

**COURSE DATA****DATA SUBJECT**

Code: 42686
Name: Epidemiology and prevention of disease and injury
Cycle: Master's Degree
ECTS Credits: 3
Academic year: 2025-26

STUDY (S)

Degree	Center	Acad. year	Period
2124 - Master's Degree in Public Health and Healthcare Management	Facultat de Farmàcia i Ciències de L'alimentació	1	First quarter

SUBJECT-MATTER

Degree	Subject-matter	Character
2124 - Master's Degree in Public Health and Healthcare Management	Promotion of good health and disease prevention	COMPULSORY

COORDINATION

SAIZ SANCHEZ M DEL CARMEN

SUMMARY

The aim of the course is to provide students with the knowledge, skills and attitudes about the most prevalent diseases in Western countries, organic and functional disorders which require a modification of the lifestyle of the individual. Then its relationship with lifestyle and social and cultural patterns of modern societies work. It will also review the main epidemiological characteristics of "risk factors of the century" with its growth and possible expansion to developing countries noting that much of the mortality is preventable and avoidable causes changing lifestyles. Application of health education in public health strategy as a basic instrument at the stage of restoration and promotion of health and finally present the main features of research in the field of these diseases

PREVIOUS KNOWLEDGE**RELATIONSHIP TO OTHER SUBJECTS OF THE SAME DEGREE**

There are no specified enrollment restrictions with other subjects of the curriculum.

OTHER REQUIREMENTS

There isnt



COMPETENCES / LEARNING OUTCOMES

2124 - Master's Degree in Public Health and Healthcare Management

Be able to integrate into teams, both as managers or coordinators and for specific and limited functions and in support of the team or of others.

Capacidad de integrar las nuevas tecnologías en su labor profesional y/o investigadora.

Capacidad para aplicar los conocimientos adquiridos a la resolución de problemas en salud pública.

Capacidad para formular una hipótesis, diseñar y desarrollar un proyecto de investigación.

Capacidad para integrar conocimientos y enfrentarse a la complejidad de formular juicios y tomar decisiones a partir de una información que, en muchas ocasiones es incompleta o limitada, e incluya reflexiones sobre las responsabilidades sociales y éticas vinculadas a la aplicación de sus conocimientos y juicios.

Capacitarlo para trabajar en equipos multidisciplinares reproduciendo contextos reales y aportando y coordinando los propios conocimientos con los de otras ramas e intervinientes.

Comprender los fundamentos de los métodos estadísticos y epidemiológicos, en general y aplicados a problemas específicos de salud.

Comprender los principios de la planificación sanitaria y el diseño y la evaluación de programas de salud para población general y con necesidades especiales.

Conocer los conceptos propios de la medicina preventiva, la epidemiología, y la salud pública, su relación con el contexto socioeconómico y su evolución a lo largo del tiempo.

Conocer los fundamentos de las principales estrategias de prevención de la enfermedad, protección y promoción de la salud actualmente disponibles.

Critically analyze both his/her work and that of the colleagues.

Dotarles de práctica en las técnicas de exposición oral, escrita, presentaciones, paneles, etc- para comunicar sus conocimientos, propuestas y posiciones.

Elaborar planes para analizar la situación de la salud de la comunidad.

Elaborar programas para gestionar y evaluar servicios sanitarios.

Identificar y priorizar los determinantes de salud y los estilos de vida saludable de una población.

Participate in, lead and coordinate debates and discussions, be able to summarize them and extract the most relevant conclusions accepted by the majority.

Poder aplicar sus conocimientos sobre problemas concretos y saber resumir y extraer los argumentos y las conclusiones más relevantes para su resolución.



Saber trabajar en equipo con eficacia y eficiencia, y con capacidad de comunicación social.

Ser competente para intervenir en situaciones de emergencia sanitaria.

Students should apply acquired knowledge to solve problems in unfamiliar contexts within their field of study, including multidisciplinary scenarios.

Students should be able to integrate knowledge and address the complexity of making informed judgments based on incomplete or limited information, including reflections on the social and ethical responsibilities associated with the application of their knowledge and judgments.

Students should communicate conclusions and underlying knowledge clearly and unambiguously to both specialized and non-specialized audiences.

Students should demonstrate self-directed learning skills for continued academic growth.

Students should possess and understand foundational knowledge that enables original thinking and research in the field.

DESCRIPTION OF CONTENTS

1. Epidemiology of chronic diseases

Epidemiology of chronic diseases. Rating epidemiological and public health importance. Morbidity. Mortality. Risk factors. Prevention levels. Epidemiology and prevention of diabetes mellitus. Epidemiology of degenerative diseases of the nervous system. Parkinson's Disease and Alzheimer's. Epidemiology and prevention of respiratory diseases. Epidemiology and prevention of cardiovascular diseases. Cancer epidemiology.

2. Epidemiology of tobacco consumption

Smoking as a public health problem. Epidemiology snuff consumption. Snuff and other diseases. Passive smoking. Snuff and pregnancy. Legislative measures of snuff. Healthcare. Information and health education. Smoking cessation. Health and social costs of smoking in Spain.

3. Design of health programs

Determination of health needs. Selection of priorities. Phases Formulation of objectives in the development of programs. Evaluation of a program. Identification of activities and resources. Health workshops. Community intervention. Fundamentals of teamwork. Self-care and self-help groups.

WORKLOAD



PRESENCIAL ACTIVITIES

Activity	Hours
Theory	24,00
Total hours	24,00

NON PRESENCIAL ACTIVITIES

Activity	Hours
Attendance at other activities	0,00
Individual or group project	6,00
Independent study and work	14,00
Preparation of lessons	5,00
Preparation for assessment activities	10,00
Resolution of case studies	6,00
Total hours	41,00

TEACHING METHODOLOGY

Theoretical and participative lessons

Reading and discussion of documents

Resolution of practical cases

Problem solving

Supervised work in groups

Projects development

Seminars

Individual tutoring

EVALUATION

Examination theory. Minimum Weighting: 70%. Maximum weight: 70%

Practical test. Minimum Weighting: 10%. Maximum weight: 100%

Group work assessment. Minimum weight: 5%. Maximum weight: 5%

Attendance and participation lectures. Minimum weight: 5%. Maximum weight: 5%

Class attendance and participation practices. Minimum weight: 5%. Maximum weight: 5%

Delivery of practical work. Minimum weight: 5%. Maximum weight: 5%



REFERENCES

- Piédrola G, Galvez R. Dominguez RV. Medicina Preventiva y Salud pública.10ª Ed. Barcelona : Edit. Masson 2001.
- Becoña E. Adicciones . Ed Monografia Tabaco, 2004 Vol 16 suplemento 2
- Argimon JM y Jiménez J.(2004) Metodos de investigación. Clínica y Epidemiologica.4ªed Elsevier España.
- Rothman KJ(1987)Epidemiologia Moderna Ed Diaz de Santos
- Baker PR Francis DP, Soares J, (2011)Community wide interventions for increasing physical activity. Cochane Database Syst Ver. 4 CD 008366.