



**Karolinska
Institutet**

Course syllabus for

Public Health Sciences 2, 30 credits

Folkhälsovetenskap 2, 30 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Please note that the course syllabus is available in the following versions:

Spring2008 , Spring2009 , Spring2011 , Spring2012 , Autumn2012 , Spring2013

Course code	1FH001
Course name	Public Health Sciences 2
Credits	30 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Public Health Sciences
Level	G1 - First cycle 1
Grading scale	Pass with distinction, Pass, Fail
Department	Department of Global Public Health
Participating institutions	<ul style="list-style-type: none">• Department of Biosciences and Nutrition
Decided by	Programnämnden för Folkhälsovetenskap
Decision date	2008-01-17
Revised by	Programnämnd 5
Last revision	2010-11-09
Course syllabus valid from	Spring 2011

Specific entry requirements

Ma C Eng B

Objectives

Part 1: Determinants of health and disease/illness (Determinants of health and disease/illness) 7.5 HE credits On completion of this part, the student should be able to; Account for and compare the disease panorama and cost of illness in rich and poor countries, at a general level, and the development over time Reflect on the importance of the structure and organisation of the society for the level and distribution of health Account for the living habits' effect on the health at an individual and societal level Discuss and apply theoretical models of health, and the origin of diseases and their social distribution in the population Analyse determinants of health with regard to ethnicity, gender and social position, independently, and communicate this orally and in writing Part 2: Anatomy, Physiology and the Origin of Disease, 7.5 HE credits (Anatomy, Physiology and the Origin of Disease) The students should be able

to identify and discuss around: the concepts of disease, national disease, disease classification and cost of illness, medical treatment and risk factors of the major national diseases Be able to account for: important physiological functions in the body and basic anatomy of organs and structures related to these, elementary pathology of the major national diseases, the body's metabolism and the relationship between nutrition, physical activity and health, basic genetics Be able to analyse, compare and explain the major national diseases both nationally and globally and options for primary, secondary and tertiary prevention of the major endemic diseases according to Gjestland's scheme To that effect, the students should be able to: search for and evaluate new, relevant knowledge in the area of diseases Part 3: Disease prevention and health promotion (Disease prevention and health promotion) 7.5 HE credits On completion of this part, the student should be able to; Explain and account for the difference between preventive and health promotion work Describe and account for the use of what is meant by evidence/knowledge-based public health care when planning preventive and health promotion interventions Describe important actors, roles and arenas in work with interventions Explain and account for how planning models for disease preventive and health promotion work can be used, and particularly the model Precede-Proceed, and also be familiar with advantages and disadvantages of the use Account for different theories and models of behavioural change around transmission and mobilisation of the local community Carry out search in different scientific databases, and evaluate and apply retrieved information when planning disease preventive or health promotion interventions Apply various theories and models of behavioural change, dissemination of information and mobilisation when planning preventive or health promotion interventions Identify the importance ethical problems and values in the implementation of disease preventive and health promotion interventions Part 4: Health policy, legislation and management, (Health policy, legislation and management) 7.5 HE credits Theme 1: Health policy, and health systems Be familiar with central concepts with connection to public health policy in an international context Account for missions, roles, policy instruments and structure for leading over and intergovernmental organisations. Account for the contents of important health-political documents, nationally and internationally. Explain how the health development - in a single country, or for groups of countries or regions - will be affected by further globalisation regarding a) an accelerating privatisation of health care as well as sickness insurances; b) management of natural and environmental resources in order to achieve sustainable development for future generations; c) a globalised labour market, and the impact of the standard of working environment achieved in Sweden and comparable countries, with regard to i.a. a children, youth and gender aspects; d) increased free trade; e) the importance of IT as a boundless and transnational information and communication instrument for patient empowerment and expectations on the health care. be able to, on the basis of information in scientific databases, collect, analyse, summarise results and present this both orally and in written form. Theme 2: Public health aims. control and follow-up Be able to account for the importance of international and national legislation and regulation as a complement to other preventive and health promotion approaches. Know about legislation and regulation of tobacco. Be able to account for strategies and public health aims based on health determinants. Be able to account for control mechanisms, and follow-up methods in the public health care. Be able to account for decision-making processes and control instruments within WHO and EU. Theme 3: Political decision-making processes Basic knowledge about: the policy process and political decision making about health-political equal treatment strategies, policy and strategies for equality in health, nationally and internationally, public health political implementation and follow-up based on determinants and indicators. Theme 4: Health communication and mass media Understand the role of communication in connection with information about health and un-health. Be familiar with how different factors, in particular, mass media influence knowledge, attitudes and behaviours about health and unhealth, based on theories on health behaviour, and the operation, roles and effects of media Be able to discuss risk communication based on different stakeholder interests. Be able to reflect on preconditions for improved health and risk communication with and without access to mass media. Theme 5: Organisation and Leadership Understand the role and importance of the organisation and the leadership within healthcare and primary care. Be familiar with different theories and models for organising public activities Be familiar with how different factors linked to the leadership affect planning and implementation of preventive and health promotion interventions

