Occidental College  
Urban and Environmental Policy (UEP)  
1882 Campus Road, Los Angeles, CA 90041

UEP 307 - Public Health Practicum  
Spring 2014

Instructor  
Name: Heng Lam Foong  
Telephone: 323-259-1457  
E-Mail: foong@oxy.edu  
Office Hours: Thurs. 3:00pm to 4:00pm & by appointment  
Office: UEP 204  
Classroom: Fowler 209  
Class Hours: Tuesdays (first two weeks only) and Thursdays from 5 pm to 6:25 pm  
Practicum Hours: Two 4-hour blocks for a total of 8 hours. Times vary by location.  
Please see Community Profiles.

Course Description:  
UEP 307 Public Health Practicum is designed to provide students with real-world experiences to develop new skills and enhance insights into multiple health issues, concerns and possible solutions.  
Public health is a vast field which includes many focus areas such as health education, policy, environmental health, epidemiology, maternal child health, and nutrition. Under supervision of the course instructor and in collaboration with a community proctor, students will partner with a health focused non-profit organization, community clinic, or government agency to develop mutually beneficial community-based learning project(s). During the course of the internship, students can expect to be active collaborators in improving the health of the community in the service area of our partner agencies by identifying and linking community members to health, legal and social service resources; developing health education materials and classes; facilitating trainings and workshops on healthy lifestyles; and helping to address any community identified health issue.  
The combination of the community health engagement experience, class discussions, reflection sessions, reading materials and journal entries will help students reflect on the complexities of keeping communities healthy, and what is required to implement and support preventive approaches especially in under-resourced, underserved communities. Students should expect to spend 8-hours a week (divided into two 4-hour segments) at their internship sites. Prerequisite: UEP 203

Course Aims:  
UEP 307 Public Health Practicum has six (6) specific aims:  
1. To introduce you to myriad areas of public health and allow you to put theory to practice.  
2. To challenge you to think critically about the social, cultural and systemic barriers to health.
3. To provide a unique opportunity for you to work alongside other health and social service practitioners such as community health promoters, and collaborate together to develop culturally relevant interventions.
4. To nurture your leadership, problem solving, inclusive decision making and teamwork skills.
5. To encourage you to develop a healthy curiosity about the diverse Los Angeles communities and develop respectful relationships and networks.
6. To help you to identify any specific areas of interests, which can lead to a clearer pathway into graduate school or public health profession.

Course Agreements & Expectations:

To ensure that all of us have the best possible learning experiences, let us mutually agree to bring our whole selves to class, to the internship and to any place where we gather to learn and reflect. Life happens and sometimes you or I will be late to class, or be late with an assignment. I will not know that you are facing any challenges unless you tell me. If you are unavoidably delayed, sick or have any reason to miss class or an assignment it is your responsibility to tell me as soon as possible.

As the course instructor, I propose that it is useful to have clear and specific expectations from the first day of class. These expectations are not meant to impose any undue hardship on you but are meant to support a respectful and professional learning environment for all of us, and for the community partners and members we will be collaborating with. I encourage you to consider that your display of professionalism and respect during this course, from being timely to communicating clearly and effectively, can have bearing on your future professional life. If you cannot meet any of the course expectations or need further clarification, please ask!

This course provides an important opportunity for students to experience a slice of the public health world through its community and class based aspects. As a student enrolled in UEP 307 please know that you will be expected to:

1. Attend and participate fully in all classes, internship, field trips and projects.
2. Submit all assignments in a timely manner; late submissions without proper justification will be marked down 0.5 points for each day they are late.
3. Dress appropriately - business casual attire and closed toed shoes are a requirement at all times, at all the internship sites.
4. Contact the community proctor and class Education in Action (EIA) student by phone if you will be late to your internship.
5. Your internship and class attendance count towards your grade so please let me know within 48-hours if you have missed an internship day.
6. Avoid using your cell phones to take/make any personal calls/text or browse the internet while you are in class or at your internship. If you absolutely have to take/make an urgent call, please step outside of the classroom.

