

Course Title	Health Promotion: Safeguarding and Maintaining Wellbeing in Populations				
Course Code	MPH-515				
Course Type	Required				
Level	2 nd Cycle				
Year / Semester	1 / 1				
Teacher's Name	Dr Souzana Achilleos				
ECTS	5	Lectures	14	Interactive learning activities	13
Course Purpose and Objectives	<p>The main objectives of the course are to:</p> <ul style="list-style-type: none"> • Apply the principles of Health Promotion to prevent disease and improve health in populations through individualistic and wider environmental approaches. • Apply models of predicting and explaining health behaviour in groups of people for developing and implementing health promotion programmes. 				
Learning Outcomes	<p>After completion of the course students are expected to be able to:</p> <ol style="list-style-type: none"> 1. Apply the principles of Health Promotion to prevent disease, improve health, and maintain wellbeing in populations. 2. Design health promotion programmes for dealing with specific Public Health challenges and critically evaluate how these are successfully implemented and monitored, including the basic principles and tools of budget and resource management. 3. Analyse the processes by which health education, health literacy, and health consciousness, determine health-related lifestyle behaviours and choices. 4. Analyse the processes by which environmental, occupational, societal, political, and economic factors determine health-related lifestyle behaviours and choices. 5. Critically evaluate the major models of predicting and explaining health-related behaviours in groups of individuals. 6. Design intervention programmes specifically for modifying health-related behaviours among groups of individuals. 7. Critically evaluate the major models of predicting and explaining health-related behaviours due to social determinants of health. 8. Design intervention programmes specifically for modifying health-related behaviours in groups of people, via targeting social determinants of health. 9. Analyse health protection and health promotion in the context of mass population movement for the purposes of recreation (e.g. tourism), relocation (e.g. working/retiring abroad), or due to forced migration (e.g. as a result of armed conflict or natural disasters). 10. Design health protection and promotion programmes aimed at tackling threats to public health stemming from mass population movements, both for the origin and the host population. 				
Prerequisites	None	Required	None		

Course Content	<ol style="list-style-type: none">1. Principles and purpose of Health Promotion2. Designing and monitoring Health Promotion programmes3. Determinants of health-related lifestyle behaviours I: health education, health literacy, and health consciousness4. Determinants of health-related lifestyle behaviours II: environmental, occupational, societal, political, and economic factors5. Predicting and modifying health-related behaviour in population groups I: targeting individuals6. Predicting and modifying health-related behaviour in population groups II: targeting social determinants7. Health protection and promotion in the context of population movements				
Teaching Methodology	This programme is delivered via distance learning (online) and includes recorded lectures, interactive online tutorials (Webinars) and discussion forums, as well as online exercises and other activities.				
Bibliography	Required Textbooks / Reading:				
	Title	Author(s)	Publisher	Year	ISBN
	Foundations for Health Promotion, 3e (Public Health and Health Promotion)	Naidoo J, Wills J	Elsevier	2009	978-0702037535
	Society for Public Health Education (SOPHE).; Health Promotion Programs: from Theory to Practice	Fertman CI, Allensworth DD	Jossey-Bass, Wiley	2016	978-1-119-16333-6
	Migration and Health	Galea S, Ettman CK, Zaman MH	University of Chicago Press	2022	978-0226822488
	Recommended Textbooks / Reading:				
	Title	Author(s)	Publisher	Year	ISBN

	Health Promotion: Planning & Strategies (4 th ed.)	Green J, Tones K, Cross R, Woodall J	SAGE Publications Ltd	2019	978-1529770599
	Foundations for Health Promotion (5 th ed.)	Wills J	Elsevier	2022	978-0702085062
Assessment	Online quiz (formative) Coursework (1 assignment) – 30% Mandatory interactive activities and webinar attendance/participation – 10% Final exam – 60%				