

University of Florida
College of Public Health & Health Professions Syllabus
PHC 6003: Epidemiology of Prevention of Chronic Diseases (3 credits)
Spring 2018
Delivery Format: On-Campus
E-Learning: <https://ufl.instructure.com/courses/350133>

Instructor Name: David S. Sheps, MD, MSPH
Room Number: CTRB 4218
Phone Number: (352) 271-0679
Email Address: dssheps@ufl.edu
Office Hours: By appointment. Email Dr. Sheps to schedule.

Teaching Assistant: N/A

Preferred Course Communications (e.g. email, office phone): Email.

Course Location and Times: HPNP 1102; Spring 2018 (January 8 – April 25); Tuesdays, 3:00 – 6:00 PM

Prerequisites

PHC 6001, and PHC 6052 or PHC 6050 or departmental approval.

PURPOSE AND OUTCOME

Course Overview

This course covers the major chronic diseases and their risk factors. The importance of this subject cannot be overstated since it is the major factor driving health care costs. The U.S. now spends more money per capita than any other nation yet is behind in longevity. Chronic diseases are the major factors driving these costs. The more epidemiologists understand about these diseases, the better they will be able to continue to study them effectively and attempt to influence public policy.

Course Objectives

1. Develop a basic understanding of the multi-factorial disease etiology and pathophysiology of the major chronic diseases.
2. Interpret the strengths and limitations of papers in the literature and research proposals by understanding the appropriate pathophysiology and clinical practices in specific disease areas.
3. Understand the risk factors for various chronic diseases and appropriate ways to define exposure and outcome variables.
4. Identify and critically evaluate sources of surveillance data for chronic diseases and their risk factors.
5. Identify evidence-based clinical and population-based preventive measures for chronic diseases.

Instructional Methods

- 1) Lectures: are for general orientation. Students are responsible for all the material presented in the course and assigned readings.
- 2) Readings: The required text is: Remington PL, Brownson RC, and Wegner MV. *Chronic Disease Epidemiology and Control. 3rd Edition*. American Public Health Association. 2010. ISBN: 9780875531922.

The text is available in the Health Science Center Bookstore. New or used copies may be ordered from Amazon.com.

The list of the assigned readings, has been provided with the course schedule below. The assigned reading material is intended to supplement lectures. The reading list may be supplemented during the course.

- 3) Exams: There are 3 exams in this course. The exams will be short answer, true/false, and/or multiple choice and each will count for 30% of the final grade. Exams will be administered during class.
- 4) Make-up exams: Make-up exams will be available with a note from the student's doctor or prior approval by the course director.
- 5) Attendance and class participation: Consistent with the spirit of graduate education and the interactive nature of public health practice, students are expected to attend and participate fully in every class session. Participation will constitute 10% of the grade. If you are unable to attend a class for any reason, please notify the instructor **before** the session.

DESCRIPTION OF COURSE CONTENT

Topical Outline/Course Schedule

Week	Date(s)	Topic(s)	Lecturer	Readings
1	1/9	Introduction to the Course Key Concepts in Studies of Chronic Disease and Risk Factors	Sheps	CDC Chronic Diseases and Health Promotion. Overview http://www.cdc.gov/chronicdisease/overview/index.htm Remington, et. al: Chapters 1 and 2 Guzick DS. On the Same Page. Caring for Those Without Health Insurance: Practical Implications of the Affordable Care Act. Jan 11, 2014. https://UFandShands.org/
2	1/16	Role of Exercise and Fitness as Risk Factors for Chronic Diseases	Sheps	Remington, et.al: Chapter 3 Haskell, et.al. Physical Activity and Public Health: Updated Recommendation for Adults From the American College of Sports Medicine and the American Heart Association http://circ.ahajournals.org/content/116/9/1081.citation
3	1/23	Chronic Kidney Disease	Bozorgmehr	Remington, et al: Chapter 20 Go, et.al
4	1/30	Community Approach to Risk Factors for Cardiovascular Disease	Pearson	Remington, et al: Chapter 13 Pearson, et.al. AHA Guide for Improving CV Health at the Community Level, 2013 Update http://circ.ahajournals.org/content/127/16/1730 Goff, et.al. 2013 ACC/AHA Guideline on the Assessment of CV Risk. http://circ.ahajournals.org/content/129/25_suppl_2/S49
5	2/6	Exam 1		

