



Course Title	Health Protection and Promotion: Safeguarding and Maintaining Wellbeing in Populations				
Course Code	MPH-513				
Course Type	Required				
Level	2 <sup>nd</sup> Cycle				
Year / Semester	1 / 1				
Teacher's Name	Dr Souzana Achilleos				
ECTS	10	Lectures	14	Interactive learning activities	13
Course Purpose and Objectives	<p>The main objectives of the course are to:</p> <ul style="list-style-type: none"> <li>• Demonstrate deep understanding of Health Protection, as well as describe and explain how it relates to protecting the public from infectious agents and environmental hazards, particularly in the context of disasters, including the detailed methodologies involved.</li> <li>• Demonstrate deep understanding of Health Promotion, as well as describe and explain how it relates to preventing disease and improving health in populations through individualistic and wider environmental approaches.</li> <li>• Demonstrate deep understanding and apply models of predicting and explaining health behaviour in groups of people and use these for developing and implementing health promotion programmes.</li> <li>• Demonstrate deep understanding and describe current and emerging pandemics and the global network of organizations, agencies and initiatives aiming at tackling these.</li> </ul>				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ol style="list-style-type: none"> <li>1. Demonstrate deep understanding and analyse the concept of health as a human right of individuals and communities as a whole.</li> <li>2. Describe the concepts of hazard, risk, and disaster and critically evaluate their differences.</li> <li>3. Understand the basis and uses of the different disaster classifications.</li> <li>4. Describe the main characteristics of specific disasters.</li> <li>5. Outline the major infectious agents and diseases of public health importance.</li> <li>6. Outline and examine the major environmental and occupational hazards of health.</li> <li>7. Define Health Protection and describe how it relates to protecting the public from infectious agents and environmental hazards (e.g. responding to individual cases of notifiable infections, such as through hygiene advice and immunisation).</li> <li>8. Describe in detail current and emerging pandemics and the global network of organizations, agencies and initiatives aiming at tackling these.</li> <li>9. Describe in detail the role of regional, national, and global surveillance in health protection.</li> </ol>				



	<ol style="list-style-type: none"> <li>10. Describe in detail infection outbreak investigation and be able to devise an outbreak investigation plan.</li> <li>11. Describe in detail risk management, with all steps involved (anticipation, assessment, prevention, preparation, response, recovery).</li> <li>12. Describe the procedures and structures involved in emergency response and recovery.</li> <li>13. Describe disaster risk assessment methods and reduction strategies.</li> <li>14. Analyse hazard, risk, and vulnerability of man-made disasters.</li> <li>15. Define Health Promotion and describe how it relates to disease prevention, improvement of health, and maintenance of wellbeing in populations.</li> <li>16. Design health promotion programmes for dealing with specific Public Health challenges and describe how these are successfully implemented and monitored.</li> <li>17. Describe in detail the concepts of health education, health literacy, and health consciousness and describe the processes by which they determine health-related lifestyle behaviours and choices.</li> <li>18. Describe in detail the processes by which environmental, occupational, societal, political, and economic factors determine health-related lifestyle behaviours and choices.</li> <li>19. Outline and critically evaluate the major models of predicting and explaining health-related behaviours in groups of individuals.</li> <li>20. Describe how intervention programmes can be specifically designed for modifying health-related behaviours among groups of individuals.</li> <li>21. Outline and critically evaluate the major models of predicting and explaining health-related behaviours due to wider determinants of health.</li> <li>22. Describe how intervention programmes can be specifically designed for modifying health-related behaviours in groups of people, via targeting wider determinants of health.</li> <li>23. Describe health protection and health promotion in the context of mass population movement for the purposes of recreation (e.g. tourism), relocation (e.g. working/retiring abroad), or due to forced migration (e.g. as a result of armed conflict or natural disasters).</li> <li>24. Design health protection and promotion programmes aimed at tackling threats to public health stemming from mass population movements, both for the incoming and the host population.</li> </ol>		
Prerequisites	None	Required	None
Course Content	<ol style="list-style-type: none"> <li>1. Health as a human right</li> <li>2. Environmental Hazards, Risks and Disasters</li> <li>3. Principles and purpose of Health Protection</li> <li>4. Health Protection Surveillance</li> <li>5. Major features of an infection outbreak and methods of investigation and control</li> <li>6. Risk Management, Emergency response and Recovery</li> <li>7. Principles and purpose of Health Promotion</li> </ol>		



