

**Credit Hours:** 3

**Contact Hours:** This is a 3-credit course, offered in accelerated format. This means that 16 weeks of material is covered in 8 weeks. The exact number of hours per week that you can expect to spend on each course will vary based upon the weekly coursework, as well as your study style and preferences. You should plan to spend 14-20 hours per week in each course reading material, interacting on the discussion boards, writing papers, completing projects, and doing research.

**Faculty Information:** Faculty contact information and office hours can be found on the faculty profile page.

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## **COURSE DESCRIPTION AND OUTCOMES**

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**Course Description:**

This course provides students with the skills needed to assess and enhance the health of a community. Students focus on health behaviors, environmental influences, health policy, and economic and healthcare system issues in health promotion and disease prevention.

**Course Overview:**

This course examines the role of population health in our society. The course explores topics such as the political implications of population health management, the impact of consumer behavior, the role of the patient, the various settings where population health exists, and the desired outcomes of population health initiatives. Risk management and legal implications of the implementation of population health are also examined in various healthcare settings.

**Course Learning Outcomes:**

1. Discuss the principles of population healthcare.
2. Evaluate population health initiatives for targeted communities, populations, and/or service areas.
3. Evaluate the social, economic, political, and cultural determinants that impact the population's health outcomes.
4. Develop appropriate population health initiatives.
5. Discuss solutions for addressing population health needs.
6. Analyze the role of community engagement in the development of population health programs.

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## **PARTICIPATION & ATTENDANCE**

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Prompt and consistent attendance in your online courses is essential for your success at CSU-Global Campus. Failure to verify your attendance within the first 7 days of this course may result in your withdrawal. If for some reason you would like to drop a course, please contact your advisor.

Online classes have deadlines, assignments, and participation requirements just like on-campus classes. Budget your time carefully and keep an open line of communication with your instructor. If you are having technical problems, problems with your assignments, or other problems that are impeding your progress, let your instructor know as soon as possible.

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## COURSE MATERIALS

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### Required:

Nash, D. B., Fabius, R. J., Skoufalos, A., Clarke, J. L., & Horowitz, M. R. (2016). *Population health: Creating a culture of wellness*. Burlington, MA: Jones & Bartlett Learning. ISBN-13: 9781284047929

**NOTE:** All non-textbook required readings and materials necessary to complete assignments, discussions, and/or supplemental or required exercises are provided within the course itself. Please read through each course module carefully.

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## COURSE SCHEDULE

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### Due Dates

The Academic Week at CSU-Global begins on Monday and ends the following Sunday.

- **Discussion Boards:** The original post must be completed by Thursday at 11:59 p.m. MT and Peer Responses posted by Sunday 11:59 p.m. MT. Late posts may not be awarded points.
- **Critical Thinking:** Assignments are due Sunday at 11:59 p.m. MT.

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## WEEKLY READING AND ASSIGNMENT DETAILS

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### Module 1

#### Readings

- Preface – Page 42 (Chapter 3) in *Population Health: Creating a Culture of Wellness*

#### Discussion (25 points)

### Module 2

#### Readings

- Chapters 3-5 in *Population Health: Creating a Culture of Wellness*

#### Discussion (25 points)

#### Critical Thinking (100 points)

Choose one of the following two assignments to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission. Note that, while there are two options for the Critical Thinking Assignment, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

#### **Option #1: Affordable Care Act**

In March 2010, the Affordable Care Act was passed. Identify at least three key reasons why you think the healthcare reform bill was passed and the impact it is going to have on population health. You may choose to examine this from the perspective of the state where you reside. Research Medicaid enrollments in your home state and compare these to various health determinants. What are your findings? How does this complicate the delivery of healthcare? Prepare a 3- to 4-page essay discussing your findings. Identify your thoughts and perspective on whether you think the bill will be successful in what it is set out to achieve as it pertains to population health. You may also include which groups may benefit more than others.

Your submission should be 3-4 pages in length (excluding cover page and references) and formatted according to the CSU-Global Guide to Writing & APA. Be sure to discuss and reference concepts taken from the assigned

textbook reading and relevant research. You must include a minimum of three credible academic or professional references beyond the text or other course materials. Review the grading rubric to see how you will be graded for this assignment. Utilize headings to organize the content in your work.