Week	Date(s)	Topic(s)	Lecturer	Readings
		Women's Health Women's Health Initiative Study	Handberg	NHLBI WHI Overview
6	2/13	Cancer	Tomar	Remington, et.al: Chapter 14 Nelson HD, Tyne K, Naik A, Bougatsos C, Chan BK, Humphrey L; Screening for breast cancer: an update for the U.S. Preventive Services Task Force. Ann Intern Med. 2009;151(10):727-37, W237-42. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2972726/
7	2/20	Depression	Sheps	Remington, et.al: Chapter 5 Lichtman, et.al. 2014: http://circ.ahajournals.org/content/early/2014/02/24/CIR.0000000000000019
8	2/27	Smoking	Tomar	Remington et.al: Chapter 5 US Department of Health and Human Services. The health consequences of smoking: a report of the Surgeon General (2004). Chapter 1. http://www.cdc.gov/tobacco/data_statistics/sgr/2004/pdfs/chapter1.pdf International Agency for Research on Cancer (2012). A review of human carcinogens: pharmaceuticals. Monograph 101A. Preamble to the IARC Monographs. http://monographs.iarc.fr/ENG/Monographs/vol100A/mono100A-4.pdf
9	3/6	No Class; Spring Break		
10	3/13	Addiction Psychiatric Disorders	Striley	Remington, et.al: Chapters 8 and 16
11	3/20	Exam 2		
		Obesity	Perri	Remington, et.al: Chapters 6 and 9
12	3/27	Chronic Disease Surveillance	Reid	Remington, et.al: Chapter 4 CDC. Surveillance Resources CDC: Florida Chronic Disease Profile CDC: Chronic Disease Indicators Florida Charts Council of State and Territorial Epidemiologists
13	4/3	Clinical Trials	Pepine	Remington, et.al: Chapter 2
14	4/10	Chronic Disability and Injuries	Shorr	
15	4/17	Exam 3 and Course Evaluation		

CDC Chronic Diseases and Health Promotion. <http://www.cdc.gov/chronicdisease/overview/index.htm>

CDC Chronic Disease Prevention and Health Promotion. Index page to chronic disease surveillance resources at CDC. <http://www.cdc.gov/chronicdisease/stats/>

CDC Chronic Disease Prevention and Health Promotion. State Profile: Florida. — Florida chronic disease burden document. <http://www.cdc.gov/chronicdisease/states/florida.htm>

CDC National Center for Chronic Disease Prevention and Health Promotion - interactive access to information about 97 chronic disease indicators, includes rationale and definitions for indicators. <http://apps.nccd.cdc.gov/cdi/>

Council of State and Territorial Epidemiologists. Chronic Disease Committee. *Revision to the National Chronic Disease Indicators*. Pdf.

Florida Charts. Chronic Diseases. Interactive access to chronic disease information for Florida. <http://www.floridacharts.com/Charts/ChronicDiseases/>

Giovino GA, Mirza SA, Samet JM, Gupta PC, Jarvis MJ, Bhala N, Peto R, Zatonski W, Hsia J, Morton J, Palipudi KM, Asma S; GATS Collaborative Group. Tobacco use in 3 billion individuals from 16 countries: an analysis of nationally representative cross-sectional household surveys. *Lancet*. 2012 Aug 18;380(9842):668-79. <http://www.sciencedirect.com/science/article/pii/S014067361261085X>

Go AS, Chertow GM, Fan DJ, McCulloch CE, Hsu CY. Chronic kidney disease and the risks of death, cardiovascular events, and hospitalization. *New England Journal of Medicine* 2004; 351:1296-305. On PubMed.

Goff, et.al. 2013 ACC/AHA Guideline on the Assessment of CV Risk. *Circulation*. 2014; 129: S49-S73 Published online before print November 2013, doi: 10.1161/01.cir.0000437741.48606.98. http://circ.ahajournals.org/content/129/25_suppl_2/S49

Guzick, DS. On the Same Page. Caring for Those without Health Insurance: Practical Implications of the Affordable Care Act. Jan 11, 2014. <https://ufhealth.org/news/2014/caring-those-without-health-insurance-practical-implications-affordable-care-act>

Haskell, et.al. Physical Activity and Public Health: Updated Recommendation for Adults From the American College of Sports Medicine and the American Heart Association. *Circulation*. 2007; 116: **1081-1093** Published online before print August 2007, doi: 10.1161/CIRCULATIONAHA.107.185649. <http://circ.ahajournals.org/content/116/9/1081.citation>

International Agency for Research on Cancer (2012). A review of human carcinogens: pharmaceuticals. Monograph 101A. Preamble to the IARC Monographs. <http://monographs.iarc.fr/ENG/Monographs/vol100A/mono100A-4.pdf>

Lichtman JH, Froelicher ES, Blumenthal JA, Carney RM, Doering LV, Frasure-Smith N, Freedland KE, Jaffe AS, Leifheit-Limson EC, Sheps DS, Vaccarino V, Wulsin L. and on behalf of the American Heart Association Statistics Committee of the Council on Epidemiology and Prevention and the Council on Cardiovascular and Stroke Nursing.

