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Course Outline for HLTH 3

WOMEN'S HEALTH

Effective: Fall 2010

I. CATALOG DESCRIPTION:

HLTH 3 — WOMEN'S HEALTH — 3.00 units

Physiological, psychological, social, cultural, and political influences on women's health. Emphasis on diversity of women's experiences and the factors involved with both population level health outcomes and personal decision-making. Focus on empowerment for primary prevention.

3.00 Units Lecture

Grading Methods:

Letter Grade

Discipline:

	MIN
Lecture Hours:	54.00
Total Hours:	54.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

1. Identify contributions of women and key events in the history of the Women's Health Movement;
2. Examine the impact of political climate and access to quality care on women's health outcomes;
3. Define basic Epidemiological terms;
4. Survey leading causes of death and disease in women;
5. Explain health threats during lifespan stages;
6. Investigate causes of health disparities related to gender, race and ethnicity, sexual orientation, age, disability, and income;
7. Utilize accurate, comprehensive information in health-related decision-making;
8. Identify influences on sexual behaviors and reproductive choices;
9. Apply knowledge of health behaviors to the prevention of diseases, such as sexually transmitted infections/diseases, cardiovascular disease, cancer, osteoporosis, arthritis, diabetes and Alzheimer's disease;
10. Explain common mental health disorders and influences, such as biological, social, and psychosocial factors, on the development and treatment of mental health issues in women;
11. Assess health risks of drug use;
12. Investigate causes of violence and the impacts of violence against women;
13. Discuss the impact of gender roles and stereotypes within relationships and the workplace;
14. Recognize the health effects of occupational threats, exposures, and inequities for women.

V. CONTENT:

- A. Women's Health Movement
 1. Historical events
 2. Women's health within political context
 3. Advocacy and community organizing
- B. Navigating the Health Care System
 1. Access to quality care
 - a. Prevention
 - b. Complementary health practices
 2. Types of insurance
 3. Lack of health insurance
- C. Health Promotion and Disease Prevention
 1. Epidemiological terms
 2. Global Health Issues for Women
 - a. Leading causes of disease burden
 - b. Leading causes of death
 3. Life stage health risks and risk reduction behaviors
 - a. Adolescence
 1. Puberty
 2. Menarche
 - b. Young Adulthood

1. Stress
2. Childbearing
- c. Midlife
 1. Menopause
 2. Care giving
- d. Senior years
 1. Quality of life
 2. End of life care and decisions
4. Sexual Health
 - a. Female sexual anatomy and physiology
 - b. Expressions of sexuality
 - c. Sexuality through the lifespan
 - d. Menstrual Cycle
 - e. Reproductive choices
 1. Contraceptives use, costs, failure rates, and risks
 2. Abortion procedures
 3. Reproductive rights and legislation
 - f. Pregnancy
 1. Preconception and prenatal care
 2. Physiological changes during pregnancy
 3. Fetal Development
 4. Teratogens
 5. Pregnancy complications
 - g. Childbirth
 1. Labor and Delivery
 2. Controversies regarding the medicalization of birth
 - h. Infertility
 1. Emotional effects
 2. Assisted Reproductive Technologies
 3. Adoption
 - i. Lactation
 1. Physiological process
 2. Health benefits
 3. Support for breastfeeding
 4. Legislation
 - j. Reproductive Tract Infections
 1. Epidemiology and treatment of STDs, including HIV/AIDS
 2. Sexual decision-making, communication, and risk reduction
5. Diet and Activity
 - a. Dietary Guidelines
 1. Macronutrients and Micronutrients
 2. Nutrition Facts Labels
 - b. Physical fitness
 1. Maintaining a personal exercise program
 2. Myths
 - c. Weight management
 1. Weight gain
 2. Overweight and Obesity
 3. Healthy, effective weight loss strategies
 4. Ineffective, harmful weight loss strategies
6. Cardiovascular disease
 - a. Development and disease process
 - b. Risk factors
 - c. Disparities in medical treatment and outcomes
7. Development of cancer
 - a. Epidemiological patterns with focus on breast, cervical, uterine, ovarian, lung, skin, and colon cancers
 1. Risk factors
 2. Screenings
 3. Treatments
8. Management of other chronic diseases
 - a. Osteoporosis
 - b. Arthritis
 - c. Diabetes
 - d. Autoimmune diseases
 - e. Alzheimer's disease
9. Mental Health Problems
 - a. Gender differences in diagnosis and treatment
 - b. Factors in development
 1. Biological
 2. Social and psychosocial
 3. Stress
 4. Life stages
 - c. Mood Disorders
 - d. Anxiety Disorders
 - e. Eating Disorders
 - f. Personality Disorders
 - g. Suicide
 - h. Treatment options
10. Substance Use and Abuse
 - a. Effects and risks of drug use, including tobacco, alcohol, stimulants, depressants, cannabis, hallucinogens, narcotics, and inhalants
 - b. Co-dependency
11. Violence and Health
 - a. Interpersonal violence
 1. Intimate partner violence
 2. Child abuse
 3. Elder abuse
 - b. Collective violence
 - c. Sexual violence
 1. Rape and sexual assault