### **Option #2: Universal Healthcare**

Select a country with Universal Healthcare and research the way in which this system operates. Be familiar with the functionality of the system, its pros and cons and short- and long-term impact on the way in which healthcare is being evenly distributed to the citizens of this location. Compare your findings to the delivery of healthcare services who elected to participate in the Affordable Care Act.

Your submission should be 3-4 pages in length (excluding cover page and references) and formatted according to the CSU-Global Guide to Writing & APA. Be sure to discuss and reference concepts taken from the assigned textbook reading and relevant research. You must include a minimum of three credible, academic or professional references beyond the text or other course materials. Review the grading rubric to see how you will be graded for this assignment. Utilize headings to organize the content in your work.

### **Portfolio Project Milestone (25 points)**

Choose one of the following two Portfolio Milestones to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission. Note that, while there are two options for the milestone, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

#### **Milestone Option #1: Portfolio Topic (Written)**

Submit your Portfolio Topic to your instructor for preliminary approval. Provide reasons for your choice. Your submission should contain no more than 1 page of content, framed by a cover page and references page, and include key points you wish to include in your final project. This assignment is required and is worth 25 points.

Format your text and references according to the CSU-Global Guide to Writing & APA. A cover page is required.

#### **Milestone Option #2: Portfolio Topic (PowerPoint)**

Submit your Portfolio Topic to your instructor for preliminary approval. Provide reasons for your choice. For this option, your submission should be in the form of a PowerPoint presentation. Since this is a PowerPoint, you must include a title slide, slides containing the body of the paper, references to support your ideas, and detailed speaker notes to highlight key points you wish to include in your final project. This assignment is required and is worth 25 points.

Format your text and references according to the CSU-Global Guide to Writing & APA. A cover/title slide is required.

## **Module 3**

### **Readings**

- Chapters 6 & 7 in *Population Health: Creating a Culture of Wellness*.

### **Discussion (25 points)**

#### **Critical Thinking (100 points)**

Choose one of the following two assignments to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission. Note that while there are two options for the Critical Thinking Assignment, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

### **Option #1: Change Model Brochure**

It is important to be aware of where one's local public health department is located and what they offer. For this assignment, the suggestion is to meet officially with a member in charge at the Health Department in your area. If no one is able to meet with you, then you may elect to host this over the phone. Upon conclusion of the interview, develop a two-sided brochure that examines how the change model could be used specifically for a chosen behavior and what you feel the impact of change will be. Reflect on the Transtheoretical Model of Behavior Change which helps to guide us to break down our plan to change behavior into several stages.

Your two-sided brochure should be formatted according to the CSU-Global Guide to Writing & APA. Be sure to discuss and reference concepts taken from the assigned textbook reading and relevant research. You must include a minimum of three credible academic or professional references beyond the text or other course materials. Review the grading rubric to see how you will be graded for this assignment.

### **Option #2: Healthcare Provider Training**

It is very important that patients are involved in their care process. They must feel empowered by healthcare providers and be allowed to contribute to the decisions related to their care. In order to ensure that this occurs, healthcare providers need to improve in the area of patient engagement. For this assignment, develop a PowerPoint training for healthcare providers on how to successfully engage patients. Identify key considerations that must be made and how to go about incorporating these into patient interaction.

Your PowerPoint presentation should be 7-10 slides in length (excluding cover page and references) and formatted according to the CSU-Global Guide to Writing & APA. Be sure to discuss and reference concepts taken from the assigned textbook reading and relevant research. You must include a minimum of three credible academic or professional references beyond the text or other course materials. Review the grading rubric to see how you will be graded for this assignment.

## **Module 4**

### **Readings**

- Chapters 8 & 9 in *Population Health: Creating a Culture of Wellness*.

