

Western Kentucky University
Department of Public Health

PH 564 Section 700:
PUBLIC HEALTH ISSUES IN WOMEN'S HEALTH
Fall 2016

This course is web-based

INSTRUCTOR INFORMATION

Darlene L. Shearer, MPH, DrPH

E-Mail: darlene.shearer@wku.edu

Office: Academic Complex - 129A

Office Phone: 270 745-5868

Office Hours: Tues - Thurs 9:00 am - 5:00 pm and by appointment

COURSE INFORMATION

Prerequisite: Graduate standing or by permission of instructor

Credit Hours: 3

Course Description:

The purpose of this course is to examine topics in women's health in the United States; the programs, services, and policies that affect women's health; and methodological issues in research about women's health. Content emphasizes the social, economic, environmental, behavioral, and political factors associated with women's health from a public health perspective. This is an overview course of a broad topic area. This course is only 15 sessions long, therefore some topics may not be covered in depth through on-line lecture, discussions, or readings. Some assignments will enable students to examine topics that particularly interest them.

Course Goals:

- 1) To enhance student understanding of the many factors that positively and negatively affect the health of women.
- 2) To enhance student ability to act as an educator and advocate for women's health by sharing information, assessing health information critically and pursuing their own knowledge women's health needs.

Course Objectives and Overview:

While the course is available to all graduate students - and in fact is enhanced by a diversity of learners - the approach will focus on public health responsibilities (i.e. assessment, assurance, and advocacy).

<i>At the completion of this course, the student should be able to:</i>	<i>How the student will develop these learning outcomes:</i>	<i>How the student will be assessed:</i>
1. Evaluate the importance of studying women's health and its relevance to public health and women's health research.	Assigned readings; Lecture 1; Discussion board 1	Quiz 1; discussion board

2. Apply the life course perspective of women's health to examine types of health care interventions, programs, and policy.	Assigned readings; Lecture 1; discussion board 1, 2 & 3	Quiz 1; discussion posts; Article Summary 1
3. Examine the availability, value and limitations of various tools used to measure and monitor women's health.	Assigned readings; Lecture 2	Quiz 1; discussion posts
4. Describe and compare common public health issues affecting women across their life span and disparities among groups of women.	Assigned readings; Lecture 1 - 4; discussion board 1 - 4	Quiz 1, 2, 3; discussion posts; article summary 1
5. Assess current medical and public health practices directed at women - how they compare, compliment, or conflict with one another.	Assigned readings; Lecture 1; discussion board 1, 2 & 3	Quiz 1 & 2; discussion posts; article summary 1 & 2
6. Discuss important women's health priorities in the 2020 Healthy People goals and objectives, and other federal initiatives.	Assigned readings; Lecture 4 & 4; discussion boards 3 - 9	Quiz 1; discussion posts
7. Examine major demographic, behavioral and environmental factors associated with women's health	Assigned readings; Lecture 4 - 12; discussion board 3-9	Quiz 2; discussion posts; article summary 2
8. Compare and contrast health issues for women from a population based perspective for a female population that is marginalized or disadvantaged.	Assigned readings; Lecture 3 - 12; discussion board 3 - 9	Quiz 2 & 3; discussion posts; article summary 3
9. Analyze a chosen women's health problem relative to its public health implications and develop key points of health promotion that women need in order to protect their health.	Readings for special populations paper; all lectures; all discussion boards	Special populations paper Poster presentation

Textbook/Course Materials:

There is no textbook required for this course. Readings will include published literature and on-line resources posted on Blackboard. Students with no background in health at all may want to consider one of the following optional reading resources: Alexander, L.L; LaRosa, J.H. Bader, H. & Garfield, S (2014). *New Dimensions in Women's Health* (6th Edition). Sudbury, MA: Jones and Bartlett. ISBN: 1-978-1-4496-9813-3; *Our Bodies, Ourselves* (2011). Boston Women's Health Book Collaborative. Touchstone:NY. (\$17.54 or less at www.Amazon.com)

Methods of Instruction:

This on-line course is organized into 3 Sections. Each Section requires readings, powerpoint lectures (some narrated), discussion boards for student discussions, additional learning exercises, and a quiz. A major project that involves critical thinking, literature review, comparison of populations, and self-reflection enables the student to apply what they have learned throughout the semester.

