

**Mississippi State University**  
**College of Agriculture and Life Sciences**  
**Department of Food Science, Nutrition, and Health Promotion**

**Health Education for Diverse Populations**  
**FNH 8543**  
**3 CREDIT HOURS**  
**COURSE SYLLABUS**

**General Information**

Instructor:	Michael Hall, Ph.D
Class Location:	Distance Learning
Phone:	(662)325-0401
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**Credit**

3 Hours

**Course Description**

This course will focus on the impact of population diversity on health and illness. This course is designed to help students recognize the significance of diverse populations and develop or enhance health programs to meet the needs of the target population.

**Course Objectives**

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

1. Describe the dimensions of wellness.
2. Define acculturation and assimilation and describe how this may impact population health.
3. Identify major health concerns for minority populations as listed in Healthy People 2010.
4. Describe the various ways in which diversity and culture impacts health education.
5. Discuss various factors that influence access to healthcare.
6. Plan a health promotion intervention for a diverse population
7. Describe cultural factors associated with healing.
8. Identify the various family roles within cultures and discuss their impact on health.
9. Discuss the impact of socio-environmental factors on health status.
10. Discuss barriers to multicultural health promotion programming.
11. Utilize various health promotion models in planning multicultural programming.
12. Discuss the historical basis for the health disparities that exist in diverse populations.
13. Discuss the relationships among race, culture, ethnicity, gender, and chronic disease.
14. Discuss the relationships among race, culture, ethnicity, gender, and infectious disease.
15. Explain the impact of culture and ethnicity on diet.
16. Describe the cultural factors impacting alcohol and drug use in Americans.
17. Discuss the cultural factors impacting the incidence and prevalence of intentional and unintentional injury.
18. Discuss the multiple factors influencing the lack of historical research related to health behaviors and disease pathology in women.
19. Identify the mental and emotional health concerns of diverse populations.

20. Develop effective communication strategies for non-English speaking populations.
21. Identify potential barriers to the utilization of technology-based health education resources within diverse populations.
22. Discuss strategies to overcome barriers to the utilization of technology-based health education.
23. Identify the health problems and disparities for the indigent population.
24. Identify the health problems and disparities for the gay, lesbian, and transgender populations.
25. Identify health problems and disparities for the incarcerated population.
26. Identify health problems and disparities for the adolescent population

### **Suggested Course Materials**

Huff, R.M. and Kline, M.V. (1999). Promoting Health in Multicultural Populations: A Handbook For Practitioners. Thousand Oaks, CA: Sage Publications. ISBN:0761901833

### **Course Requirements/Evaluation**

Class Participation/assignments	50 points
Interview Assignment	100 points
Health Campaign Presentation/Paper	150 points
Midterm Exam	100 points
Final Exam	<u>150 points</u>
<b>Total</b>	<b>550 points</b>

### **Grading Scale**

Final Grade will be based upon 550 points.

A = 550-511	C = 422-401
A- = 510-495	C- = 400-385
B+ = 494-478	D+ = 384-368
B = 477-456	D = 367-346
B- = 455-440	D- = 345-330
C+ = 439-423	F = 329 and below

### **Plagiarism and Academic Misconduct**

Academic misconduct is any activity which may compromise the academic integrity of the University. Academic misconduct includes, but is not limited to, deceptive acts such as the following:

- Using unauthorized materials (crib notes, books, etc.) as an aid during an examination.
- Looking at or using information from another person's examination, report, or assignment.
- Providing assistance to, or receiving assistance from, another person in any manner prohibited by the instructor.
- Possessing or providing an examination or assignment, or any part thereof, at any time or in any manner not authorized by the instructor.

- Taking a quiz, examination, or similar evaluated assignment for another person; or utilizing another person to take a quiz, examination, or similar assignment in place of oneself.
- Submitting any course materials or activities not the student's own, allowing such a submission to be made for oneself, or making such a submission for another.
- Using the ideas, organization, or words of another from a book, article, paper, computer file, or other source in any assignment without giving proper credit following accepted citation rules (plagiarism).
- Altering, stealing, and/or falsifying research data used in research reports, theses, or dissertations.
- Disregarding policies governing use of human subjects or animals in research.

All occurrences of academic misconduct will be handled in accordance with guidelines and procedures outlined in the Academic Misconduct Policy, which may be accessed on the web at <http://www.msstate.edu/dept/audit/mainindex.html>. **Please note plagiarism and academic misconduct are serious offenses that can result in a failing grade on a particular assignment failure of the course, or expulsion of the university.**

## **Graded Materials**

### **Discussions**

All students will be expected to participate in online discussions using the forum in WebCT. At a minimum, each student is expected to respond to TWO other students in the current discussion. Each discussion will be posted on Monday, 5pm and all responses are due the following Monday, 12pm.

### **Assignments**

Assignments will be distributed throughout the semester and will be due according to the due date noted in the assignment.

### **Interview Assignment**

Your assignment is to interview **1-2** individuals that are members of a diverse population other than your own. These individual could be from a different culture, ethnic, or religious group. You should inquire about the perceptions as they relate to the individual and the group that they identify with. The interview sessions should take place during the beginning few weeks of the semester and the findings should be summarized in a 3-5 page, typed, double-spaced paper. The goal of this assignment is to assess the impact of culture/ethnicity etc. on health and to identify various perceptions of health problems or gaps in health programming. Make sure that you identify the person you interviewed and why you selected the individuals that you did (try to select someone you do not personally know). Some of the questions you may want to ask include:

- What does in mean to be healthy?
- What are some of the largest health concerns for this population?
- Are there any cultural rituals in health and healing?
- What are the effects of their cultures diet on health?
- What is the perception of access to health care for this population?
- What programs in their community are designed to address their health needs and concerns?

The final step of this assignment is to compare the data gathered from your interview to existing health data and discuss the perceived health problems versus the actual incidence and prevalence. Please provide references for any outside data using APA format. Be prepared to discuss your findings in class.

### **Culture and Health Presentation/Paper**

You will select a health promotion campaign and a minority population. You will provide an overview of the campaign's purpose. Present data that demonstrates the campaign's effectiveness. For the campaign's target disease, discuss any health disparities that may exist for your selected population. Does the campaign meet the needs of your selected minority population? If so describe how, if not then describe methods to reach your selected minority population. Based on your assessment of the campaign should it be expanded to reach an underserved population?

Use the disease addressed in your selected health campaign and explore the disease in detail. Students will be required to present their findings using powerpoint. i.e. write the paper then summarize your work in a powerpoint presentation. The resulting paper should be 8-10 pages typed, double spaced, and in font no larger than 12 point. Students should use a variety of resources for this paper, however, at least five sources should come from peer-reviewed journals. All resources shall be properly referenced using APA. Areas to include in this assignment include but are not limited to:

- a) An ethnographic overview of the selected population
- b) A description of the disease (etiology, transmission, prevalence, etc...)
- c) An analysis of the potentially relevant cultural factors related to the health issue or disease.
- d) In addition, you must outline cultural factors such as language, diet, expectations regarding health care, role of traditional healing, if you were to design a health education program for a newly immigrated member of this culture were to appear at your agency or workplace. Also, what resources or conceptual framework might you consult for assistance in providing programming for this individual?
- e) Programs in existence that have shown promise in addressing this health issue in the scientific literature.