

University of Florida
College of Public Health & Health Professions Syllabus
PHC 6003 — EPIDEMIOLOGY AND PREVENTION OF CHRONIC DISEASES (3 hours)
Spring Semester: 2015
Delivery Format: Online
E-Learning in Sakai (<https://lss.at.ufl.edu/>)

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Office Hours: By appointment, email an appointment request

Preferred contact: Email: via Sakai course site to “instructors” (please check box to send to outside email)

Teaching Assistant: Sheldon Waugh

TA Email Address: waughsh@ufl.edu

Prerequisites

PHC 6001 and PHC 6050

PURPOSE AND OUTCOME

Course Overview

Overview of the epidemiology of chronic diseases and disabilities prevalent in various populations and introduction of contemporary methods for surveillance including risk factors, etiology, and changes over time.

This course covers the major chronic diseases and their risk factors. The importance of this subject cannot be overstated since it is the major factor driving health care costs. The U.S. now spends more money per capita than any other nation yet is behind in longevity. Chronic diseases are the major factors driving these costs. The more epidemiologists understand about these diseases, the better they will be able to continue to study them effectively and attempt to influence public policy.

1. Develop a basic understanding of the multi-factorial disease etiology and pathophysiology of the major chronic diseases.
2. Interpret the strengths and limitations of papers in the literature and research proposals by understanding the appropriate pathophysiology and clinical practices in specific disease areas.
3. Understand the risk factors for various chronic diseases and appropriate ways to define exposure and outcome variables.
4. Identify and critically evaluate sources of surveillance data for chronic diseases and their risk factors.
5. Identify evidence-based clinical and population-based preventive measures for chronic diseases.

Instructional Methods

- 1) Lectures: are for general orientation. Students are responsible for all the material presented in the course and assigned readings.

2) Readings: The required text is: Remington PL, Brownson RC, and Wegner MV. Chronic Disease Epidemiology and Control. 3rd Edition. American Public Health Association. 2010. ISBN: 9780875531922.

The text is available in the Health Science Center Bookstore. New or used copies may be ordered from Amazon.com.

The list of the assigned readings, has been provided with the course schedule below. The assigned reading material is intended to supplement lectures. The reading list may be supplemented during the course.

3) Syllabus Quiz: There will be a brief syllabus quiz at the beginning of the course. You must pass the quiz with a perfect score to open the course materials. This quiz will count for 1% of the final grade.

4) Exams : There are 3 exams in this course. The exams will be short answer and each will count for 33% of the final grade. Exams will be administered via ProctorU.

5) Discussion Boards: There are no graded discussion boards in this course. But, there are a number of discussion forums to aid students in this course. These boards will be reviewed weekly by the TA in the course and post responses as needed. Students are also encouraged to help each other out via these discussion boards.

a) Always Open: This discussion board is to enable students to post questions about the course in general.

b) Technical Board: This board is to enable students to reach out with technical issues within the course site. The Online Course Coordinator will also review this board regularly.

c) Weekly Discussion Boards: There will be a discussion board for each week of the semester where students are encouraged to post questions or observations.

DESCRIPTION OF COURSE CONTENT

Topical Outline/Course Schedule

Week	Date(s)	Topic(s)	Lecturer	Readings
1	January 6 - 11	Introduction to the Course Key Concepts in Studies of Chronic Disease	Sheps	Remington, et. al: Chapters 1 and 2 CDC Chronic Diseases and Health Promotion. Overview. At http://www.cdc.gov/chronicdisease/overview/index.htm Guzick DS. On the Same Page. Caring for Those Without Health Insurance: Practical Implications of the Affordable Care Act. Jan 11, 2014. At https://ufhealth.org/news/2014/caring-those-without-health-insurance-practical-implications-affordable-care-act
2	January 12 - 18	Risk Factors for Cardiovascular Disease	Sheps	Remington, et al: Chapter 13 Pearson, et.al. AHA Guide for Improving CV Health at the Community Level, 2013 Update http://circ.ahajournals.org/content/127/16/1730 Goff,et.al. 2013 ACC/AHA Guideline on the Assessment of CV Risk. http://circ.ahajournals.org/content/129/25_suppl_2/S49

