



**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"><li>• Department of Biosciences and Nutrition</li></ul>
Decided by	Programnämnden för Folkhälsovetenskap
Decision date	2008-01-17
Revised by	Programnämnd 5
Last revision	2011-12-02
Course syllabus valid from	Spring 2012

### **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: Health promotion and preventive work (Health promotion and disease prevention) 7.5HE credits Identify and discuss around: Important and occurring actors, roles and arenas at work with interventions. Ethical problems and values importance at implementation of preventive and health promotion interventions. Describe and account for: Different theories and models for behavioural change around transmission and mobilisation of the local community. The role in connection with information about health and un-health of the communication Principles for the analysis of target group for health communication actions Analyse, compare and explain: The difference between preventive and health promotion work. How planning models for preventive and health promotion work can be used and also be familiar with advantages and disadvantages with the models. Argue for: The importance of to shape health promotion/preventive actions from a life span perspective In addition, the student should be able to: Apply different theories and models for behavioural change, transmission of information and mobilisation when planning preventive or health promotion interventions. Reflect on preconditions that are required because the health care should be able to follow national guidelines or strategies for preventive work in practice. Suggest and prepare simple strategies that can support the public health Part 4: Health policy and health systems, 7.5 HE credits On completion of this part, the student should be able to: Account for central concepts with connection to public health policy and health systems in an international context. Account for mandates, roles, policy instruments and structure for leading international and intergovernmental organisations. Account for decision-making processes and policy instruments within WHO and EU. Account for the contents of important national and international health-political documents. Account for important legislation and regulation within the public health area. Account for strategies and public health aims based on the determinants of health. Account for policy mechanisms and monitoring methods in public health activities. Account for public health policy implementation and monitoring based on determinants and indicators. Discuss effects on society of different designs of health policy and health systems Reflect around how the development of health in a specific country, or for groups of countries or regions will be influenced by a continued globalisation. Account for and reflect on the policy process and political decision making within health politics. Account for and reflect on national and international policy and strategies for equity in health, nationally and internationally. Reflect on the importance of international and national legislation and regulation as a complement to other preventive and health promotion efforts.

## 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: Health promotion and preventive work (Health promotion and disease prevention) 7.5 HE credits The aim of the part is to give the student an overview within and theoretical basis to preventive and health promotion work within different arenas. The part starts with an overview of conceptual and

theoretical perspectives on health/disease and its promoting/preventive. Here is discussed inter alia how theories and models for behavioural change, transmission and mobilisation (individual, group, local community) can be used to design, carry out and evaluate health promotion and preventive interventions (social analysis, planning models, cross-sectorally work). This is followed of presentation of actors, their roles and different arenas for health promotion/preventive work and how concrete health promotion/preventive actions within different public health areas looking. In addition, the part deals with the role in connection with information about health and un-health of the communication. Part 4: Health policy and health systems 7.5 HE credits The course covers how the design and contents of health policy and health systems as well as its processes, constitutes a basic determinant for health and the distribution of health in a society. This is done through a presentation of relevant theories, existing health policy and health system and basic public health political documents. This is exemplified more thoroughly during the course for a couple of public health areas. The course thereby has a strong societal perspective on public health issues at the global, national and local level. The teaching is structured into three themes: Public health policy and health systems, Political decision-making processes and Public health objectives, implementation and monitoring.

### **Determinants of health and disease, illness, 7.5 hp**

Grading scale: VU

### **Basic knowledge of disease and illness, 7.5 hp**

Grading scale: VU

### **Health promotion and disease prevention, 7.5 hp**

Grading scale: VU

### **Health policy and health systems, 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: Health promotion and preventive work (Health promotion and disease prevention) 7.5h HE credits The part consists of lectures, seminars, group assignments and individual knowledge acquisition via reading list. Part 4: Health policy and health systems 7.5 HE credits Lectures, literature studies, project group work and case studies. The lectures deal with the theoretical literature, while group work and case studies concern concrete policy and policy documents in different contexts, on international, national and regional/local level.

