

## HE 225: Social and Individual Determinants of Health

Linn-Benton Community College

Summer 2021 Online Class

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**Office Hours:** by appointment.

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### Course Overview:

Overview of the macro (social/system/environmental) and micro (individual) contributors to premature disease, disability and population health. Selected behavioral theories supporting health risks and strategies for the prevention of premature disease/disability and the promotion of health.

### Learning Outcomes

Upon successful completion of this course, the student will be able to:

1. Define the dimensions of health and relate to health status.
2. Analyze how predisposing factors (i.e. beliefs, attitudes, family units) affect behavior change goals and discuss behavior change skills and techniques.
3. Demonstrate an understanding of an ecological health model
4. Evaluate sources of health information, particularly the Internet, to determine reliability and validity.
5. Identify disparities in health and the underlying reasons for differences in health risks based on non-modifiable and modifiable risk factors.
6. Discover career opportunities in health.

### Course Materials:

*All literature/resources can be found online. No textbook is required.*

### Course Comments:

1. You are on your own for meeting time deadlines. Please be sure to check all your work due dates.
2. All work MUST be submitted via your LBCC eLearning portal (Moodle), not email.
3. Students are expected to be honest and ethical in their academic work. Academic dishonesty is defined as an intentional act of deception in one of the following areas:
  - Cheating – use or attempted use of unauthorized materials, information or study aids
  - Fabrication – falsification or invention of any information
  - Assisting – helping another commit an act of academic dishonesty
  - Tampering – altering or interfering with evaluation instruments and documents
  - Plagiarism – representing the words or ideas of another person as one's own
    - Please note I have the ability to check your work for plagiarism. If you are unsure of plagiarism, please see the following site:  
<http://www.unc.edu/depts/wcweb/handouts/plagiarism.html>
    - You may also check you work with a free plagiarism site

4. Students who may need accommodations due to documented disabilities, who have medical information which the instructor should know, or who need special arrangements in an emergency should speak with their instructor during the first week of class. If you believe you may need accommodations but are not yet registered with the Center for Accessibility Resources (CFAR), please visit the [CFAR Website](#) for steps on how to apply for services or call 541-917-4789.
5. LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws. (for further information <http://po.linnbenton.edu/BPsandARs/> ) Board Policy P1015
6. **Basic Needs:** Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to contact the Single Stop Office for support ([SinglestopatLBCC@linnbenton.edu](mailto:SinglestopatLBCC@linnbenton.edu) , 541-917- 4877, or visit us on the web [www.linnbenton.edu](http://www.linnbenton.edu) under student services for current students). Our office can help students get connected to resources to help. Furthermore, please notify the professor if you are comfortable in doing so. This will enable them to provide any resources that they may possess.