A random selection of the questions will be used to facilitate class discussion of the readings. These questions are worth a total of 55 points, 11 times over the course of the semester, worth 5 points each week. They will be graded for thoughtful content and integration of course materials, which also means they should become more complex over the semester. Late assignments are not accepted (note for a fast summer course, many of these are due at 6 pm on either the Sunday or Wednesday before class, so please plan ahead).

2) Theory Application Writing Exercises: You will complete two critical writing exercises that are each worth 50 points each. The purpose of these exercises is for you to apply health behavior theories, frameworks, and/or concepts to a health behavior topic/issue. These two exercises will require you to integrate ideas from the readings and lectures in response to an assigned question. The Assignment feature on Sakai will be used to post the topic question for the written exercise and include details regarding paper format. You may draw from the assigned reading, lecture materials, and other resources as relevant to the topic. Any inclusion of references, quotes, or phrases should be properly cited in APA or AMA format and all references used are to be included in the works cited at the end of your document. References do not count toward the word limit. Please use the following format for your written assignment: double-spaced pages (500-600 words) and using font size 12 (i.e., Arial or Times New Roman). Submit papers to Sakai course page using the Assignment feature (must submit as an attachment). LATE ASSIGNMENTS ARE NOT ACCEPTED.

3) Theory in Practice Exercise: The purpose of this exercise is for you to identify current and relevant Public Health topics in the media; critically evaluate the role of Public Health theory with respect to the topic; and orally present your critical analysis of the topic. This assignment requires that you identify a topic of Public Health interest as reported in the media (e.g., television, print, or web-based) and identify the role of theory as it relates to conceptualizing and/or addressing the issue. 50 points.

Requirements of the assignment:
- You will have 5-7 minutes to provide a brief overview of your media example using PowerPoint. Include where the example is from (provide a reference for your example), what the issue/topic is that you have identified and how you have conceptualized the role of theory as it relates to your example.
- You must address at least one theory or framework from the list of theories to be covered in this course within the context of your 5-7 minute overview as described above.

- What you need to turn-in: Upload a copy of your presentation slides to the Sakai assignment folder. Name your file using your first initial and last name (e.g., JSmith). Due date listed in the course outline.

- There is one presentation day scheduled at the end of the semester when all students will have the opportunity to make their brief presentations.

**Exams:** There will be two exams in the course. The exams will consist of a mix of multiple-choice, short answer questions, and will not be cumulative.

**Grading:** You can earn a total of 425 points over the course of the semester. Points will be appointed as follows:

- Two Exams, 100 points each: 200 points
- Theory Application Writing Exercises, 50 points each: 100 points
- Discussion Questions: 55 points
- Theory in Practice Exercise: 50 points
- Professional behavior: 20 points

**Translating Number of Points to Letter Grades**

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Course Outline

**Tuesday, 5/14 #1**  
Course Introduction  
Reading: Chapter 3 Edberg text  
Assignment: *Discussion Question (DQ) for #2 lecture reading due by 6 pm on Wednesday, 5/15*

**Thursday, 5/16 #2**  
Behavior Change-Individual Level 1: Health Belief Model  
Reading: Chapters 1 & 4 Hayden text  
Assignment: *DQ for #3 lecture reading due by 6 pm on Sunday, 5/19*

**Tuesday, 5/21 #3**  
Reading: Chapters 3 & 6 Hayden text  
Assignment: *DQ for #4 lecture reading due by 6 pm on Wednesday, 5/22*

**Announcement:** *Theory Application Writing Exercise #1 posted on Sakai in the Assignment folder*

**Thursday, 5/23 #4**  
Interpersonal Health Behavior 1: Social Cognitive Theory  
Guest Lecturer: Eric Soule  
Reading: Chapter 7 Hayden text  
Assignment: *DQ for #5 lecture reading due by 6 pm on Sunday, 5/26*
Tuesday, 5/28 #5  
**Reading:**  Interpersonal Health Behavior 2: Social Networks, Social Capital, and Social Support  
Chapter 9 Hayden text p. 123-132; Chapter 5 Edberg text p. 56-58  
**Assignment:**  
*DQ for #6 lecture reading due by 6 pm on Wednesday, 5/29*  

Thursday, 5/30 #6  
**Reading:**  Community and Group Models  
Chapter 8 Edberg text  
**Assignment:**  
*DQ for #7 lecture reading due by 6 pm on Sunday, 6/2*  

