June 7 (5 – 9:00 p.m.); June 8 (12:00 – 6:00 p.m.)
June 21 (5 – 9:00 p.m.); June 22 (12:00 – 6:00 p.m.)
Division of Health Behavior Research (DHBR)
4444 Forest Park Avenue, Room 6801

**Instructor:** Cheryl A. Houston, PhD, RD, LD
(314) 210-2521 – cell phone
chouston@fontbonne.edu

**IMPORTANT:** When sending email correspondence, please be sure to use the email address above and do not use the email function on Blackboard (Bb) – I won’t receive it if you sent it through Bb. Also important, please put AHBR540 (no space between the “R” and the “5”) as the first part of the subject line so I don’t lose track of your message in my inbox.

**Office Hours:** call cell phone or send email message; face-to-face meetings available by appt.

**Course Description:** This course explores concepts in health promotion including community assessment, resource identification, intervention strategies and evaluation. National, state, and local interventions for lifestyle change and model community health promotion programs are discussed.

**Blended course:** This course is considered a blended course. A blended course is a course in which online discussions and out of class activities will take place on a weekly basis. This is 3-credit course that meets face-to-face for 20 hours; there will be an additional 20 hours of work that will take place outside of class through Blackboard (Bb). This blended time is calculated in addition to the time the instructor expects the student to spend on preparation for the face-to-face part of the course (e.g., readings). During blended time it is essential for the student to thoroughly complete, reflect on and synthesize the information and assignments given. In addition, this time is also allocated to provide the student with outside of class time to complete project-based assignments.

**Course objectives:** The learning activities, assignments, and exams in this course assess your mastery of these learning outcomes:

1. Describe theoretical models and frameworks of community organization and community-based participatory research.
2. Compare and contrast exemplary community health promotion projects focusing on the theoretical framework, methods of intervention and evaluation design used.
3. Demonstrate the community health promotion process including community assessment, resource identification, intervention strategies and evaluation using state-of-the-art approaches in an in-class case study assignment.
4. Adapt health promotion strategies to ethnic minority and special population groups.
**Required Textbook:**

**Additional resources students may find helpful:**

**Class Format:**
The class is conducted in a graduate seminar format with applied learning activities. Students are required to participate in each class discussion of readings and participate in the in-class health promotion case study group activity.

**Course Requirements/Student Evaluation:**
Evaluation for the course will be based on the following:

1. Class attendance and participation via in-class activities 35%
2. Blackboard (Bb) discussion boards (Bb DB) – blended time 20%
3. Major project
   a. Draft 10%
   b. Major project – final version 20%
   c. Major project – feedback to other student – blended time 15%
   100%

**Assignment Guidelines and Student Evaluation:**
1. Class attendance and participation via in-class activities

This course will be conducted using a seminar format and therefore each student is expected to complete assigned readings before class and to actively participate in discussions of the readings. Students are expected to participate in class discussions by asking questions, providing answers and verbal input. Students will be evaluated based on their participation in in-class activities and discussion. All students will be encouraged to participate in the discussion and demonstrate evidence of critical thinking and in-depth inquiry of the readings, as well as the application of the readings through the in-class assignments. In addition, each student will take part in an in-class group
simulation (*Ficticia* group case study) activity. For the in-class simulation, the students will serve as a community health coalition and will utilize the Five-Stage Community Organization Model as described in Bracht (1999). *Health promotion at the community level 2: New Advances.* Students will not need this text; the instructor will review the model in class. Students will receive a case study for the community of *Ficticia* and together will move through the first three stages to assess, plan, and develop an evaluation schema for a community health promotion intervention program.

Continuous engagement with class content is key; please employ your best time management skills to stay on top of the readings and assignments.

Attendance in the face-to-face portion of the course is essential. As you would expect, if you are not in class, you cannot participate and cannot get credit for active participation. Thus students are expected to attend each class meeting and be punctual. As such, attendance and active participation during all class meetings are necessary and critical for a successful foundation and knowledge of community health promotion theory and application. In rare circumstances (e.g. illness, accident, death in one’s family), students will miss class. However, in-class activities cannot be made up and students who miss class when in-class activities are conducted will receive a grade of zero (0) for the exercise; handouts/exercises will be loaded to the Blackboard (Bb) course site. If a class is missed, students are encouraged to complete the in-class exercises for feedback from the instructor; however, a grade will not be given for the missed work.

The following are the guidelines for evaluating class participation related to in-class activities:

**10:** You show an active interest in the activity. Your comments reflect exceptional preparation and familiarity with concepts presented in the associated readings. Ideas offered are always substantive, provide one or more insights, as well as direction for the class. Comments are well substantiated and professionally presented. You make good use of time in class by staying engaged and avoiding distraction (i.e., surfing the Internet at times other than breaks, sidebar conversations with class members, texting during class activities).