COURSE POLICIES

Women's Health is my favorite topic and I love to teach it because the content is central to our existence as women, to the health of our society, and especially to public health. I want you to feel comfortable contacting me about issues, concerns or problems with the class as we progress through the semester. You may email me, telephone me or come by my office for assistance. Email is probably the best and fastest way since I may not be in my office every day. I will respond to emails as quickly as possible - usually within 24 hours, although I may be a little slower on weekends! For a MAJOR emergency (during test time) you may reach me at my home (270) 904 0834 or by cell phone (813) 453 8941. Remember, these numbers are for emergencies only!

Grading/Evaluation Criteria:

I am big on grading rubrics. Each assignment has written instructions as well as a matrix for how your grade is calculated. These materials are intended to help you earn the highest possible grade and reduce questions about what is required. PLEASE USE THEM!!

	Method	Objectives Met	Points
1.	<u>Class Participation/Discussion Board</u> Participation on 8 discussion boards. (<i>see schedule</i>). <ul style="list-style-type: none"> Response to a posted discussion question (original opinion and response to others – <i>10 points per weekly board</i>) 	1, 3, 5, 6, 7,	80 points
2.	<u>Article Summary and Reflection Paper</u> Reflection on selected readings for Section 1 & 2 of the course. (See schedule) (<i>2 x 25 points</i>) <ul style="list-style-type: none"> Summary of article and relevance to course content reflection on the applicability and usefulness of the information 	1, 3, 5, 6, 7,	50 points 15 10
3.	<u>Special Populations Paper</u> Discussion of health care issues of a special group of women. <ul style="list-style-type: none"> Describes population and how/why marginalized (<i>20 points</i>) Addresses and describes a specific health issue of this group. (<i>20 points</i>) Describes how traditional health system and public health help or exacerbate the population's health. (<i>20 points</i>) Relates issue to HP 2020 goals and objectives. (<i>10 points</i>) Uses and cites appropriate resources. (<i>5 points</i>) 	2, 4, 5, 6, 7, 9	75 points
4.	<u>Quizzes</u> Completes a quiz for each of the 3 course sections (<i>3 x 30 points</i>)	1, 2, 3, 4, 6,7, 8	90 points
5.	<u>Blog Entries</u> Provides blog entries on topics of interest (minimum of 6)	1, 2, 3, 4, 6,7, 8	30 points

6. **Poster Presentation** **50 points**
Uses information from course content or special populations paper to develop key points of health promotion that targets women's health.

TOTAL 375 points

Grading/Assessment Calculation

A = 375 – 336 pts; **B** = 335 – 298 pts; **C** = 297 – 261 pts; **D** = 260 – 233 pts; **F** = < 222

Participation Policy/Expectations

Students are expected to:

- Log on to the course website a minimum of once a week to check announcements, discussion boards and due dates
- Participate actively in discussion board topics (8 topics)
- Submit required materials and assignments and complete quizzes by the due dates.
- Check the grade book on blackboard regularly. Students with questions about a score or believe their score is in error have one week from the time the grade was posted to notify me. After that time, the score stands.

Students who are “missing in action” - meaning they have not contributed to the course by September 19th will receive an automatic “F”. Each student is **responsible for their own work and their grade will be affected by lack of contribution to the course.**

Exams

There are 3 quizzes but no final exam in this course. The Special Populations Paper and Poster creation are required in lieu of an exam.

Tentative Schedule and Course Outline for PH 564 PH Issues in Women's Health

	SECTION 1 Approaches to studying women's health status: indicators, research initiatives, policy and health care services for women.		<i>Begins August 22</i>	<i>Ends September 26</i>
Date	Topic	Readings	Skill Activity	Assignments Due
<u>Week 1</u> Aug 22	Introduction to Women's Health <ul style="list-style-type: none"> • Student and instructor introductions (see blog page) • Review of syllabus 	<i>(posted on line)</i>		Student introductions on the blog – end of 8/29
<u>Week 2</u> Aug 29	What is women's health and why "women's health"? <ul style="list-style-type: none"> • What is a life-course perspective? • What do we know about women's physical and mental health in a developmental context? 	<i>(posted on line)</i>	<ul style="list-style-type: none"> • Lecture 1 • Discussion board 1 	Board 1: All postings for selected discussion topic – end of 9/5
<u>Week 3</u> Sept 5	Overview of women's health in the U.S. <ul style="list-style-type: none"> • Major health conditions and exposures • How do we examine magnitude and impact of these conditions? <p>How does the health of men and women differ?</p> <ul style="list-style-type: none"> • How do major indicators of health vary between women and men? 	<i>(posted on line)</i>	<ul style="list-style-type: none"> • Lecture 2 • Discussion board 2 	Board 2: Postings for selected discussion topic – end of 9/12
<u>Week 4</u> Sept 12	Categorizations and disparities: race, class, and stigma <ul style="list-style-type: none"> • Historical and current uses of "race" and "SES" in research • Influence of race, class, and otherness on public health interventions, policies and medical practice • Race and class differences in major women's health outcomes • Trends in educational attainment and employment of women • Do power inequities affect women's health 	<i>(posted on line)</i>	<ul style="list-style-type: none"> • Lecture 3 • Discussion board 3 	Board 3: Postings for selected discussion topic end of 9/19
<u>Week 5</u> Sept 19	Catch up Week <i>Catch up on your readings, late discussion board posts (Note: 1 point deduction for each week past due date) and complete the assignments for this section – a quiz, 2 blog posts, and 1 article summary/reflection</i>		No lecture or discussion	Complete Quiz 1, minimum of 2 blog posts, and Article summary/reflection paper by end of – 9/26

