

**COURSE DATA****Data Subject**

<b>Code</b>	42686
<b>Name</b>	Epidemiology and prevention of disease and injury
<b>Cycle</b>	Master's degree
<b>ECTS Credits</b>	3.0
<b>Academic year</b>	2018 - 2019

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. year</b>	<b>Period</b>
2124 - M.U. en Salud pública y gestión sanitaria 12-V.1	Faculty of Pharmacy and Food Sciences	1	First term

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
2124 - M.U. en Salud pública y gestión sanitaria 12-V.1	2 - Promotion of good health and disease prevention	Obligatory

**Coordination**

<b>Name</b>	<b>Department</b>
SAIZ SANCHEZ, M DEL CARMEN	265 - Prev. Medicine, Public Health, Food Sc., Toxic. and For. Med.

**SUMMARY**

The aim of the course is to provide students with the knowledge, skills and attitudes about the most prevalent diseases in Western countries, organic and functional disorders which require a modification of the lifestyle of the individual. Then its relationship with lifestyle and social and cultural patterns of modern societies work. It will also review the main epidemiological characteristics of "risk factors of the century" with its growth and possible expansion to developing countries noting that much of the mortality is preventable and avoidable causes changing lifestyles. Application of health education in public health strategy as a basic instrument at the stage of restoration and promotion of health and finally present the main features of research in the field of these diseases



## PREVIOUS KNOWLEDGE

### Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

### Other requirements

There isn't

## OUTCOMES

### LEARNING OUTCOMES

The teaching-learning process in this matter will help the student to acquire the basic, general and transversal competences listed in the general content of the Master, and in particular the development of specific skills more directly related to the following contents: Epidemiology and prevention Overview of the major chronic diseases (cardiovascular, cancer, respiratory diseases, endocrine), prevention strategies and health action, knowledge of risk factors and the frequency and distribution of these diseases among the population through health education work team and community intervention.

Following the teaching-learning process, the student should be able to successfully overcome the various methods of assessing the matter.

## DESCRIPTION OF CONTENTS

### 1. Epidemiology of chronic diseases

Epidemiology of chronic diseases. Rating epidemiological and public health importance. Morbidity. Mortality. Risk factors. Prevention levels. Epidemiology and prevention of diabetes mellitus. Epidemiology of degenerative diseases of the nervous system. Parkinson's Disease and Alzheimer's. Epidemiology and prevention of respiratory diseases. Epidemiology and prevention of cardiovascular diseases. Cancer epidemiology.

### 2. Epidemiology of tobacco consumption

Smoking as a public health problem. Epidemiology snuff consumption. Snuff and other diseases. Passive smoking. Snuff and pregnancy. Legislative measures of snuff. Healthcare. Information and health education. Smoking cessation. Health and social costs of smoking in Spain.

**3. Design of health programs**

Determination of health needs. Selection of priorities. Phases Formulation of objectives in the development of programs. Evaluation of a program. Identification of activities and resources. Health workshops. Community intervention. Fundamentals of teamwork. Self-care and self-help groups.

**WORKLOAD**

ACTIVITY	Hours	% To be attended
Theory classes	24,00	100
Development of group work	6,00	0
Study and independent work	10,00	0
Readings supplementary material	4,00	0
Preparation of evaluation activities	10,00	0
Preparing lectures	5,00	0
Resolution of case studies	6,00	0
<b>TOTAL</b>	<b>65,00</b>	

**TEACHING METHODOLOGY**

Theoretical and participative lessons  
Reading and discussion of documents  
Resolution of practical cases  
Problem solving  
Supervised work in groups  
Projects development  
Seminars  
Individual tutoring

**EVALUATION**

Examination theory. Minimum Weighting: 70%. Maximum weight: 70%  
Practical test. Minimum Weighting: 10%. Maximum weight: 100%  
Group work assessment. Minimum weight: 5%. Maximum weight: 5%  
Attendance and participation lectures. Minimum weight: 5%. Maximum weight: 5%  
Class attendance and participation practices. Minimum weight: 5%. Maximum weight: 5%  
Delivery of practical work. Minimum weight: 5%. Maximum weight: 5%



## REFERENCES

### Basic

- Piédrola G, Galvez R. Dominguez RV. Medicina Preventiva y Salud pública. 10ª Ed. Barcelona :Edit. Masson 2001.
- Becoña E. Adicciones . Ed Monografia Tabaco, 2004 Vol 16 suplemento 2

### Additional

- Argimon JM y Jiménez J.(2004) Metodos de investigación. Clínica y Epidemiologica. 4ªed Elsevier España.
- Rothman KJ(1987)Epidemiologia Moderna Ed Diaz de Santos
- Baker PR Francis DP, Soares J, (2011)Community wide interventions for increasing physical activity. Cochrane Database Syst Ver. 4 CD 008366.