### **Discussion (25 points)**

#### **Critical Thinking (50 points)**

#### **Career Development: Population Health Position Flyer**

Population health is a growing field, and many positions will be available in the near future. Select a specific population health position. Develop a one-page flyer, identifying and explaining each of the following:

- Position description
- Education requirement
- Skills, competencies, knowledge
- National career salary outlook.

Your submission should be 1 page in length and formatted according to the CSU-Global Guide to Writing & APA. Be sure to discuss and reference concepts taken from the assigned textbook reading and relevant research. You must include a minimum of three credible, academic or professional references beyond the text or other course materials. Review the grading rubric to see how you will be graded for this assignment.

### **Portfolio Project Milestone (25 points)**

Choose one of the following two Portfolio Milestones to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission. Note that, while there are two options for the milestone, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

### **Milestone Option #1: Portfolio Written Outline**

Submit a **written outline** of your Portfolio Project.

- State your paper topic.
- Provide a **written outline** of your paper.
  - Your outline should include headers (the major topics), major resources, and the intended flow of the information in the project.
  - Under each header, write a few sentences describing what you think you might cover in that section.
- Provide three articles that you might consider using for your final Portfolio Project. These sources cannot include the textbook or other course materials.
- Give a short reason why you feel each source would be pertinent to your project. This is not expected to be a final list. The goal here is to motivate you to begin examining research that might help you in your final Portfolio Project.

### **Milestone Option #2: Portfolio Concept Map**

Submit a **concept map** of your Portfolio Project that visualizes the paper topic and the impact that each of the project's components and subtopics have toward success.

- State your paper topic.
- Provide a **concept map** for your paper.
  - Your concept map should include headers (the major topics), major resources, and the intended flow of the information in the project.
  - For each major topic listed, include a few sentences describing what you think you might cover in that section. If you'd like to keep your concept map's appearance clean, you may submit the topic descriptions in a separate document.
- Provide three articles that you might consider using for your final Portfolio Project. These sources cannot include the textbook or other course materials.  
Give a short reason why you feel each source would be pertinent to your project. This is not expected to be a final list. The goal here is to motivate you to begin examining research that might help you in your final Portfolio Project. Again, the rationale for resources can be submitted in a separate document, if preferred.

## **Module 5**

### **Readings**

- Chapters 10-14 in *Population Health: Creating a Culture of Wellness*

### **Discussion (25 points)**

#### **Critical Thinking (100 points)**

Choose one of the following two assignments to complete this week. Do *not* complete both assignments.

Identify your assignment choice in the title of your submission. Note that, while there are two options for the Critical Thinking Assignment, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

#### **Option #1: Public Health & Population Health**

Conduct an investigation of public health and population health. Each term should be reviewed independently—as well as jointly—to determine its influence on the other. Identify the similarities and differences between the different terms and compare and contrast the outcomes of each.

Your paper should be 3-4 pages in length (excluding cover page and references) and formatted according to the CSU-Global Guide to Writing & APA. Be sure to discuss and reference concepts taken from the assigned textbook reading and relevant research. You must include a minimum of three credible academic or professional

references beyond the text or other course materials. Review the grading rubric to see how you will be graded for this assignment.

### **Option #2: Canadian Population Health**

Canada has universal healthcare coverage in place for its citizens. Investigate the delivery of healthcare in Canada specific to population health. What strategies do they use that are different than what the U.S. is doing, and what can we learn from this insight to better implement population health in our country?

Your paper should be 3-4 pages in length (excluding cover page and references) and formatted according to the CSU-Global Guide to Writing & APA. Be sure to discuss and reference concepts taken from the assigned textbook reading and relevant research. You must include a minimum of three credible academic or professional references beyond the text or other course materials. Review the grading rubric to see how you will be graded for this assignment.

## **Module 6**

### **Readings**

- Chapters 15-17 in *Population Health: Creating a Culture of Wellness*

### **Discussion (25 points)**

### **Critical Thinking (100 points)**

Choose one of the following two assignments to complete this week. Do *not* complete both assignments. Identify your assignment choice in the title of your submission. Note that, while there are two options for the Critical Thinking Assignment, there is only one rubric. Review the rubric to confirm you are meeting the assignment requirements.