	SECTION 2: The environments in which women live. <i>Consider how the society in which women live, their families, and work influence a woman's health.</i>		<i>Begins</i> September 26	<i>Ends</i> October 31
Date	Topic	Readings	Skill Activity	Items Due
<u>Week 6</u> Sept 26	Gender/sexual orientation and its effect on health <ul style="list-style-type: none"> • Gender difference versus sexual differences • How sexual orientation informs women's health 	(posted on-line)	<ul style="list-style-type: none"> • Lecture 4 	none
<u>Week 7</u> Oct 3	Exposure of women to toxic environments <ul style="list-style-type: none"> • Salient physical and chemical exposures of nonoccupational environments • How women's responses to toxic exposures vary over the life course • Toxic exposure variance between men and women 	(posted on-line)	<ul style="list-style-type: none"> • Lecture 5 • Discussion board 4 	Board 4: Postings for selected discussion topic – end of 10/10
<u>Week 8</u> Oct 10	Women and work: stress, risk, and opportunity <ul style="list-style-type: none"> • Employment patterns among US women • Risks to women in the workplace • Job-related stress • Interaction of work-related and family-related stresses • Aspects of a health work environment 	(posted on-line)	<ul style="list-style-type: none"> • Lecture 6 	none
<u>Week 9</u> Oct 17	Women and relationships: family, social networks and exposure to intrapersonal violence <ul style="list-style-type: none"> • Familial and intimate-partner violence • Violence and pregnancy • Implications of social networks for health • Influence of women as caregivers on health care, health status and stress 	(posted on-line)	<ul style="list-style-type: none"> • Lecture 7 • Discussion board 5 	Board 5: Postings for selected discussion topic – end of 10/24
<u>Week 10</u> Oct 24	Catch up Week <i>Catch up on your readings, late discussion board posts (Note: 1 point deduction for each week past due date) and complete the assignments for this section – a quiz and 2 blog posts and 1 article summary/reflection</i>		No lecture or discussion	Quiz 2, minimum of 2 blog posts, and Article summary/reflection paper due by end of 10/31

	SECTION 3: Health conditions. <i>While this course cannot cover every relevant women's health condition, it will provide a survey of major categories of conditions, associated policies, and programs</i>		<i>Begins</i> October 31	<i>Ends</i> December 8th
Date	Topic	Reading	Skill Activity	Items Due
<u>Week 11</u> Oct 31	Reproductive Health – part 1 <ul style="list-style-type: none"> • Key indices of reproductive health • Fertility issues • Early childbearing 	(posted on-line)	Lecture 8 Discussion board 6	Board 6: Postings for selected discussion topic – by end of 11/7
<u>Week 12</u> Nov 7	Reproductive Health – part 2 <ul style="list-style-type: none"> • STIs • Menopause 	(posted on-line)	Lecture 9 Discussion board 7	Board 7: Postings for selected discussion topic – by end of 11/14
<u>Week 13</u> Nov 14	Morbidity Issues of Women <ul style="list-style-type: none"> • Mental health • Chronic diseases • Obesity • Osteoporosis 	(posted on-line)	Lecture 10 Discussion board 8	Board 8: Postings for selected discussion topic – by end of 11/21
<u>Week 14</u> Nov 21	Mortality Issues of Women <ul style="list-style-type: none"> • Heart attacks • Cancer • Strokes 	(posted on-line)	Lecture 11 Discussion board 9	Special Population Paper – by end of 12/2
<u>Week 15</u> Dec 5	Final Assignments			Quiz, minimum of 2 blogs and Poster due – no later than December 8th