## **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: Health promotion and preventive work (Health promotion and disease prevention) 7.5 HE credits The part is examined through take-home examination and participation in group assignments. For the part, the grades Fail are used/Pass/Pass with distinction. To pass on all Pass is required on take-home examination and participation in group assignments (or submission of individual assignments). To pass with distinction it is required to Pass with distinction on take-home examination and Pass on group assignments. Part 4: Health policy and health systems 7.5 HE credits Written individual examination. Participation in group work and case studies are compulsory. For this part, the grading scale Fail/Pass/Pass with distinction is used. For Pass, attendance is required (or compensation) at compulsory parts and Pass on examination. For Pass with distinction, attendance is required (or compensation) on compulsory parts and Pass with distinction on examination. All course: For the grade Pass in the course, pass on all four parts is required. For the grade Pass with distinction in the course, Pass with distinction on three of four parts is required and Pass on the fourth. Compulsory participation The course director/Responsible assess about if and how absence can be compensated. Before the student has participated in compulsory parts or compensated absence in accordance with the course director's instructions the student's results will not be reported for respective parts in LADOK. Limited number of examinations The student has the right to participate in six examination sessions. If the student has not passed after four examination sessions, he/she is urged to visit the study adviser. The number of times that the student has participated in one and the same examination is regarded as an examination session. Submission of a blank examination is regarded as an examination session. An examination for which the student registered but not participated in, will not be regarded as an examination session.

## Transitional provisions

After each course occasion there will be at least six occasions for the examination within a 2-year period from the end of the course.

## Other directives

Course evaluation will be carried out in accordance with the guidelines established by the Board of Education. The course language is Swedish.

## Literature and other teaching aids

*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](#)

### **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](#)

### **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](#)

*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](#)

*Jarlbro, Gunilla*

### **Hälsokommunikation : en introduktion**

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

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

[Library search](#)

*Lehtinen, Ville*

### **Building up good mental health**

STAKES, 2008

URL: [Länk till rapporten](#)

*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

[Library search](#)

### **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

*Figueras, Josep; McKee, Martin*

### **Health Systems, Health, Wealth and Societal Well-being: Assessing the case for investing in health systems**

Open University Press, 2011

### **Folkhälsopolitisk rapport 2010 : framtidens folkhälsa - allas ansvar**

Stockholm : Statens folkhälsoinstitut, 2010 - 174 s.

ISBN:978-91-7257-728-2 LIBRIS-ID:12068832

URL: [Fulltext](#)

[Library search](#)

### **Folkhälsopolitisk rapport [Elektronisk resurs].**

Stockholm : Statens folkhälsoinstitut, 2005 - 536 s.

LIBRIS-ID:10264398

URL: [Fulltext](#)

*Hill, Michael J.*

**The public policy process**

5. ed. : Harlow, England : Longman, 2009 - xiii, 331 p.

ISBN:978-1-4058-7352-9 (pbk.) LIBRIS-ID:11830888

[Library search](#)

*Kjellström, Tord; Håkansta, Carin; Hogstedt, Christer*

**Folkhälsa, hållbar utveckling och globalisering**

Stockholm : Statens folkhälsoinstitut, 2005 - 284 s.

ISBN:91-7257-330-9 LIBRIS-ID:9890005

URL: [Länk](#)

[Library search](#)

*Petersson, Olof*

**Statsbyggnad : den offentliga maktens organisation**

6., [aktualiserade] uppl. : Stockholm : SNS förlag, 2007 - 115 s.

ISBN:978-91-85695-32-4 LIBRIS-ID:10613773

URL: [Hänvisningar till aktuella uppgifter om den offentliga sektorn](#)

[Library search](#)

**Vem styr vården? : organisation och politisk styrning inom svensk sjukvård**

*Blomqvist, Paula*

1. uppl. : Stockholm : SNS förlag, 2007 - 248 s.

ISBN:978-91-85695-15-7 LIBRIS-ID:10415714

[Library search](#)

*Hirdman, Yvonne*

**Genus : om det stabila föränderliga former**

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

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

[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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