

GEORGE MASON UNIVESITY  
College of Health and Human Services

**Course Number:** GCH 205 - 001 (3:30)

**Course Title:** International Health

**Faculty:**

**Lead Instructor**

J. DeWitt Webster, PhD, MPH

Office: Robinson B426

Phone: 703 993- 9709

Fax: 703-993-1908

E-Mail: [jwebste5@gmu.edu](mailto:jwebste5@gmu.edu)

Margaret C Baker, MSc.

Office: Robinson B420

E-Mail: [mbakerd@gmu.edu](mailto:mbakerd@gmu.edu)

**Office Hours:** **Webster** - Mon 2:00 – 3:30 pm; Thur, 10:30-  
Noon; or by appointment

**Baker** - by appointment

**Course time and Location:** Tu/Th 1:30 to 2:45 pm  
East Hall Room 201

**Course Description:**

This course covers the biological and social aspects of major international health issues, especially in the areas of infectious disease, nutrition, and environmental health. Other topics include population groups with special risks, policies and programs designed to reduce health inequalities, and basic methods used to study global health.

## **Course Objectives:**

After completion of this course, students will be able to:

- Use maps to identify and compare regions and countries.
- Explain the socioeconomic factors that contribute to health inequalities.
- Explain the health needs of special population groups (like women and children).
- Understand the various causes of disease (such as infection, malnutrition, and genetics).
- Explain the differences between various types of infectious agents (like bacteria, viruses, fungi, and helminths) and how they are transmitted.
- Identify infectious diseases of global importance (including HIV/AIDS, malaria, and TB) and provide a description of prevention, transmission, symptoms, treatment, and other characteristics.
- Identify components of a healthy diet and explain the effects of poor nutrition.
- Describe some of the major issues in global nutrition (like cultural aspects of eating, food security, and food safety).
- Explain how environmental changes impact human health.
- Analyze global health reports.
- Identify major organizations that are involved in global health.

## **Required Reading:**

Introduction to Global Health by Kathryn Jacobsen. Approximate Cost: \$60  
Essentials of Case Studies in Global Health by Ruth Levine. Approximate Cost: \$50

**Additional Course Materials:** Additional course materials will be available online, distributed in class or posted on GMU E-Reserve or WebCT.

**Learning Methods:** Class time will consist of lectures, discussions in small and/or large groups, multimedia presentations (such as video clips), and other activities. You should expect to spend approximately 2 hours outside of class preparing for the next class session, with additional time set aside for completing assignments and preparing for exams. When reading is assigned you will need to read the material prior to the class and be prepared for the possibility of a short quiz.

**Academic Honesty:** George Mason University operates under an honor system, which is published in the University Catalog and deals specifically with cheating, attempted cheating, plagiarism, lying, and stealing. Please familiarize yourself with the honor code, especially the statement on plagiarism

(<http://www.gmu.edu/facstaff/handbook/aD.html>). If you have questions about when the contributions of others to your work must be acknowledged and appropriate ways to cite those contributions, please talk with the professor.

**Students with Disabilities:** All students with questions or concerns about this class are encouraged to set up a time to meet with the professor, preferably during the first 2 weeks of the semester. Students with disabilities should work with the Disabilities Resource Center (DRC) to identify appropriate accommodations and communicate those with the professor.

**Assessment:**

- The group project will allow you to collect and analyze data on perspectives on health from people of different cultures. Late assignments will not be accepted and will be graded as a 0%.
- The compilation of a disease power point presentation will give you the opportunity to learn more about the control of a particular infectious disease. Late assignments will not be accepted and will be graded as a 0%.
- The 'Indicators of Health' assignment will allow you to learn how to compare health indicators in different regions of the world. \ Late assignments will not be accepted and will be graded as a 0%.
- Three exams will test your mastery of the concepts and methods presented in class. You must take the exam on the scheduled day or make arrangements at least 48 hours in advance to take the test early.
- Quizzes, reflections, and other in-class work will count for 10% of your grade. If you miss a class and have not asked to be excused *before* the missed class you will receive a 0 for that exercise. Please plan to attend every class and come prepared to actively participate in a discussion.

Component	Due Date	% of Final Grade
Group Project	Feb 14	10
Exam 1	Feb 21	20
Disease Power Point	March 20	10
Exam 2	March 27	20
Indicators in Health assignment	April 17	10
Final Exam	TBD	20
Quizzes / In-Class Work	On going	10

**GCH 205 - 001  
International Health  
Anticipated Schedule  
Spring 2008**

Day	Date	Topic	Readings	Assignments/ *Case Studies	Instr
Tues	Jan 22	Course Introduction and Principles and Goals of Public Health	Jacobsen - Chp 1		DW
Thurs	Jan 24	Measurement of Health	Jacobsen - Chp 2	Health Indicators	DW
Tues	Jan 29	Determinants of Health 1	Jacobsen - Chp 3	Case Study 9	MB
Thurs	Jan 31	Determinants of Health 2	Jacobsen - Chp 3		MB
Tues	Feb 5	Culture and Health 1	*Skolnik - Chp 6		DW
Thurs	Feb 7	Culture and Health 2	TBD	UNICEF C.S.	DW
Tues	Feb 12	Group Work			DW
Thurs	Feb 14	Women and Health	Jacobsen - Chp 4	<b>Assignment 1</b> Case Study 6	MB
Tues	Feb 19	Child Health	Jacobsen - Chp 4	Case Study 20	MB
Thurs	Feb 21	<b>EXAM 1</b>			
Tues	Feb 26	Overview of Special Populations	Jacobsen - Chp 5		DW
Thurs	Feb 28	Infectious Diseases 1 - NTDs	Jacobsen - Chp 6	Case Study 7	MB
Tues	Mar 4	Infectious Diseases 2- TB/Malaria	Jacobsen - Chp 7	Case Study 3	MB
Thurs	Mar 6	Infectious Diseases 3 - SARS	Jacobsen - Chp 8	Case Study 2	MB
<b>SPRING BREAK - NO CLASSES</b>					
Tues	Mar 18	Infectious Diseases 4 - HIV/AIDS	Jacobsen - Chp 7		DW
Thurs	Mar 20	Non-communicable diseases	TBD	<b>Assignment 2</b>	MB
Tues	Mar 25	Non-communicable diseases	TBD		MB
Thurs	Mar 27	<b>EXAM 2</b>			
Tues	Apr 1	Injuries	TBD	C.S. TBA	DW
Thurs	Apr 3	Nutrition 1 - Macronutrients	Jacobsen Chp 9		DW
Tues	Apr 8	Nutrition 2 - Vitamins	Jacobsen Chp 9	Case Study 4	DW
Thurs	Apr 10	Nutrition 3 - Minerals	Jacobsen Chp 9	Case Study 15	MB
Tues	Apr 15	Environmental Health 1	Jacobsen Chp 10		DW
Thurs	Apr 17	Environmental Health 2	Jacobsen Chp 11	<b>Assignment 3</b>	DW
Tues	Apr 22	Health Systems	Jacobsen Chp 12	Case Study 19	MB
Thurs	Apr 24	Health Systems	Jacobsen Chp 12		MB
Tues	Apr 29	Traditional Healers	TBD	C.S. TBD	DW
Thurs	May 1	Global Health Priorities	Jacobsen Chp 13		MB
<b>FINAL EXAM</b>					

\* Levine's Case Studies in Global Health

\*\* GMU Library E- Reserve