**HEALTH (HLTH)**

**HLTH 20 • INTRODUCTION TO PUBLIC HEALTH**

Units: 5  
Hours: 5 lecture per week (60 total per quarter)  
Advisory: One of the following: ENGL 1A, 1AH, 1S & 1T, or ESLL 26.  
Degree and Credit: Degree-Applicable Credit Course  
Status:  
Foothill GE: Area VII: Lifelong Learning  
Transferable: CSU/UC  
Grade Type: Letter Grade (Request for Pass/No Pass)  
Repeatability: Not Repeatable

Introduction to and an overview of public health. It covers: identifying and addressing population health challenges; determinants of health; and an overview of the health system. The basic concepts and terminologies of public health along with the history and accomplishments of public health officials and agencies are reviewed. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines are covered. Key topics include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and health care policy and management.

**HLTH 22 • HEALTH & SOCIAL JUSTICE**

Units: 4  
Hours: 4 lecture per week (48 total per quarter)  
Advisory: One of the following: ENGL 1A, 1AH, 1S & 1T, or ESLL 26.  
Degree and Credit: Degree-Applicable Credit Course  
Status:  
Foothill GE: Area VII: Lifelong Learning  
Transferable: CSU/UC  
Grade Type: Letter Grade (Request for Pass/No Pass)  
Repeatability: Not Repeatable

This course provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students will explore how education, socioeconomic status, racism and gender shape health epidemics and policy development. The basic skills necessary for advocating for health and social justice will be theoretically demonstrated.

**HLTH 23 • DRUGS, HEALTH & SOCIETY**

Units: 4  
Hours: 4 lecture per week (48 total per quarter)  
Advisory: One of the following: ENGL 1A, 1AH, 1S & 1T, or ESLL 26.  
Degree and Credit: Degree-Applicable Credit Course  
Status:  
Foothill GE: Area VII: Lifelong Learning  
Transferable: CSU/UC  
Grade Type: Letter Grade (Request for Pass/No Pass)  
Repeatability: Not Repeatable

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.
HLTH 101 • INTRODUCTION TO COMMUNITY HEALTH WORK
Units: 5
Hours: 5 lecture per week (60 total per quarter)
Advisory: HLTH 20, HLTH 21.
Degree and Credit: Non-Degree-Applicable Credit Course
Status:
Foothill GE: Non-GE
Transferable: None
Grade Type: Letter Grade Only
Repeatability: Not Repeatable

This course provides an overview of skills related to the role of a community health worker. Students will learn skills related to effective health promotion/outreach, health interviewing, patient eligibility navigation, pandemic related navigation, and cultural humility practices.

HLTH 300 • HEALTH ACROSS THE LIFESPAN
Units: 5
Hours: 5 lecture per week (60 total per quarter)
Degree and Credit: Degree-Applicable Credit Course
Status:
Foothill GE: Non-GE
Transferable: CSU
Grade Type: Letter Grade Only
Repeatability: Not Repeatable

Examines the basic principles that guide growth, development and the health of individuals across the lifespan, from the prenatal period through senescence. Presents methodological, conceptual and substantive issues necessary for understanding and evaluating empirically based information about growth, development and health at different stages of life and from a public health perspective. Course covers several themes, including contributions of biological and environmental factors to health and human development, measuring the health of individuals in communities, understanding determinants and consequences of health and development across the lifespan, measuring population health and assessing the implications of health disparities. This is an upper division General Education course, intended for students in the Dental Hygiene Baccalaureate Degree Program; enrollment is limited to students accepted in the program.