- 2. Sexual harassment
 - d. Prevention of violence
- 12. Women in the workforce
 - a. Equal pay
 - b. Balancing work and family
 - c. Occupational Safety
 - 1. Injuries
 - 2. Physical hazards and exposures
- D. Evaluation of Health-related information for decision-making
 - 1. Media literacy
 - 2. Body image & health behaviors
 - a. Race and ethnicity
 - b. Age
 - c. Culture

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Discussion** -
- C. Assigned Readings
- D. **Guest Lecturers** -
- E. Large and small group discussions
- F. Individual and group skill building exercises and activities
- G. **Audio-visual Activity** -

VII. TYPICAL ASSIGNMENTS:

A. Written response to lecture and class discussion 1. Describe current U.S. cultural norms and attitudes towards breastfeeding. How does objectification of women's bodies influence attitudes towards human lactation and breastfeeding behaviors? B. Reading 1. Read chapter on Pregnancy and Childbirth C. Reflective journal question 1. Describe the process of egg donation. What health risks are associated with this medical procedure? Summarize the arguments in favor and against financial compensation for egg donors. Then state your answer to the following question: Do you think women should receive financial compensation for egg donation? Provide an explanation of your reasoning. D. Interview exercise 1. Interview three women who have given birth. In an essay, compare and contrast their birth experiences. Relate examples from your interviews to information you learned in class. Sample interview questions: How long ago did you give birth? How did you prepare for labor and delivery? What feelings and emotions did you experience during the third trimester of pregnancy? What was your experience of labor? Did you have a birth plan? If so, was this plan followed? Who did you want to be with you during the birth? Where did you give birth? Did you feel comfortable in this setting? What strategies did you use to decrease discomfort or pain? If you had previously given birth, how was this experience different? What did you learn from this experience? E. Behavior Change Project 1. Research epidemiological data of a health behavior or behavior-related condition in women and effective strategies to change this behavior. Develop a plan and implement change in one's own life.

VIII. EVALUATION:

- A. **Methods**
- B. **Frequency**
 - 1. Frequency
 - a. Final exam and periodic quizzes
 - b. Weekly activities to reinforce content
 - c. End of term Course Project

IX. TYPICAL TEXTS:

- 1. Alexander, LaRosa, Bader, and Garfield. *New Dimensions in Women's Health*. 4th ed., Jones and Bartlett, 2007.
- 2. The Boston Women's Health Book Collective *Our Bodies, Ourselves: A New Edition for a New Era*. 4th ed., Touchstone, , 2005.
- 3. Kolander, Ballard, and Chandler *Contemporary Women's Health: Issues for Today and the Future*. 3rd ed., McGraw-Hill Higher Education, 2008.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Internet access