### **Option #1: County Employee Wellness Initiatives Proposal**

Investigate the statistics surrounding employee wellness initiatives in your local county within the state you reside. You will develop a written report to analyze the statistical data. To begin, review a wellness plan for a specific organization and research what is involved in the program, what it hopes to achieve, and statistics of success from program participation. To find comparison data, you will interview with the local county health department. Also, use government-sponsored web links to investigate county and statewide statistics. Compare and contrast your state and county population health statistics against those of the nation as a whole.

You will:

- review your local census/population data
- visit the health department (interview those in charge of wellness) and determine income/economic impact
- investigate national statistics of chronic disease
- obtain a population health statement from your local healthcare organization to gather information.

Complete an analysis of your county's status and provide recommendations for impactful change to your local population based on your research and findings.

Your paper should be 4-5 pages in length (excluding cover page and references) and formatted according to the CSU-Global Guide to Writing & APA. Be sure to discuss and reference concepts taken from the assigned textbook reading and relevant research. You must include a minimum of three credible, academic or professional references beyond the text or other course materials including two government, statistical websites, one academic article, and your interview (personal communication). Review the grading rubric to see how you will be graded for this assignment.

## **Option #2: Organizational Employee Wellness Initiative**

Employee wellness initiatives are becoming more popular among organizations as a means of encouraging health and wellness of their employees. Identify an area of health and wellness that an employer may choose to target and which may impact a large number of employees.

Your paper should discuss the main initiatives that will be given to employees. This information will later be formed into a memo/diagram, which will be shared in public places so that employees can be made aware of the initiative, what it targets, what it offers, and what outcome they should hope to achieve as well as any incentives the company plans to offer.

The paper should contain:

- The name of the initiative
- Picture or a diagram that represents the initiative
- Purpose of initiative
- Discussion of a minimum of four or five reasons why this initiative is important.
- Anticipated outcome(s) of the initiative
- Target audience (e.g., staff, nursing, admin, etc.).

The memo / diagram should contain:

- The name of the initiative
- Picture or diagram, creative and organized, that catches the attention of the employee
- Anticipated outcome(s)

Your submission should be 4-5 pages in length (excluding cover page and references) and formatted according to the CSU-Global Guide to Writing & APA. Be sure to discuss and reference concepts taken from the assigned textbook reading and relevant research. You must include a minimum of three credible academic or professional references beyond the text or other course materials. The memo/diagram is a 1-page supplement to the paper. This document is to be displayed for public view to increase employee awareness of the initiative. Review the grading rubric to see how you will be graded for this assignment.

## **Module 7**

### **Readings**

- Chapters 18 & 19 in *Population Health: Creating a Culture of Wellness*

### **Discussion (25 points)**

## **Module 8**

### **Readings**

- Chapter 20 in *Population Health: Creating a Culture of Wellness*

### **Discussion (25 points)**

### **Portfolio Project (300 points)**

Choose one of the following two Portfolio Projects to complete. Do not do both assignments. Identify your assignment choice in the title of your submission. Review the Portfolio Project grading rubric to understand how you'll be graded on your project.

Population health is studied in an effort to enhance the health status of a particular group. This may be done by using evidence-based preventive services, improving quality of care and patient safety, and by improving care coordination across the healthcare continuum.

### Portfolio Project Option #1: Affected Populations

Select a population and a topic or issue relevant to this population. Clearly identify why you chose this topic and its importance to population health. What is the history of the topic (i.e., cause)? Interpret the frequency and severity of any health effects it causes. Analyze any past attempts or anticipated future attempts to address the issue and their success rates. Your paper should include the following sections related to the issue:

- Introduction
- Analysis of the Affected Population
- Measuring Outcomes
- Anticipated Health Inequalities
- Conclusion.

Your paper should be 6-8 pages in length (excluding cover page and references) and formatted according to the CSU-Global Guide to Writing & APA. Be sure to discuss and reference concepts taken from the assigned textbook reading and relevant research. You must include a minimum of eight credible academic or professional references beyond the text or other course materials. Review the grading rubric to see how you will be graded for this assignment.