	<ol style="list-style-type: none"> <li>8. Designing and monitoring Health Promotion programmes</li> <li>9. Determinants of health-related lifestyle behaviours I: health education, health literacy, and health consciousness</li> <li>10. Determinants of health-related lifestyle behaviours II: environmental, occupational, societal, political, and economic factors</li> <li>11. Predicting and modifying health-related behaviour in population groups I: targeting individuals</li> <li>12. Predicting and modifying health-related behaviour in population groups II: targeting wider determinants</li> <li>13. Health protection and promotion in the context of population movements</li> </ol>																									
Teaching Methodology	This programme is delivered via distance learning (online) and includes recorded lectures, interactive online tutorials (Webinars) and discussion forums, as well as online exercises and other activities.																									
Bibliography	<p><b>Required Textbooks / Reading:</b></p> <table border="1" data-bbox="483 783 1468 1892"> <thead> <tr> <th>Title</th> <th>Author(s)</th> <th>Publisher</th> <th>Year</th> <th>ISBN</th> </tr> </thead> <tbody> <tr> <td>Health Protection Principles and Practice</td> <td>Ghebrehewet S, Stewart AG, Baxter D, Shears P, Conrad D, Kliner M</td> <td>Oxford University Press</td> <td>2016</td> <td>978-0198745471</td> </tr> <tr> <td>Foundations for Health Promotion, 3e (Public Health and Health Promotion)</td> <td>Naidoo J, Wills J</td> <td>Elsevier</td> <td>2016</td> <td>978-0702054426</td> </tr> <tr> <td>Society for Public Health Education (SOPHE).; Health Promotion Programs: from Theory to Practice</td> <td>Fertman CI, Allensworth DD</td> <td>Jossey-Bass, Wiley</td> <td>2016</td> <td>978-1-119-16333-6</td> </tr> <tr> <td>Environmental Health: From Global to Local (3rd ed.)</td> <td>Frumkin H</td> <td>Wiley</td> <td>2016</td> <td>978-1-118-98806-0</td> </tr> </tbody> </table>	Title	Author(s)	Publisher	Year	ISBN	Health Protection Principles and Practice	Ghebrehewet S, Stewart AG, Baxter D, Shears P, Conrad D, Kliner M	Oxford University Press	2016	978-0198745471	Foundations for Health Promotion, 3e (Public Health and Health Promotion)	Naidoo J, Wills J	Elsevier	2016	978-0702054426	Society for Public Health Education (SOPHE).; Health Promotion Programs: from Theory to Practice	Fertman CI, Allensworth DD	Jossey-Bass, Wiley	2016	978-1-119-16333-6	Environmental Health: From Global to Local (3rd ed.)	Frumkin H	Wiley	2016	978-1-118-98806-0
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<b>Recommended Textbooks / Reading:</b>				
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Mastering Public Health: A Postgraduate Guide to Examinations and Revalidation, (2nd ed.)	Lewis G, Sheringham J, Bernal JL, Crayford T	CRC Press	2014	978-1444152692
Understanding Environmental Pollution	Hill, M.	Cambridge	2010	978-0521736695
Communicable Disease Control and Health Protection Handbook, (3 <sup>rd</sup> ed.)	Hawker J, Begg N, Blair I, Reintjes R, Weinberg J, Ekdahl K	Wiley Online Library	2012	9781444335675
Essentials of Toxicology for Health Protection (2 <sup>nd</sup> ed.)	Baker D, Karalliedde L, Murray V, Maynard R, Parkinson HTN	Oxford University Press	2012	978-0199652549
Sick Societies: responding to the Global Challenge of Chronic Disease	Stuckler D and Siegal K	Oxford University Press	2011	978-0199574407
Assessment	Online quiz (formative) Coursework (1 assignment) – 40% Final exam – 60%			
Language	English			