Content

Part 1: Determinants of health and disease/illness 7.5 HE credits The aim of the part is to give the student an introduction to and theoretical basis of health determinants, and some risk factors for disease, and treats the conditions of health based on ethnicity, gender and social position. Part 2: Anatomy, Physiology and the Origin of Disease, 7.5 HE credits This part consists of five weeks and uses different working methods for teaching and learning. The dominating element in the course are the whole-group lectures and, in addition to these, it includes compulsory parts in the form of a seminar, two PBLs and the implementation of study questions in the web-based tool PingPong. Individual knowledge acquisition from the reading list is also included as a working method during the course. The part intends to give the student knowledge of the structure and functions of the body, an understanding of what is meant by disease, various ways of classifying diseases and an insight into how to calculate cost of sickness. In addition to this, you should also learn about the major diseases, both nationally and globally, seen in the form of causes, manifestations and treatment, and the public health perspective on these. Part 3: Disease prevention and health promotion 7.5 HE credits This part goes on for five weeks and starts with an overview of health promotion and disease preventive concepts and work followed by an overview of how different theories and models of behavioural change, transmission and mobilisation (individual, group, local community) may be used for design, implementation and evaluation of health promotion and disease preventive interventions (social analysis, planning models, cross-sectoral work). In addition, the part deals with the concept of evidence-based work with a exercise in database search and theoretical application. This part is integrated with further practical exercises with nutrition as an example area. Part 4: Health Policy, legislation and management 7.5 HE credits Theme 1: Health policy, and health systems Theme health policy, and health systems provides basic knowledge of national and international health policy, control instruments, various documents, and the importance of an increased globalisation for public health. An review is made of the concept of health system and its subdivision according to hospitals, care centres, pharmacies and households, and functions such as stewardship (leadership, control, regulation), financing forms, production of resources (staff, drugs and technology) and service. Theme 2: Public health aims. control and follow-up The political bases of the public health care with examples of tools and instruments in the form of international and national legislation and the decision-making processes. An overview of strategies, documents, aims and methods for a national follow-up/evaluation Theme 3: Political decision-making processes Theme Political decision-making processes provides general knowledge of political decision making at the national level in Sweden with a focus on public health political issues. Since equality in health has been one of the general public health political objectives at the national as well as international level for several decades, a some emphasis is placed on this issue. In this theme, a number of theories that, at a general level, describe the different phases of the policy process, are also discussed. Some issues that are discussed: What does the distribution of responsibility look like at the national level, when it comes to public health political issues? How has one worked with the equality issue in politics at national and international levels? How can one describe and explain the different phases of political decision making? The theme about implementation and follow-up of the public health policy, treats The assignment to make a National Public Health Policy Report with the government as a stakeholder, Work with determinants and indicators as a prerequisite for follow-up and reporting, Implementation of the public health policy at the national, regional and local level, Proposals presented by various actors regarding public health actions, and skills and capacity for such actions Issues that are treated are inter alia. What requirements should be made on determinants and indicators? What options and challenges are actors facing at the national, regional and local levels when public health policy should be carried out and followed up? Which health threats are particularly large, why and what can be done to them? What do different actors want in terms of capacity for primary health care? Theme 4: Health communication and mass media Theme Health communication and mass media provides general knowledge of communication, particularly in connection with health, disease and risk, and, in particular , the role of mass media, that has got increased attention in recent years. Some issues that are discussed: How do the different roles and functions of the media affect the knowledge of people, attitudes and behaviours around health, disease and risk? What are the advantages and disadvantages of using the media for health promotion e.g. through media advocacy? Can this get in conflict with the other social roles of the media? How does health communication and risk communication, respectively, differ from other communication? What shortages are there in the communication around health, disease and risk, and how can they be remedied? The issues are high-lighted based on theory in public health science, behavioural science and

media science, and practical experiences as medical journalists and public health workers. The media's treatment of acrylamide and bird flu is used as an example, among others. Theme 5: Organisational Theory and Management Basic knowledge of organisation cultures and leadership in connection with healthcare and primary health care

