

# HLTH 23: DRUGS, HEALTH & SOCIETY

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	One of the following: ENGL 1A, 1AH or 1S & 1T.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area VII: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Description

This course explores the world-wide crisis and challenge of substance abuse, including its historical effects on various societies and cultures. In addition to examining this from a social perspective, students will receive an overview of the epidemiology and toxicology of substance abuse and its relevance to personal and public health. Students will be introduced to the concept of substance abuse and dependence, the definition of licit and illicit drugs, and the pharmacologic, neurologic and physiologic effects of selected substances on the human brain. Political, social and economic factors involved in the supply and demand for drugs will be discussed. Epidemiologic data on the prevalence, incidence, and trends of smoking, alcohol, prescription and other drug dependencies globally will be covered, as well as risk factors associated with the use and abuse of these substances. Current options for recovery will be reviewed.

## Course Objectives

The student will be able to:

- Explore and analyze global (world-wide) substance abuse and its historical effects on societies and cultures.
- Describe the psycho-therapeutic benefits (if any) and harmful effects of common substances of abuse, and identify the populations most at risk of using these substances.
- Distinguish the difference between drug use, misuse and abuse.
- Identify the factors associated with the use of specific substances of abuse, including populations at most risk based on age, sex, education, socioeconomic status, ethnicity, race and age at first initiation.
- Apply basic knowledge of drug laws to evaluate historical legal cases and situations related to substance abuse.
- Describe the neurological and physiological responses to various types of drugs.
- Recognize the short and long term consequences of substance use and abuse.
- Analyze the current public health perspective on the issue of substance abuse, including broad political, social and economic factors related to substance abuse.
- Interpret reliable public data sources to find statistical and epidemiologic data on incidence, prevalence, and trends in drug, tobacco and alcohol use.

J. Analyze arguments on both sides of a selected controversial issue, such as drug testing in the workplace or legalization of marijuana.

## Course Content

- Exploration of world-wide substance abuse and historical effects on societies and cultures
- Introduction to drugs and society
  - History of drugs and drug use
  - Prevalence and demographics
  - Epidemiological and statistical data
- Definitions of drug use, misuse and abuse
  - Origin and nature of addiction
  - Cycle of drug addiction
  - Signs of drug misuse and abuse
- Identify the factors associated with the use of specific substances
  - Populations at most risk
- Drug use, regulation, and the law
  - The role of federal agencies
  - Public policies in the U.S.
  - Current controversies
  - Historical legal cases
  - Federal agencies focused on drug abuse prevention
- Homeostatic systems and drugs
  - Neurological and physiological effects on the central nervous system
  - The role of heredity
  - Other physiological effects
- How and why drugs work
  - Pharmacology of drugs
  - Beneficial versus harmful effects
  - Drug categories
    - CNS depressants
      - Sedative-hypnotics
      - Alcohol: pharmacological effects and behavioral perspective
      - Narcotics (opioids)
      - Marijuana
    - Stimulants
      - Tobacco
      - Amphetamines
      - Cocaine
      - Caffeine
    - Hallucinogens (psychedelics)
      - Nature of hallucinogens
      - Types of hallucinogens
    - Inhalants
      - Types of inhalants
      - Current patterns and signs of abuse
  - Over the counter (OTC), prescriptions and herbal drugs
    - Use, misuse, abuse
- Drug use within major sub-cultures
  - Youth
  - Adults
  - High risk populations
  - Ethnic disparities
- Social issues surrounding drug use, abuse, prevention and laws
  - Impact on society
  - Drugs and crime
  - Political and economic factors
- Drug abuse prevention
  - Family-based programs
  - Community-based programs
- Treating drug dependence

1. Assessing addiction and readiness to change
2. Principles of treatment
3. Rehabilitation strategies

## Discipline(s)

Health

## Lab Content

Not applicable.

## Special Facilities and/or Equipment

- A. Computer projection equipment and document camera. Students need internet access.
- B. When taught via Foothill Global Access, on-going access to computer with email software and hardware; email address.

## Method(s) of Evaluation

- A. Exams
- B. Quizzes
- C. Written assignments
- D. Projects

## Method(s) of Instruction

- A. Lecture
- B. Discussion
- C. Case analysis and discussion questions
- D. Online discussions/chat
- E. Practice activities to gauge understanding of content
- F. Review of comprehension of key concepts
- G. Quiz knowledge of key terms

## Representative Text(s) and Other Materials

Hanson, et al. Drugs and Society. Burlington, MA: Jones and Bartlett Learning, 2018.

Abadinsky. Drug Use and Abuse. Cengage Learning, 2018.

Goldberg. Drugs Across the Spectrum. Cengage Learning, 2018.

Hart and Ksir. Drugs, Society and Human Behavior. McGraw Hill, 2015.

## Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

- A. Assigned reading from textbook and completion of post-tests at the end of each section of the course (approximately 50 pages/week).
- B. Practice activities to gauge understanding of content.
- C. Review comprehension of key concepts.
- D. Quiz knowledge of key terms.
- E. Through case study investigation and analysis, apply learned concepts.
- F. Review of authoritative internet sources regarding world-wide substance abuse and historical effects on societies and cultures.