

SCHOOL OF HEALTH STUDIES
FACULTY OF HEALTH SCIENCES
THE UNIVERSITY OF WESTERN ONTARIO

Health Studies 3071A
Determinants of Health and Disease

- x No electronic devices (e.g., cell phones, computers) will be allowed during tests and examinations.
 - x Course lecture slides will be posted on WebCT; the slides may be posted the night before or the same day that they are presented in class. There may be times when the slides change from what is posted to what is shown in class, as sometimes ideas come to me at the last minute. I will inform the students of any changes. Importantly, all PowerPoint slides are my academic property and are not to be used outside of the course without my permission.
 - x Complaints regarding course evaluation or examination grading are to be submitted to me in writing.
-

Evaluation

The total course mark will be derived from the following:

1. Midterm test (20%): The test will contain multiple choice and short answer questions; the test will be held on October 19
 - x There will be NO make-up midterm test. A student unable to write the test due to acceptable circumstances

- x Each assignment part should be concise, more than one page double spaced (references can be on the second page).

PURPOSE:

1. All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between the University of Western Ontario and

Reading(s):

- (1) Borrelli, B., Hogan, J. W., Bock, B., PuntB., Roberts, M., & Marcus, B. (2002). Predictors of quitting and dropout among women in a clinic-based smoking cessation program. *Psychology of Addictive Behaviors, 16*(1), 22-27.
 - (2) Bandura, A. (2004). Health promotion by social cognitive means. *Health Education & Behavior, 31*, 143-164.
-

- 3-Oct Determinants of Health and Disease: Individual
- Week 4 x Transtheoretical Model
x Using behavioural change skills

Reading(s):

- (1) Everson-Hock, E. S., Taylor, A. H., & Ussher, M. (2010). Readiness to use physical activity as a smoking cessation aid: A multiple behaviour change application of the Transtheoretical Model among quitters attending Stop Smoking Clinics. *Patient Education and Counseling, 79*, 156-159.

- 10-Oct Determinants of Health and Disease: Individual
- Week 5 x 10-Oct-2011: the University is closed for Thanksgiving – no class
x Behaviour change: physical activity, smoking
x Capacity building at the individual level

Reading(s):

- (1) Cramp, A.G., & Brawley, L.R. (2009) Effects of group-mediated cognitive behavioral counseling on self-regulatory efficacy and outcome expectations for postnatal exercise. *British Journal of Health Psychology, 14*(3), 595-611.
- (2) Jung, M. E., Fitzgeorge, L., Prapavesis, G., Faulkner, G., & Maddison, R. (2010). The Getting Physical on Cigarettes: Rationale and methods. *Mental Health*

Reading(s):

- (1) Schulz, A. J., Zenk, S., Odoms-Young, A., Hollis-Neely, T., Nwankwo, R., Lockett, M., et al. (2005). Healthy eating and exercising to reduce diabetes: exploring the potential of social determinants of health frameworks within the context of community-based participatory diabetes prevention. *AJPH, 95*, 645-651.
- (2) Fila, S. A., & Smith, C. (2006). Applying the theory of planned behaviour to healthy eating behaviours in urban Native American youth. *International Journal of Behavioral Nutrition and Physical Activity, 3*(11).

31-Oct Determinants of Health and Disease: Social/Community

- Week 8
- x Access to health practitioners
 - x 31-Oct-2011: London Middlesex Health Unit
 - x 2-Nov-2011: Canadian Cancer Society

Reading(s):

- (1) Zlotnick, C., Miller, I. W., Pearlstein, T., Howard, M., & Sweeney, P. (2006). A preventive intervention for pregnant women on public assistance at risk for postpartum depression. *Am J Psychiatry, 163*, 1443-1445.
- (2) Becker, M. H., Mainman, L. A. (1975). Sociobehavioral determinants of compliance with health and medical care recommendations. *Medical Care, 13*(1), 10-24.

7-Nov Determinants of Health and Disease: Social/Community

- Week 9
- x 7-Nov-2011: Canadian Mental Health Association
 - x 9-Nov-2011: Smokers' Help Line, Bonnie Kriz
 - x Capacity building at the social/community level

Reading(s):

- (1) Herie, M., Connolly, H., Voci, S., Donnetti, R., Selby, P. (2011). Changing practitioner behavior and building capacity in tobacco cessation treatment: The TEACH project. *Patient Education and Counseling*. doi: doi:10.1016/j.pec.2011.04.018

14-Nov Determinants of Health and Disease: Environmental/Policy

- Week 10
- x 21-Nov-2011: Shawna Bourne, MHS – Environmental impact
 - x What are environmental determinants of health and disease?
 - x What are policy determinants of health and disease?

Reading(s):

- (1) Masuda, J. R., Poland, B., & Baxter (2010). Reaching for environmental health justice: Canadian experiences for comprehensive research, policy and advocacy agenda in health promotion. *Health Promot. Int., 25*(4). 453-463.
-

-
- (2) Parkes, M., Panelli, R., & Weinstein, R. (2003). Converging paradigms for environmental health theory and practice. *Health Perspect.*, 111, 669-675.
- (3) Canadian Public Health Association. (1996). Notice on WebCT.
-

21-Nov Determinants of Health and Disease: Environmental/Policy
x Physical activity, impaired driving

Week 11

Reading(s):

- (1) Sallis, J.F., Bauman, A., & Pratt, M. (1998). Environmental and policy interventions to promote physical activity. *American Journal of Preventive Medicine*, 15, 379-397.
- (2) Spence, J., & Lee, R. (2003). Toward a comprehensive model of physical activity. *Journal of Sport and Exercise Psychology*, 4(1), 7-24.
- (3) Grube, J. W. & Stewart, K. (2004). Preventing impaired driving using alcohol policy. *Traffic Injury Prevention*, 5, 199-207.
-

28-Nov Determinants of Health and Disease: Environmental/Policy
x Smoking cessation, immunization

Week 12

x Capacity building at the environmental/policy level

Reading(s):

- (1) West, R., DiMarino, M. E., Gitchell, J., & McNeill, A. (2005). Impact of UK policy initiatives on use of medicines to aid smoking cessation. *Tobacco Control*, 14, 166-171.
- (2) Tauras, J. A. (2004). Public policy and smoking cessation among young adults in the United States. *Health Policy*, 68, 321-332.
- (3) Brewer, N. T. & Fazekas, K. I. (2007). Predictors of HPV vaccine acceptability: A theory-informed, systematic review. *Preventive Medicine*, 45, 107-114.

In class video:

Through a Blue Lens <http://www.youtube.com/watch?v=gwFRsfATAag>

5-Dec Exam Review

Week 13 Part 5 of the Assignment is due