Week	Date(s)	Topic(s)	Lecturer	Readings
3	January 19 - 25	Chronic Kidney Disease Epidemiology of Bladder Cancer	Bozomehri	Remington, et al: Chapter 20 Go, et.al Freedman et al. JAMA. 2011 AUG
4	January 26 – February 1	Role of Exercise and Fitness as Risk Factors for Chronic Diseases	Sheps Manini	Remington, et.al: Chapter 3 Haskell, et.al. Physical Activity and Public Health: Updated Recommendation for Adults From the American College of Sports Medicine and the American Heart Association. At http://circ.ahajournals.org/content/116/9/1081.citation
5	February 2 - 8	Smoking	Tomar	Remington et.al: Chapter 5 US Department of Health and Human Services. The health consequences of smoking: a report of the Surgeon General (2004). Chapter 1. At http://www.cdc.gov/tobacco/data_statistics/sgr/2004/pdfs/chapter1.pdf International Agency for Research on Cancer (2012). A review of human carcinogens: pharmaceuticals. Monograph 101A. Preamble to the IARC Monographs. At http://monographs.iarc.fr/ENG/Monographs/vol100A/mono100A-4.pdf
6	February 9 - 15	Exam 1 Covers all material for Weeks 1- 5	NA	Schedule with ProctorU Exam Opens: February 12 Exam Closes” February 15
7	February 16 - 22	Cancer	Tomar	Remington, et.al: Chapter 14 Nelson HD, Tyne K, Naik A, Bougatsos C, Chan BK, Humphrey L; Screening for breast cancer: an update for the U.S. Preventive Services Task Force. Ann Intern Med. 2009;151(10):727-37, W237-42. At http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2972726/
8	February 23 – March 1	Addiction Psychiatric Disorders	Striley	Remington, et.al: Chapters 8 and 16
9	March 2 - 8	Spring Break	NA	No course materials for this week.
10	March 9 - 15	Arthritis	Chauffe	Remington, et.al: Chapter 18
11	March 16 - 22	Obesity	Perri	Remington, et.al: Chapters 6 and 9
12	March 23 - 29	Exam 2	NA	Schedule with ProctorU Exam Opens: March 26 Exam Closes” March 29

Week	Date(s)	Topic(s)	Lecturer	Readings
13	March 30 – April 5	Women's Health Women's Health Initiative Study	Limacher	NHLBI WHI Overview
14	April 6 - 12	Chronic Disease Surveillance	Hopkins	Remington, et.al: Chapter 4 http://www.cdc.gov/surveillancepractice/ http://www.cdc.gov/chronicdisease/states/florida.htm CDC: Chronic Disease Indicators Florida Charts Council of State and Territorial Epidemiologists 13-CD-01
15	April 13 - 19	Clinical Trials	Pepine	Remington, et.al: Chapter 2
16	April 20 - 22	Chronic Disability and Injuries	Shorr	
17	April 24 - 30	Exam 3	NA	Schedule with ProctorU Exam Opens: April 24 Exam Closes" April 27

Course Materials and Technology

The required textbook is listed above. Additional readings, or links to course materials will be available in the course site in eLearning in Sakai. Readings and materials are subject to change.

Refer to the information in the Student Handbook (<http://online.mph.ufl.edu/student-information/handbook/>) and at <http://publichealth.php.ufl.edu/tech/> for the technical requirements of the program and this course.

ACADEMIC REQUIREMENTS AND GRADING

Assignments

See instructional methods above.

Grading

Requirement	Due date	Points or % of final grade (% must sum to 100%)
Exam 1	Week 6	33%
Exam 2	Week 12	33%
Exam 3	Week 17	33%
Syllabus Quiz	Week 1	01%
	TOTAL	100%

Point system used (i.e., how do course points translate into letter grades).

Points earned	95%-100%	94%-90%	85%-89%	80%-84%	75%-79%	70%-74%	65%-59%	Below 65%
Letter Grade	A	A-	B+	B	C+	C	D	E

Please be aware that a C- is not an acceptable grade for graduate students. In addition, a grade of C counts toward a graduate degree only if an equal number of credits in courses numbered 5000 or higher have been earned with an A.

Letter grade to grade point conversions are fixed by UF and cannot be changed.

Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E	WF	I	NG	S-U
Grade Points	4.0	3.67	3.33	3.0	2.67	2.33	2.0	1.67	1.33	1.0	0.67	0.0	0.0	0.0	0.0	0.0

For greater detail on the meaning of letter grades and university policies related to them, see the Registrar's Grade Policy regulations at:

<http://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Late Policy

Late Policy: There will be no credit given for late submissions unless there is an emergency situation or you have cleared your situation with the instructor BEFORE the due dates. Do NOT wait until the last day to submit your work as submissions that do not occur due to technical difficulties or incorrect attachments will be considered late.

