

Introduction to Public Health - Course Study Sheet

Course: Introduction to Public Health Cluster: Health and Nursing Foundations

Explores population health, determinants, prevention, surveillance, policy, communication, and health equity.

Five-module course map

Module	Active evidence to produce
1. population health	Explain the central idea, complete an application, diagnose one plausible error, and connect it to the next module.
2. social and environmental determinants	Explain the central idea, complete an application, diagnose one plausible error, and connect it to the next module.
3. prevention	Explain the central idea, complete an application, diagnose one plausible error, and connect it to the next module.
4. surveillance	Explain the central idea, complete an application, diagnose one plausible error, and connect it to the next module.
5. policy and health communication	Explain the central idea, complete an application, diagnose one plausible error, and connect it to the next module.

Reliable learning method

define population and problem, use multiple evidence sources, map determinants and stakeholders, select intervention level, and evaluate

Representative application

Create a prevention plan that distinguishes individual education, community conditions, organizational practice, and policy.

Weekly study cycle

1. Preview the objective and write two questions. 2. Attend or engage and capture decisions rather than every sentence. 3. Reconstruct the main idea within 24 hours. 4. Complete independent practice. 5. Analyze the first unsupported move on each error. 6. Use feedback. 7. Schedule a delayed mixed recheck.

Self-check before moving on

Can you explain the idea without notes, complete a fresh task, detect a near-miss, verify the result, and state a limitation? Watch especially for: placing responsibility only on individual choice while ignoring access, environment, institutions, and policy.

What to save

a community-health brief with data, determinants, intervention, evaluation, equity, and limitations

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