

Health and Society

Basic Information

Title: Health and Society

Code: SCI101

Credit Hours: 2 C.H.

Prerequisite(s): None

Classification: University General Knowledge Restricted Elective Course

Course Description

This course emphasizes the major aspects of health and health related areas that are of concern to individuals and society. It explores the nature and causes of health problems and discusses how different diseases can be prevented and treated when needed. Various topics are covered including concepts of nutrition, weight control, active living, tobacco and caffeine, heart health, psychological health, addiction, health systems and consumerism i.e. self protection.

Learning Objectives

- To understand the basic concepts and theories of wellness.
- To appreciate the impact of healthy citizens on society.
- To be aware of health systems and approaches implemented in Egypt.
- To develop basic understanding of different types of diseases and health hazards.

Learning Outcomes

- How to plan for healthy life.
- Gaining behavioral skills in how to protect personal health.
- In what ways can one contribute to society's economic, social and psychological well being through enjoying healthy life.
- How to effectively deal with health hazards and common diseases.

Course Outline

Module	Topic
Chapter 1: Health and Disease.	1-1: Definition of Health 1-2: Determinants of Health and Disease 1-3: Social Determinants of Health 1-4: Conclusion
Chapter 2: Environment and Health.	2-1: Introduction 2-2: Climate and Health 2-3: Air 2-4: Water 2-5: Noise
Chapter 3: Communication and Health Education.	3-1: Introduction 3-2: Theories of Communication and Health Behavior 3-3: Principles of Communication 3-4: Risk Communication 3-5: Basic Components (Elements) of Health Education 3-6: Barriers to Health Education 3-7: Planning of HE Program 3-8: Evaluation of HE Program 3-9: Jargons and Definitions
Chapter 4: Health Care Systems – The Egyptian Example.	4.1: Health Care Levels 4.2 Primary Health Care 4.3: The Current World Health

Module	Topic
	<p data-bbox="889 275 1003 302">Situation</p> <p data-bbox="824 342 1268 443">4.4: The Primary Health Care Unit “The Health Unit” “Al-Wehdah Al-Sehia”</p> <p data-bbox="824 485 1268 552">4.5: Secondary and Tertiary Levels of Healthcare "Hospitals"</p> <p data-bbox="824 594 1159 621">4.6: Quality of Healthcare</p> <p data-bbox="824 663 1117 690">4.7: Quality Assurance</p>
<p data-bbox="188 730 634 798">Chapter 5: Behavioral and Mental Health.</p>	<p data-bbox="824 730 1040 758">5.1: Introduction</p> <p data-bbox="824 800 1024 827">5.2: Definitions</p> <p data-bbox="824 869 1230 936">5.3: The Size of Behavioral and Mental Disorders</p> <p data-bbox="824 978 1263 1045">5.4: Importance of Behavioral and Mental Disorders</p> <p data-bbox="824 1087 1263 1115">5.5: The Cost of Mental Disorders</p> <p data-bbox="824 1157 1040 1184">5.6: Risk Factors</p> <p data-bbox="824 1226 1263 1293">5.7: Barriers to Mental Healthcare Implementation</p> <p data-bbox="824 1335 1312 1362">5.8: Mental Healthcares at PHC Level</p> <p data-bbox="824 1404 1214 1451">5.9: Control of Behavioral and Mental Health Problems</p> <p data-bbox="824 1493 1247 1520">5.10: Worlds Mental Health Day</p> <p data-bbox="824 1562 1333 1629">5.11: Examples of Common Behavioral and Mental Disorders</p>
<p data-bbox="188 1667 548 1694">Chapter 6: Weight Control.</p>	<p data-bbox="824 1667 1036 1694">6-1 : Definitions</p> <p data-bbox="824 1736 1224 1764">6-2: Health Hazards of Obesity</p> <p data-bbox="824 1806 1284 1873">6.3: Economic Costs of Overweight and Obesity</p>

Module	Topic
	<p>6.4: Methods for Assessment of Obesity</p> <p>6.5: Prevention and Management of Obesity</p> <p>6.6: Obesity Management</p>
Chapter 7: Nutrition.	<p>7.1: Basic Food Elements</p> <p>7.2: Basic Food Groups</p> <p>7.3: Malnutrition</p> <p>7.4: Nutrition Education</p> <p>7.5: Nutritive Value of Some Foods</p> <p>7.6: Food Additives</p>
Chapter 8: Tobacco and Health.	<p>8-1: Effects of Tobacco Use on Human Health</p> <p>8-2: Forms of Tobacco Use in Developing Nations</p> <p>8-3: Smoking Control Program “SCOP” with Special Emphasis on Developing Countries</p> <p>8-4: Some Important Tips</p>
Chapter 9: Health, Alcohol and Substance Abuse.	<p>9-1: Introduction</p> <p>9-2: The Mechanisms of Harm From Alcohol</p> <p>9-3: Types of Alcohol-related Harm and Their Physiological Basis</p> <p>9-4: Alcohol Availability and Consumption in The World</p>

Module	Topic
	<p>9-5: The Harm Attributable to Alcohol Consumption</p> <p>9-6: Effective Strategies and Interventions to Reduce Alcohol-related Harm</p>
<p>Chapter 10: Heart Health and Disease.</p>	<p>10-1: The Cost of Cardiovascular Diseases</p> <p>10-2: High Blood Pressure “Hypertension”</p> <p>10-3: Coronary Heart Disease (CHD)</p> <p>10-4: Heart Attack Warning Signs</p> <p>10-5: Treatment of CHD</p> <p>10-6: Healthy Heart</p>
<p>Chapter 11: Communicable Diseases.</p>	<p>11-1: Introduction</p> <p>11-2: The Ecologic Triad</p> <p>11-3: The Infection Cycle</p> <p>11-4: Reservoirs of Infection</p> <p>11-5: Modes of Transmission</p> <p>11-6: Exposed Host</p> <p>11-7: Prevention of Communicable Diseases</p> <p>11-8: Control of Communicable Diseases</p> <p>11-9: Eradication of Communicable Disease</p> <p>11-10: Elimination of Communicable Disease</p>

Module	Topic
Chapter 12: Traffic Injuries: The Hidden War	12.1: The Infectious Model of Injuries 12.2: The Haddon Matrix 12.3: Epidemiology of Injuries 12.4: Youth And Road Safety 12.5: Prevention of Injuries 12.6: Injury Control Strategies Using the Ten Countermeasures Approach (by William Haddon)
Chapter 13: Violence with Special Emphasis on Violence Against Women	13.1: Health Care Levels 13.2: Measurement of Violence 13.3: Epidemic, Endemic and Episodic Violence 13.4: Epidemiology of Violence 13.5: Prevention 13.6: Violence Against Women

*Delivery mode of each topic will be determined by instructor and could differ from one semester to the other.