

BSHND-301 Fundamentals of Public Health

Course Objectives:

After studying this course, you should be able to:

- i. Define and understand concept of health
- ii. Identify determinants of health
- iii. Enumerate the indicators of health
- iv. Understand the concept of disease causation
- v. Understand the levels of prevention
- vi. Cover basic definitions and historical background of public health
- vii. Identify relationship of personal hygiene with disease
- viii. Describe how personal hygiene improves health of individuals

Course Contents:

Introduction

- i. Concept of health
- ii. Types/Dimensions of health
- iii. Definition of health
- iv. Determinants of health
- v. Responsibility of health
- vi. Indicators of health

Disease and Prevention

- vii. Concept of disease
- viii. Disease classification
- ix. Concept of causation
- x. Levels of prevention

Public Health

- xi. What is public health
- xii. Historical background of public health
- xiii. Evolution of public health

xiv. Definitions of common public health terms

Introduction to Personal Hygiene

xv. Body hygiene: Hand wash, Oral, Hand, Eye, Hair and Feet hygiene

xvi. Role of personal hygiene in communicable and Non communicable diseases

xvii. Personal hygiene at home, school and work place

Recommended Books:

1. Global Health 101, Fourth Edition By Richard Skolnik 2019.
2. Fundamentals of Biochemistry: Life at the Molecular Level by Donald Voet, Judith G. Voet, Charlotte W. Pratt 2016.
3. Polyphenols in Human Health and Disease Volume-1 edited by Ronald Ross Watson, Victor R. Preedy, Sherma Zibadi 2014.
4. Basch PF. Textbook of international health, 2nd edition New York, NY: Oxford University Press 2003.
5. Brownson RC, Baker BA, Leet TL, Gillespie KN. Evidence-based public health. New York, NY: Oxford University Press; 2003.
6. Detels R, McEwen J, Beaglehole R, Tanaka H, (eds.). Oxford textbook of public health: the practice of public health, 4thed. Oxford: Oxford University Press; 2002.
7. Personal Hygiene care first edition 2010 Willey Blackwell
8. Personal Hygiene and sexual health 2010 by Camilla De la Bédoyère
9. Healthy Living. Web Health Center
10. Sharon O Neil. Personal Hygiene Basic. Live Strong.com
11. Beth W Ornstein. A Guide to good personal hygiene. Everyday health.com
12. Virginia Smith. Clean: A History of Personal Hygiene and Purity. Oxford University Press