

Health Behavior and Education

Meets: M 6:15 – 8:45 pm

Room: Bellamy 111

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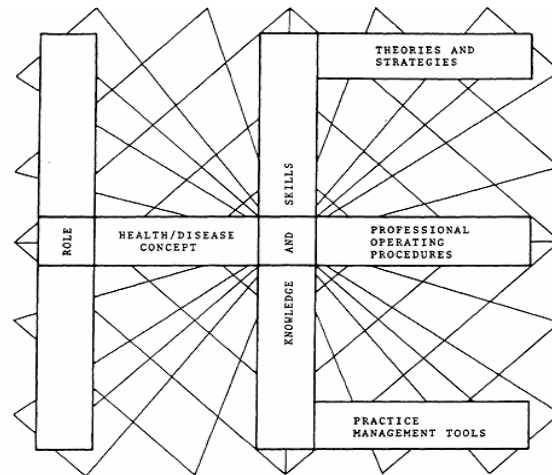


Fig. Practice of health education.
Source: Cleary, H. P. et al.⁴

This course applies various theoretical models of behavior to understand the reasons why people behave as they do. These models help us design appropriate health promotion interventions aimed at behavior change. Public education elucidating the risks of certain behaviors is considered as a fundamental component in these models and in a holistic model of health.

Course Objectives

By the end of the course, you will be able to:

- Effectively communicate ideas to public health professionals and the public through written and oral presentations.
- Demonstrate ability to locate, access, and comprehend relevant public health literature.
- Identify the causes of social and behavioral factors that affect health of individuals and populations.
- Identify the strengths and weaknesses of social and behavioral science interventions.
- Apply the appropriate model(s) of health behavior to achieve the goals of appropriately planned interventions.