Depression as a Risk Factor for Poor Prognosis Among Patients with Acute Coronary Syndrome: Systematic Review and Recommendations: A Scientific Statement From the American Heart Association. *Circulation*. 2014; CIR.0000000000000019. Originally published February 24, 2014. <https://doi.org/10.1161/CIR.0000000000000019>

Nelson HD, Tyne K, Naik A, Bougatsos C, Chan BK, Humphrey L; U.S. Preventive Services Task Force. Screening for breast cancer: an update for the U.S. Preventive Services Task Force. *Ann Intern Med* 2009;151(10):727-37, W237-42. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2972726/>

NHLBI. *Women's Health Initiative Overview*. <https://www.whi.org/about/SitePages/About%20WHI.aspx>

Pearson, et.al. AHA Guide for Improving Cardiovascular Health at the Community Level, 2013 Update. *Circulation*. 2013; 127: 1730-1753. Published online before print March 2013, doi: 10.1161/CIR.0b013e31828f8a94. <http://circ.ahajournals.org/content/127/16/1730>.

Remington PL, Brownson RC, Wegner MV. *Chronic Disease Epidemiology and Control*. 3rd edition. American Public Health Association. 2010. ISBN: 9780875531922

US Department of Health and Human Services. *The health consequences of smoking: a report of the Surgeon General* (2004). Chapter 1 http://www.cdc.gov/tobacco/data_statistics/sgr/2004/pdfs/chapter1.pdf

Wilson LM, Avila Tang E, Chander G, Hutton HE, Odelola OA, Elf JL, Heckman-Stoddard BM, Bass EB, Little EA, Haberl EB, Apelberg BJ. Impact of tobacco control interventions on smoking initiation, cessation, and prevalence: a systematic review. *J Environ Public Health*. 2012;2012:961724. Epub 2012 Jun 7. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3376479/>

Wood DE, Eapen GA, Ettinger DS, et al. Lung cancer screening. *J Natl Compr Canc Netw* 2012;10(2):240–65. <http://www.jnccn.org/content/10/2/240.long>

For technical support for this class, please contact the UF Help Desk at:

- Learning-support@ufl.edu
- (352) 392-HELP - select option 2
- <https://lss.at.ufl.edu/help.shtml>

Speakers

Shahab Bozorgmehri, MD, MPH. PhD candidate, UF Department of Epidemiology.

Eileen Handberg, PhD, ARNP. Research Professor of Medicine and Director of the Cardiovascular Clinical Trials Program in the Division of Cardiovascular Medicine, College of Medicine, University of Florida.

Thomas A. Pearson, MD, MPH, PhD. Professor, Department of Epidemiology and Executive Vice President for Research and Education, UF Health Science Center.

Carl Pepine, MD. Professor, Division of Cardiovascular Medicine, Department of Medicine, UF College of Medicine.

Michael G. Perri, PhD. Robert G. Frank Professor, Department of Clinical and Health Psychology and Dean, UF College of Public Health and Health Professions

Keshia Reid, PhD. Senior Environmental Epidemiologist. Florida Department of Health.

Ronald Shorr, MD, MS. Professor, UF Department of Epidemiology, Director, Geriatric Research Education and Clinical Center (GRECC), Malcom Randall VAMC, Co-Director, Training and Professional Development Core, Clinical Translational Science Institute (CTSI), Director, Advanced Postgraduate Program in Clinical Investigation (APPCI)

Catherine Striley, PhD, MSW, ACSW, MPE, Associate Professor, UF Department of Epidemiology

Scott Tomar, DMD, MPH, DrPH. Professor, Department of Community Dentistry and Behavioral Science, UF College of Dentistry.

ACADEMIC REQUIREMENTS AND GRADING

Grading

Requirement	Due date	Points or % of final grade (% must sum to 100%)
Exam 1	January 15	30%

Exam 2	January 30	30%
Exam 3	February 15	30%
Class participation		10%

Points earned	95-100	90-94	85-89	80-84	75-79	70-74	65-69	Below 65
Letter Grade	A	A-	B+	B	C+	C	D	E

Please be aware that a C- or lower is not an acceptable grade for graduate students. A grade of C counts toward a graduate degree only if an equal number of credits in courses numbered 5000 or higher have been earned with an A.

Letter grades translate to the following grade points at UF:

Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E	WF	I	NG	S-U
Grade Points	4.0	3.67	3.33	3.0	2.67	2.33	2.0	1.67	1.33	1.0	0.67	0.0	0.0	0.0	0.0	0.0

For greater detail on the meaning of letter grades and university policies related to them, see the Registrar's Grade Policy regulations at:

<http://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Exam Policy

There are 3 exams in this course. The exams will be short answer, true/false, and/or multiple choice and each will count for 30% of the final grade. Exams will be administered during class.