Exam Policy

Exam Proctoring Service

The online MPH program will be using ProctorU for online proctoring services. This will be used by all students taking this course online, regardless of whether you are an on-campus student or not. You can access ProctorU at www.proctoru.com. Detailed guidelines for this proctoring system are available on your course website. Below is a short overview, please view the file online.

- Students are REQUIRED to have a microphone and webcam in place during the test-taking period.
- Students will NOT be allowed to take an exam without a webcam.
- Students must register for a time slot for their course exams with ProctorU starting the second week of the semester, but no later than 3 days prior to an exam.
- Exams will be administered 9:00AM – midnight (Eastern time), seven days a week – exams will CLOSE at the posted time in the course – do NOT schedule an exam appointment with ProctorU that will take you past this time, even if they allow it, i.e. do NOT sign up for an appointment at 11:00 after 9:45 PM on the last day of the exam as the exam will close at 11:55PM and your exam time will only be 55 could be truncated minutes versus the time allotted in the course for the exam.
- Exams scheduled for AFTER midnight (Eastern US time) will not have access to program assistance during your exam – it is highly recommended that you take your exams ONLY during the time of 9AM-midnight Eastern US time
- No one is allowed in the room with you while you take your exam, so be sure to make proper arrangements.

- The proctor will ask you for two forms of picture ID and may ask some public record questions to identify yourself
- Please plan on 1-hour beyond the test taking time for interfacing with ProctorU
- Proctoring fees are prepaid. For exams scheduled less than 3 days before an exam, they will charge you a \$5 late fee.

In general, taking an exam after the official closing time will only be permitted under extenuating circumstances. Late exams will only be permitted at the discretion of the instructor (advanced notice in writing required and per applicable University of Florida policies). Failing to schedule an exam time with ProctorU will not be considered a valid reason for requesting to take an exam late. At his/her discretion and in consultation with ProctorU representatives, the UF Director of Public Health Professional Education Programs may permit an extension of an exam that has already begun.

Policy Related to Make up Exams or Other Work

Please note: Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from LSS when the problem was reported to them. The ticket number will document the time and date of the problem. You MUST e-mail me within 24 hours of the technical difficulty if you wish to request a make-up.

Policy Related to Required Class Attendance

All faculty are bound by the UF policy for excused absences. For information regarding the UF Attendance Policy see the Registrar website for additional details: http://www.registrar.ufl.edu/catalogarchive/01-02-catalog/academic_regulations/academic_regulations_013_.htm

STUDENT EXPECTATIONS, ROLES, AND OPPORTUNITIES FOR INPUT

Academic Integrity

Students are expected to act in accordance with the University of Florida policy on academic integrity. As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge:

“We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.”

You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied:

“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”

It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For additional information regarding Academic Integrity, please see Student Conduct and Honor Code or the Graduate Student Website for additional details:

<https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>
<http://gradschool.ufl.edu/students/introduction.html>

Please remember cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.

SUPPORT SERVICES

Accommodations for Students with Disabilities

If you require classroom accommodation because of a disability, you must register with the Dean of Students Office <http://www.dso.ufl.edu> within the first week of class. The Dean of Students Office will provide documentation of accommodations to you, which you then give to me as the instructor of the course to receive accommodations. Please make sure you provide this letter to me by the end of the second week of the course. The College is committed to providing reasonable accommodations to assist students in their coursework.

Counseling and Student Health

Students sometimes experience stress from academic expectations and/or personal and interpersonal issues that may interfere with their academic performance. If you find yourself facing issues that have the potential to or are already negatively affecting your coursework, you are encouraged to talk with an instructor and/or seek help through University resources available to you.

- The Counseling and Wellness Center 352-392-1575 offers a variety of support services such as psychological assessment and intervention and assistance for math and test anxiety. Visit their web site for more information: <http://www.counseling.ufl.edu>. On line and in person assistance is available.
- You Matter We Care website: <http://www.umatter.ufl.edu/>. If you are feeling overwhelmed or stressed, you can reach out for help through the You Matter We Care website, which is staffed by Dean of Students and Counseling Center personnel.
- The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: <https://shcc.ufl.edu/>
- Crisis intervention is always available 24/7 from:
Alachua County Crisis Center
(352) 264-6789
<http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx>

Do not wait until you reach a crisis to come in and talk with us. We have helped many students through stressful situations impacting their academic performance. You are not alone so do not be afraid to ask for assistance.