**Theory Application Written Exercise #1 due by Monday, 6/3/2013 at 6 pm**  

Tuesday, 6/4 #7  
**Reading:**  Using Theory I: Ecological Approaches  
**Guest Lecture:** Ms. Melissa Vilaro  
Chapter 9 Hayden text p. 109-122  
**Assignment:**  
*Study for Exam One*  

**Announcement:**  
*Theory Application Writing Exercise #2 posted on Sakai in the Assignment folder*  

Thursday, 6/6 #8  
**Assignment:**  
*DQ for #9 lecture reading due by 6 pm on Sunday, 6/9*
Tuesday, 6/11 #9  Using Theory II: Social Marketing
Reading: Chapter 10 Edberg text


Assignment:  DQ for #10 lecture reading due by 6 pm on Wednesday, 6/12

Thursday, 6/13 #10  Health Communication: Diffusion of Innovation
Reading: Chapter 8 Hayden text


Assignment:  Theory Application Written Exercise #2 due by Monday, 6/17/2013 at 6 pm

DQ for #11 lecture reading due by 6pm on Sunday, 6/16

Tuesday, 6/18 #11  Program Planning and Evaluation: Precede-Proceed Model and RE-AIM Framework
Guest Lecture: Thalia Smith
Reading: Chapters 7&13 Edberg text


Assignment:  DQ for #12 lecture reading due by 6 pm on Wednesday, 6/19

Thursday, 6/20 #12  Applying to Problems
Reading: Chapters 9 & 12 Edberg text

Assignment:  DQ for #13 lecture reading due by 6 pm on Sunday, 6/30

Tuesday, 6/25  SUMMER BREAK/NO CLASS
Thursday, 6/27  SUMMER BREAK/NO CLASS
The Future of Health Behavior Change and The Role of Social Determinants
Reading: Chapter 14 Edberg text


Assignment: Reminder: Complete Theory in Practice Exercise for Presentation Study for the Final Exam

Student Presentations/Theory in Practice Exercise

EXAM TWO
Course Policies

Academic Integrity:
Each student is bound by the academic honesty guidelines of the University of Florida and the Code of Student Conduct, printed in the Student Guide and published on the University web site. The Honor Code states: *We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.* Cheating, plagiarism, other academic dishonesty or conduct violations in any form is unacceptable and inexcusable behavior and can result in dismissal from the College and/or University.

Attendance and Professional Behavior:
Missed classes will increase the burden of the course. Graduate students should attend every scheduled class unless they have another pressing professional responsibility or emergency. If you must miss a class, it will be your responsibility to obtain notes and materials from a student in the class. **20 points** are worked into the final course grade that includes class attendance, participation in class and small discussion groups, and not letting phones, iPads, or other technology distract you from your course work.

Policy related to class attendance or other work
You will be expected to attend and be prepared to participate in all class sessions and participate in discussions and activities. At a minimum, you are responsible for coming to all class sessions. Of course, unanticipated circumstances may arise (illnesses, emergencies, even deaths in our lives and communities). Please notify me *prior to class* if such events occur. Personal issues with respect to class attendance or fulfillment of course requirements will be handled on an individual basis. You will only be allowed to make up points from class sessions individually if your absence warrants a medical excuse or similar documentation (consistent with the College policy). If you must miss a class, it will be your responsibility to obtain notes and materials from a student in the class. **There will be no extension of the deadlines for papers or exams without an official medical or similar emergency.** Deadlines missed or turned in late for any other reasons will receive a grade of “zero.”

Accommodations for Students with Disabilities:
If you require classroom accommodation because of a disability, you must first register with the Dean of Students Office (http://www.dso.ufl.edu/). The Dean of Students Office will provide documentation to you, which you then give to the instructor when requesting accommodation. The College is committed to providing reasonable accommodations to assist students in their coursework.

Counseling and Student Health:
Students may occasionally have personal issues that arise in the course of pursuing higher education or that may interfere with their academic performance. If you find yourself facing problems affecting your coursework, you are encouraged to talk with an instructor and to seek confidential assistance at the University of Florida Counseling Center, 352-392-1575, or Student Mental Health Services, 352-392-1171. Visit their web sites for more information: http://www.counsel.ufl.edu/ or http://www.health.ufl.edu/shcc/smhs/index.htm#urgent
The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services, including primary care, women’s health care, immunizations, mental health care, and pharmacy services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: www.health.ufl.edu/shcc

Crisis intervention is always available 24/7 from:
Alachua County Crisis Center: (352) 264-6789.