Policy Related to Make up Exams or Other Work

Make-up exams will be available with a note from the student's doctor or prior approval by the course director.

Any requests for make-ups due to technical issues MUST be accompanied by the ticket number received from LSS when the problem was reported to them. The ticket number will document the time and date of the problem. You MUST e-mail me within 24 hours of the technical difficulty if you wish to request a make-up.

Policy Related to Required Class Attendance

Consistent with the spirit of graduate education and the interactive nature of public health practice, students are expected to attend and participate fully in every class session. Participation will constitute 10% of the grade. If you are unable to attend a class for any reason, please notify the instructor before the session.

Please note all faculty are bound by the UF policy for excused absences. For information regarding the UF Attendance Policy see the Registrar website for additional details:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>

STUDENT EXPECTATIONS, ROLES, AND OPPORTUNITIES FOR INPUT

Academic Integrity

Students are expected to act in accordance with the University of Florida policy on academic integrity. As a student at the University of Florida, you have committed yourself to uphold the Honor Code, which includes the following pledge:

“We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honesty and integrity.”

You are expected to exhibit behavior consistent with this commitment to the UF academic community, and on all work submitted for credit at the University of Florida, the following pledge is either required or implied:

“On my honor, I have neither given nor received unauthorized aid in doing this assignment.”

It is your individual responsibility to know and comply with all university policies and procedures regarding academic integrity and the Student Honor Code. Violations of the Honor Code at the University of Florida will not be tolerated. Violations will be reported to the Dean of Students Office for consideration of disciplinary action. For additional information regarding Academic Integrity, please see Student Conduct and Honor Code or the Graduate Student Website for additional details:

<https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>

<http://gradschool.ufl.edu/students/introduction.html>

Please remember cheating, lying, misrepresentation, or plagiarism in any form is unacceptable and inexcusable behavior.

Online Faculty Course Evaluation Process

Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results/>.

SUPPORT SERVICES

Accommodations for Students with Disabilities

If you require classroom accommodation because of a disability, you must register with the Dean of Students Office <http://www.dso.ufl.edu> within the first week of class. The Dean of Students Office will provide documentation of accommodations to you, which you must then give to me as the instructor of the course to receive accommodations. Please make sure you provide this letter to me by the end of the second week of the course. The College is committed to providing reasonable accommodations to assist students in their coursework.

Counseling and Student Health

Students sometimes experience stress from academic expectations and/or personal and interpersonal issues that may interfere with their academic performance. If you find yourself facing issues that have the potential to or are already negatively affecting your coursework, you are encouraged to talk with an instructor and/or seek help through University resources available to you.

- The Counseling and Wellness Center 352-392-1575 offers a variety of support services such as psychological assessment and intervention and assistance for math and test anxiety. Visit their web site for more information: <http://www.counseling.ufl.edu>. On line and in person assistance is available.
- You Matter We Care website: <http://www.umatter.ufl.edu/>. If you are feeling overwhelmed or stressed, you can reach out for help through the You Matter We Care website, which is staffed by Dean of Students and Counseling Center personnel.
- The Student Health Care Center at Shands is a satellite clinic of the main Student Health Care Center located on Fletcher Drive on campus. Student Health at Shands offers a variety of clinical services. The clinic is located on the second floor of the Dental Tower in the Health Science Center. For more information, contact the clinic at 392-0627 or check out the web site at: <https://shcc.ufl.edu/>
- Crisis intervention is always available 24/7 from:
Alachua County Crisis Center:
(352) 264-6789
<http://www.alachuacounty.us/DEPTS/CSS/CRISISCENTER/Pages/CrisisCenter.aspx>

Do not wait until you reach a crisis to come in and talk with us. We have helped many students through stressful situations impacting their academic performance. You are not alone so do not be afraid to ask for assistance.

Inclusive Learning Environment

Public health and health professions are based on the belief in human dignity and on respect for the individual. As we share our personal beliefs inside or outside of the classroom, it is always with the understanding that we value and respect diversity of background, experience, and opinion, where every individual feels valued. We believe in, and promote, openness and tolerance of differences in ethnicity and culture, and we respect differing personal, spiritual, religious and political values. We further believe that celebrating such diversity enriches the quality of the educational experiences we provide our students and enhances our own personal and professional relationships. We embrace The University of Florida's Non-Discrimination Policy, which reads, "The University shall actively promote equal opportunity policies and practices conforming to laws against discrimination. The University is committed to non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, gender identity and expression, marital status, national origin, political opinions or affiliations, genetic information and veteran status as protected under the Vietnam Era Veterans' Readjustment Assistance Act." If you have questions or concerns about your rights and responsibilities for inclusive learning environment, please see your instructor or refer to the Office of Multicultural & Diversity Affairs website: www.multicultural.ufl.edu
