

Las Positas College  
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## Course Outline for HLTH 3

### WOMEN'S HEALTH

Effective: Fall 2016

#### 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 health experiences and factors involved with both population level health outcomes and individual decision-making. Focus on empowerment for primary prevention.

3.00 Units Lecture

#### Grading Methods:

Letter or P/NP

#### Discipline:

	<u>MIN</u>
<b>Lecture Hours:</b>	54.00
<b>Total Hours:</b>	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, 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. Reforms to insurance industry with implementation of the Affordable Care Act
- 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. Medicalization of sexuality
  - e. Menstrual Cycle
  - f. Reproductive choices
    1. Contraceptives use, costs, failure rates, and risks
    2. Abortion procedures
    3. Reproductive rights and legislation
  - g. Pregnancy
    1. Preconception and prenatal care
    2. Physiological changes during pregnancy
    3. Fetal Development
    4. Teratogens
    5. Pregnancy complications
  - h. Childbirth
    1. Labor and Delivery
    2. Models of maternity care (differences between physiologic and interventionist approaches)
  - i. Infertility
    1. Emotional effects
    2. Assisted Reproductive Technologies
    3. Adoption
  - j. Lactation
    1. Physiological process
    2. Health benefits
    3. Support for breastfeeding
    4. Legislation
  - k. Reproductive Tract Infections
    1. Epidemiology and treatment of sexually transmitted infections, 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 physical activity
    2. Myths
  - c. Weight management
    1. Weight gain
    2. Overweight and Obesity
    3. Healthy and effective weight management strategies
    4. Ineffective and 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. Stress
    1. Bias in research
    2. "Tend and Befriend" response
  - c. Factors in development
    1. Biological
    2. Social and psychosocial
    3. Stress
    4. Life stages
  - d. Mood Disorders
  - e. Anxiety Disorders
  - f. Eating Disorders
  - g. Personality Disorders
  - h. Suicide
  - i. Treatment options
10. Substance Use and Abuse
  - a. Effects and risks of drug use, including tobacco, alcohol, stimulants, depressants, cannabis, hallucinogens, and narcotics
  - 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. Gender expectations and leadership
  - d. Communication strategies
  - e. 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. **Guest Lecturers** -
- D. **Audio-visual Activity** -
- E. Individual and group skill building exercises and activities
- F. Assigned Readings

#### VII. TYPICAL ASSIGNMENTS:

A. Written response to lecture and class discussion: 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? Do current societal attitudes towards breastfeeding adequately support women? What are common logistical obstacles women face when following the American Academy of Pediatrics' recommendations for breastfeeding? Explain your opinion of public health campaigns proclaiming "Breastmilk is best." B. Reading: Read chapter on Pregnancy and Childbirth C. Research and reflection 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? Explain your opinion. D. Interview exercise: Interview three women on their experience of a major life transition (menarche, motherhood, or menopause). In an essay, compare and contrast their experiences. Relate examples from your interviews to information you learned in class. E. Health assessment: Using an assessment, evaluate your current health status. F. Evaluating Health Information: Evaluate the credibility of multiple sources of health information, including a popular women's magazine, reference materials from an academic library, and peer-reviewed journal article.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Exams/Tests
- 2. Papers
- 3. Oral Presentation
- 4. Projects
- 5. Group Projects
- 6. Class Participation
- 7. Class Work
- 8. Home Work

##### B. **Frequency**

- 1. Frequency
  - a. Regular exams or periodic quizzes
  - b. Weekly activities to reinforce content
  - c. End of term Course Project

#### IX. TYPICAL TEXTS:

- 1. Alexander, Linda, Judith LaRosa, Helaine Bader, Susan Garfield, and William Alexander. *New Dimensions in Women's Health*. 6th ed., Jones and Bartlett Learning, 2014.
- 2. The Boston Women's Health Book Collective, . *Our Bodies, Ourselves*. 40th anniversary ed., Simon & Schuster, 2011.
- 3. Kolander, Cheryl, Danny Ballard, and Cynthia Chandler. *Contemporary Women's Health: Issues for Today and the Future*. 5th ed., McGraw-Hill, 2014.
- 4. Worcester, Nancy, and Mariamne H. Whatley, eds. *Women's Health: Readings on Social, Economic, and Political Issues*. 5th ed. Dubuque: Kendall/Hunt, 2009. Print.

#### X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Internet access