**7:** You show a willingness to participate but demonstrate limited preparedness from not having read the readings for the class session. You might forget materials for class or come late to class once in a given week. Ideas offered are sometimes substantive, provide generally useful insights but seldom offer a new direction for the discussion. Comments are sometimes professionally presented and/or fairly well substantiated. You make good use of time in class by staying engaged and avoiding distraction (i.e., surfing the Internet at times other than breaks, sidebar conversations with class members, texting during class activities).

**5:** You appear prepared but rarely raise your hand or contribute during in-class discussion or activities. You have forgotten your materials for class or have come late to class twice in a given week. You do not make good use of your time in class and are occasionally distracted (i.e., surfing the Internet at times other than breaks, sidebar conversations with class members, texting during class activities).

**2:** You do not participate in class or have repeatedly come to class late or without materials or are unprepared when called on. Your contributions in class reflect inadequate preparation. Ideas
offered are seldom substantive; provide few, if any, insights and rarely a constructive direction for the class. You are late to class twice in a given week. You do not make good use of your time in class and are occasionally distracted (i.e., surfing the Internet at times other than breaks, sidebar conversations with class members, texting during class activities).

0: You missed class during the in-class activity.

**Determining participation grade:** Each student’s participation will be assessed using the scale above; participation scores will be posted to Bb on the Sunday following the face-to-face class meeting. At the end of the semester, the scores will be added and multiplied by 35% to give a total participation score for the course. After class meets on Saturday, June 8, if a student is showing a pattern of 5 or below, I will discuss it individually with him/her. If a student must miss class, or a portion of class, during the in-class activity, they will receive a zero (0) for that exercise.

2. **Blackboard (Bb) Discussion Boards (DB)**

   a. Each week, students are expected to have read and thoughtfully analyzed the assigned readings. All students must read the required readings before the class.

   b. The purpose of the Bb discussions are to provide an opportunity to further engage with specific content presented in class through application &/or comparison of theoretical ideas presented by selected scholars.

   c. Discussion boards will occur weekly from June 10 through the week of July 8.

   d. Students in the course must respond to all of the discussion boards. The responses must be factually and grammatically correct, reflective and substantive, and advance the discussion to receive full credit. The instructor will serve as the discussion leader (DL). The rubric used by the instructor will be posted on the Bb course site.

   e. The weekly postings are an important part of your participation and engagement with the course material. This is an opportunity to ask or comment on issues that may be confusing, enlightening, interesting, frustrating, etc. about the readings themselves.

   f. Postings by participants should be limited to 1-2 short paragraphs.
      
      i. Responses limited to “I agree” or “great idea,” etc. are not acceptable as an initial post. If you agree or disagree with something discussed in the readings, say why and support your statement with concepts from the readings or by bringing in a related example or experience.

      ii. Use quotes from the articles that support your questions/comments and include page numbers from the article so the DL and other participants can refer back to the reading and easily locate the quote.
3. Major Project and Feedback to Other Student

Each student will complete a major project for this course. Students will be able to select either an
a. annotated bibliography,
b. a research paper,
c. a PowerPoint slide set with notation,
d. or an interview/case analysis
as a means to best demonstrate mastery of course content. Students should carefully consider their
own strengths and weaknesses when selecting the assignment to complete.

Examples of appropriate topics include, but are not limited to, grass roots community health
promotion efforts, coalition building, using an ecological approach to community health,
empowerment, increasing community capacity, evaluation strategies, cultural competence/humility,
etc.

The instructor is available via email or phone to discuss this assignment before the first face-to-face
meeting on 6/7. The instructor must approve all topics and a brief one page proposal should be
submitted via Bb no later than 11:59 PM on Monday, 6/10/13 [file name = Last name_MP Proposal;
example: Houston_MP Proposal]. The proposal should include the type of assignment chosen (see
list above), the topic, a brief description and outline of the topic and any additional information the
student may find useful to include or questions the student currently has that the instructor can answer.

A thorough draft of the assignment should be submitted through Bb AND email no later than 11:59
PM on Saturday, June 29 [file name = Last name_MP Draft; example: Houston_MP Draft]. The
instructor will load the drafts to the Bb site on Sunday, June 30; each student will be assigned to give
written feedback to one other student; a guide for giving feedback (also known as peer editing) will
be loaded to the Bb site by the instructor. Student feedback must be loaded to the Bb site on or
before 11:59 PM July 8 (instructions to follow). Remember that you are being graded on your peer
editing. Each student will receive feedback from the instructor as well.