Determinants of health and disease/illness, 7.5 hp

Grading scale: VU

Basic knowledge of disease and illness, 7.5 hp

Grading scale: VU

Disease prevention and health promotion, 7.5 hp

Grading scale: VU

Health policy, legislation and management, 7.5 hp

Grading scale: VU

Teaching methods

Part 1: Determinants of health and disease/illness 7.5 HE credits Lectures, group assignments and individual assignments that are presented both in writing and in a seminar. In addition to individual knowledge acquisition via the reading list, reviews of articles and critical debates are carried out as a complement to the reading list. Reviews of articles and discussion of the reading list are compulsory, so also group discussions/presentations. Part 2: Anatomy, Physiology and the Origin of Disease, 7.5 HE credits Lectures, seminar, PBL, independent studies and study questions. Part 3: Disease prevention and health promotion 7.5 HE credits This part consists of lectures, practical exercises (database search, workshop), group assignments and individual knowledge acquisition via reading list.. Part 4: Health Policy, legislation and management 7.5 HE credits Lectures, literature studies, project work and seminars.

Examination

Part 1: Determinants of health and disease/illness 7.5 HE credits Take-home exam with the grades Fail/Pass/Pass with distinction Assignments during the course: Poster (Fail/Pass), Essay (Fail/Pass/Pass with distinction), Letter to a friend (Fail/Pass), Case-assignment (Fail/Pass/Pass with distinction) Part 2: Anatomy, Physiology and the Origin of Disease 7.5 HE credits The examination consists of both approved work in the compulsory parts with achieved course objectives, and a Pass grade in a written examination. In the written examination, the grading scale Fail/Pass/Pass with distinction. For other compulsory parts (seminar, PBL and study questions) the grading scale Fail/Pass is used.. For this part, the grading scale Fail/Pass/Pass with distinction is used. Part 3: Disease prevention and health promotion 7.5 HE credits This part is examined through a take-home exam. Participation in and presentation of group assignments is compulsory. Absence is compensated for with an individual assignment. In this part, the grades Fail/Pass/Pass with distinction are used Part 4: Health policy, legislation and management 7.5 HE credits Written individual examination of the whole course. Active participation in project work and seminars. For the final grade Pass on the course the grade Pass is required on all parts. For the final grade Pass with distinction the grade Pass with distinction is required on three of the four parts and Pass on the fourth.

Literature and other teaching aids

Social determinants of health*Marmot, Michael; Wilkinson, Richard G.*

2. ed. : Oxford ; a New York : Oxford University Press, 2006 - 366 p.

ISBN:0-19-856589-5 (pbk) LIBRIS-ID:10040744

[Library search](#)*Graham, Hilary***Unequal lives : health and socioeconomic inequalities**

Maidenhead : Open University Press, 2007 - xx, 215 s.

ISBN:978-0-335-21369-6 LIBRIS-ID:10671906

[Library search](#)**Barnmedicin***Lindberg, Tor; Lagercrantz, Hugo*

3. [rev. och uppdaterade] uppl. : Lund : Studentlitteratur, 2006 - 672 s.

ISBN:91-44-04469-0 LIBRIS-ID:10275612

[Library search](#)*Svanström, Leif***Sjukdomslära**

Lund : Studentlitteratur, 2003 - 261 s.

ISBN:91-44-02883-0 (inb.) LIBRIS-ID:9167740

[Library search](#)*Antonovsky, Aaron***Hälsans mysterium**

2. utg. /b förord av Lennart Levi : Stockholm : Natur och kultur, 2005 - 271 s.