### Portfolio Project Option #2: Population Health Literature

Read and critique a book or article of your choice related to population health. Some choices include but are not limited to:

Durovich, C. J., & Roberts, P. W. (2018). Designing a community-based population health model. *Population Health Management, 21*(1).

The National Academies Press (2015). *Vital signs: Core metrics for health and healthcare progress* (Chapter 1). The National Academy of Sciences. Washington, D.C.

Stoto, M. A. (2014). Population health measurement: Applying performance measurement concepts in population health settings. *eGEMs, 2*(4), 1132. <http://doi.org/10.13063/2327-9214.1132>

Discuss why you chose the book or article, why you feel it was written, some of the main topics that it addresses, and its importance and relevance to population health. Examine what aspects of the book you felt were most interesting and why you felt this way. Evaluate the author's findings. Compare your opinion on their interpretation and determine if you agree. Based on your choice, indicate why or why not.

In your final presentation, include some, if not all, of the following topics/slides:

- Introduction
- Main Issue
- Evaluation of Concern
- Addressing the Issue
- Conclusion

Your PowerPoint presentation should be 12-15 slides in length (excluding title slide and references) and formatted according to the CSU-Global Guide to Writing & APA. Be sure to discuss and reference concepts taken from the assigned textbook reading and relevant research. **You must include detailed, thorough speaker notes for each content slide in your submission.** You must include a minimum of eight credible academic or professional references beyond the text or other course materials. Review the grading rubric to see how you will be graded for this assignment.

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## COURSE POLICIES

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Grading Scale	
A	95.0 – 100
A-	90.0 – 94.9
B+	86.7 – 89.9
B	83.3 – 86.6
B-	80.0 – 83.2
C+	75.0 – 79.9
C	70.0 – 74.9
D	60.0 – 69.9
F	59.9 or below

### Course Grading

20% Discussion Participation  
45% Critical Thinking Assignments  
35% Portfolio Project & Milestones

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## IN-CLASSROOM POLICIES

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For information on late work and incomplete grade policies, please refer to our [In-Classroom Student Policies and Guidelines](#) or the Academic Catalog for comprehensive documentation of CSU-Global institutional policies.

### **Academic Integrity**

Students must assume responsibility for maintaining honesty in all work submitted for credit and in any other work designated by the instructor of the course. Academic dishonesty includes cheating, fabrication, facilitating academic dishonesty, plagiarism, reusing /re-purposing your own work (see *CSU-Global Guide to Writing and APA Requirements* for percentage of repurposed work that can be used in an assignment), unauthorized possession of academic materials, and unauthorized collaboration. The CSU-Global Library provides information on how students can avoid plagiarism by understanding what it is and how to use the Library and Internet resources.

### **Citing Sources with APA Style**

All students are expected to follow the *CSU-Global Guide to Writing and APA Requirements* when citing in APA (based on the APA Style Manual, 6th edition) for all assignments. For details on CSU-Global APA style, please review the APA resources within the CSU-Global Library under the “APA Guide & Resources” link. A link to this document should also be provided within most assignment descriptions in your course.

### **Disability Services Statement**

CSU-Global is committed to providing reasonable accommodations for all persons with disabilities. Any student with a documented disability requesting academic accommodations should contact the Disability Resource Coordinator at 720-279-0650 and/or email [ada@CSUGlobal.edu](mailto:ada@CSUGlobal.edu) for additional information to coordinate reasonable accommodations for students with documented disabilities.

### **Netiquette**

Respect the diversity of opinions among the instructor and classmates and engage with them in a courteous, respectful, and professional manner. All posts and classroom communication must be conducted in accordance with the student code of conduct. Think before you push the Send button. Did you say just what you meant? How will the person on the other end read the words?

Maintain an environment free of harassment, stalking, threats, abuse, insults or humiliation toward the instructor and classmates. This includes, but is not limited to, demeaning written or oral comments of an ethnic, religious, age, disability, sexist (or sexual orientation), or racist nature; and the unwanted sexual advances or intimidations by email, or on discussion boards and other postings within or connected to the online classroom. If you have concerns about something that has been said, please let your instructor know.