The major project (final form) is due on or before 11:59 PM on Saturday, July 20. Each student
should send the completed project to the instructor via Bb AND email [file name = Last name_MP;
example: Houston_MP]. The instructor will send a reply that the file was received and readable. It is
highly recommended that each student print a hard copy of his/her assignment should a problem arise
with the electronic submission of the document; the instructor may require this hard copy be turned in
for grading.

Grading Scale:

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<tr>
<th>Letter Grade</th>
<th>Percent</th>
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<tbody>
<tr>
<td>A</td>
<td>&gt;93-100</td>
</tr>
<tr>
<td>A-</td>
<td>&gt;90-92</td>
</tr>
<tr>
<td>B+</td>
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<tr>
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<td>&gt;80-82</td>
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<tr>
<td>C</td>
<td>&gt;70-79</td>
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<tr>
<td>F</td>
<td>&lt;70</td>
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Course Policies:
All assignments must be completed on time. Grades for assignments that are handed in after the due date/time will be lowered 5 points per day including weekends and holidays. No assignments will be accepted 5 days or more after assigned due date (including weekends and holidays). Excessive typographical/grammatical and/or formatting/referencing errors on any assignment will result in a lowered grade (e.g., A to B, B to C, etc.). IMPORTANT: When corresponding with the instructor via email, please send to chouston@fontbonne.edu. Be sure to use AHBR540 (no space between the “R” and the “5”) as the first part of the subject line in every email message.

Academic Integrity:
All students are expected to abide by and uphold the Washington University policy on academic integrity. Plagiarism is a serious violation of the academic integrity policy, but it is not the only violation. To review this policy, refer to the following web site:

http://artsci.wustl.edu/GSAS/Policies/ACINTEG03.pdf

Subject to Change Clause
This syllabus is subject to change at the discretion of the instructor to meet the learning needs of the students.
# Course Schedule

## Summer 2013

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic/Readings/Assignments</th>
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</thead>
<tbody>
<tr>
<td><strong>Friday</strong></td>
<td></td>
</tr>
<tr>
<td><strong>June 7</strong></td>
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</tbody>
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- Welcome and Introductions
- Review Syllabus
- **Community Health Promotion – An Overview**
  
  **Required Reading:**
  
  
  
  
  
  

**Familiarize Yourself:**

Review the links labeled “About Healthy People” and “2020 Topics and Objectives” on the Healthy People 2020 web site:


- Lessons Learned: Review of Exemplary Health Promotion Programs from the Past
  
  **Required Reading:**
  
  No additional readings are required
● Contextual Frameworks and Models
The class will explore the historical and conceptual background of ecological models as an extension of the biopsychosocial model. Students will examine the principles of social ecological models (SEM) to health behavior change and critically evaluate the advantages and disadvantages of such approaches.

**Required Reading:**

**In-class Assignment:**
Applying the ecological perspective to health promotion and disease prevention

● Evaluating Community Health Promotion Programs

**Required Reading:**

**In-class Assignment:**
Developing evaluation schemas for health promotion programs

● The Five-Stage Community Organization Model for Health Promotion – Overview

**Required Reading:**
Labonte, R. (2012). Community, community development, and forming of authentic partnerships. In M. Minkler (Ed.) *Community organizing and community building*


Recommended Resource:

In-class Assignment:
Ficticia In-class Case Study - Overview

Blended Time Assignments:
1. Major Project Proposal Draft – due on/before 11:59 PM 6/10; submit via Bb
2. Discussion Boards (week of 6/10 and 6/17)

Friday
June 21

The Five-Stage Community Organization Model for Health Promotion – Community Analysis (Stage 1)

Required Readings:


**In-class Assignment:**
Ficticia: In-class case study – Stage 1: Developing a plan for community analysis

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**Saturday June 22**

The Five-Stage Community Organization Model for Health Promotion – Design/Initiation (Stage 2)

*Required Readings:*


Ellis, G. & Walton, S. (2012). Building partnerships between local health departments and communities: Caste studies in capacity building and cultural humility. In


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**In-class Assignment:**
Ficticia: In-class case study – Design/Initiation (Stage 2)

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- The Five-Stage Community Organization Model for Health Promotion – Implementation (Stage 3)

  **Required Readings:**


**In-class Assignment:**
Ficticia: In-class case study – Implementation (Stage 3)
- The Five-Stage Community Organization Model for Health Promotion – Maintenance – Consolidation; Dissemination-Reassessment (Stage 4 and 5)

**Blended Time Assignments:**
1. Major Project Draft – due on/before 11:59 PM 6/29; submit via Bb AND email
2. Discussion Boards (week of 6/24, 7/1, and 7/8)
3. Major Project – Feedback to Other Student – due on/before 11:59 PM 7/8 (submission instructions pending)
4. Major Project (final form) – due on/before 11:59 PM 7/20; submit via Bb AND email