ISBN:91-27-11027-3 LIBRIS-ID:9828174

[Library search](#)*Chan, B. C.,; Ryan, D. A. J; Tudor-Locke, C***Health Benefits of a Pedometer-based Physical Activity Intervention in Sedentary Workers**

Preventive Medicine, 2004

*Farley, C***The promotion of Safe Behaviours at the Community Level. Evaluation of a Bicycle Helmet-Wearing Campaign among 5- to 12- Year-Old Children**

Doctoral thesis. Stockholm: Karolinska Institutet, Department of Social Medicine., 2003

*Glanz, K; Rimer, B***Theory at a Glance. A Guide For Health Promotion Practice**

2nd edition : Washington, DC : National Institutes of Health, U.S. Department of Health and Human Services., 2005

URL: [Link to pdf](#)*Hedin, A; Källestål, C***Kunskapsbaserat folkhälsoarbete. Del 2. Handbok för framställning av kunskapsöversikter om interventioner inom folkhälsoområdet**

Stockholm: Statens folkhälsoinstitut., 2004

*Naidoo, Jennie; Wills, Jane; Naidoo, Jennie.t Health promotion***Foundations for health promotion**

3rd ed. : Edinburgh ;a New York : Elsevier, 2009

ISBN:978-0-7020-2965-3 LIBRIS-ID:11302668

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Public Health Nutrition Strategies for Intervention at the Ecological Level, Kap 5 i Public Health Nutrition

Reynolds, K. D.; Klepp, K. I.; Yaroch, A. L.; In Gibney, M. Margetts, B. M. Kearney, J. M. & Arab, L.

Oxford, UK; Ames, Iowa : Blackwell Science, 2004

Raphael, D

The Question of Evidence in Health Promotion

2000

URL: [Link to the article](#)

Buse, Kent

Making health policy

Mays, Nicholas; Walt, Gill

Maidenhead : Open University Press, 2005 - 206 s.

ISBN:0-335-21839-3 LIBRIS-ID:10134042

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Mays, Nicholas; Walt, Gill

Maidenhead : Open University Press, 2005 - 206 s.

ISBN:0-335-21839-3 LIBRIS-ID:10134042

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Jarlbro, Gunilla

Hälsokommunikation : en introduktion

2., [omarb.] uppl. : Lund : Studentlitteratur, 2004 - 151 s.

ISBN:91-44-03244-7 LIBRIS-ID:9553220

[Library search](#)

Axelsson, Runo

Hälso- och sjukvårdsadministration i organisationsteoretisk belysning

3., [uppdaterade och utök.] uppl. : Lund : Studentlitteratur, 1998 - 158 s.

ISBN:91-44-00657-8 ; 211:00 LIBRIS-ID:8352677

[Library search](#)

Hirdman, Yvonne

Genus : om det stabilas föränderliga former

2., [rev.] uppl. : Malmö : Liber, 2003 - 216 s.

ISBN:91-47-07294-6 (korr.) : 397:00 LIBRIS-ID:9059602

[Library search](#)

En förnyad folkhälsopolitik : Regeringens proposition 2007/08:110

URL: <http://www.regeringen.se/sb/d/1888>

Johannisson, K

Att bygga ett folk.

Socialmedicinsk tidskrift, 1993

Kickbush, I

The contribution of the World Health Organization to a New Public Health and Health Promotion

American Journal of Public Health, 2003

Medin, Jennie; Alexanderson, Kristina

Begreppen hälsa och hälsofrämjande : en litteraturstudie

Lund : Studentlitteratur, 2000 - 180 s.

ISBN:91-44-01598-4 LIBRIS-ID:8353003

[Library search](#)

Naidoo, Jennie; Wills, Jane

Folkhälsa och hälsofrämjande insatser

Lund : Studentlitteratur, 2007 - 412 sidor

ISBN:978-91-44-04590-0

[Library search](#)

Epidemiology and risk factors; Immigrant Medicine

Jaranson, JM; Ekblad, S; Kroupin, GV; Eisenman, DP; Walker, PF, Barnett ED, (eds)

Sunders, 2007

Global and regional burden of disease and riskfactors, 2001: Systematic analysis of population health data.

Lopez, AD; Mathers, CD; Ezzati, M; Murray, CJL

Lancet, 2006

Indicators of socioeconomic position (part 2)

Galobardes, B; Shaw, M; Lawlor, DA; Lynch, JW; Smith, GD

JECH, 2006

Lemaitre, G

The integration of immigrants into the labourmarket: the case of Sweden

OECD social, employment and migration working papers. DELSA/ELSA/WD/SEM, 2007

Lopez, AD; Mathers, CD

Measuring the global burden of disease and epidemiological transitions: 2002-2030.

Annals of tropical medicine and parasitology, 2006

Sand, Olav

Människokroppen : fysiologi och anatomi

2. uppl. : Stockholm : Liber, 2007 - 544 s.

ISBN:9147084359 (inb.) LIBRIS-ID:10455726

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