Grading (Total 100 points):
Internship attendance & participation
Class & reflection session attendance and participation
Completion of reflection journals
Final class paper which will be due in 4-segments
Guidelines for your 10-paged, double spaced final class paper:

❖ Project paper Section 1 Organizational Background (DUE 2/13/14): Describe the organizational history of your internship host site. Include why it was established and by whom; how it currently operates; what services it offers; its current service area; and how it is financially supported to provide these services. (1.5 pages)

❖ Project paper Section 2 Community Profile and Health Needs Assessment (DUE 3/20/14): Describe any social, cultural and systemic barriers to health that are faced by community members living in the service area. Start by sharing the community profile of the organization’s service area; include a demographic profile and data (with citations) on the health status of the community. What barriers do community members face in trying to stay healthy? What services does the organization currently provide to remove some of these barriers? And what gaps remain? (2.5 pages)

❖ Project paper Section 3 Designed Health Project (DUE 4/17/14): What have you done so far at the internship site? Describe at least one relevant activity and/or product that you have developed/designed, and as importantly describe the process of development and share what skill sets you applied (teamwork, problem solving, negotiation skills etc.) What health need did the activity/product meet? In addition, how are you interacting with 1) organizational staff and 2) community members/clients, and how have these interactions influenced your view of public health? (2.5 pages)

❖ Final comprehensive project paper (DUE 5/5/14 at 12 pm PST in course instructor's mailbox at UEP). Combine sections 1, 2, 3 and 4, into one paper which provides a comprehensive overview of your public health practicum. Incorporate any edits and recommendations which I have shared and focus Section 4 on Evaluation and Recommendations. Describe your overall internship experience, and include at least one highlight and one challenge. What can the organization do better to improve the learning experiences of future public health practicum students (share at least two recommendations)? And what can the organization do to provide better or different services to the community in its service area? Share at least two recommendations citing evidence based programs and practices. (3.5 pages)
Readings include the following and articles which will be assigned weekly.


Other helpful resource materials:


## UEP 307 Course Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic/Activity</th>
<th>Assignment Key</th>
<th>Assignment this week</th>
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<tbody>
<tr>
<td>Fall 2013</td>
<td>Welcome to UEP 307: Public Health Practicum</td>
<td><strong>Read &amp; complete before first day of class</strong></td>
<td>1. Review partner profiles and submit your first two choices by email to <a href="mailto:foong@oxy.edu">foong@oxy.edu</a></td>
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<td>2. Complete ethno health family interview and bring it to the first class.</td>
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<td>3. Acquire TB clearance</td>
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<td>Distribute Emmons Health Records Request, student internship waiver (sign and bring to class on 1/23) and personal journals.</td>
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<td>☞ The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures (Discussion on 1/28/14)</td>
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<td>Schedule orientation.</td>
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<td>✐ Personal bio (DUE 1/23/14): Write and email to <a href="mailto:foong@oxy.edu">foong@oxy.edu</a> a one or two paragraph personal bio which will be sent to your community internship sites.</td>
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<td>Exchange contact information and develop commuting plan.</td>
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Cultural humility and cultural competence  
Community engagement & interviewing skills  
Journal question #1 (**DUE 1/30/14**): Please share your hopes and expectations for this course. Include what experiences & skills you’d like to bring to the sites and what you would like to learn. | **Assignments for 1/28 class**  
- The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures.  
- Miller & Rollinick (2002). OARS: 4 strategies of motivational interviewing (download from Moodle) |  
January 28 | Motivational interviewing skills (cont.)  
Small group activity: Motivational interviewing skills  
Internships begin this week. | **Assignments for 1/30 class**  
January 30 | The role of *promotores* in community health promotion and education.  
**Speaker:** Norma Benitez, Associate Director of Health | **Assignments for 2/6 class**  
- Health Reform Hits Main Street @ The Henry J. Kaiser Family Foundation. [http://bit.ly/dqb0g1](http://bit.ly/dqb0g1)  
| February 6 | Programs, Esperanza Community Housing Corporation.  
Water Works: The drinking water project  
**Speaker:** Ariana Oliva, Nutrition Policy Advocate, California Food Policy Advocates (CFPA) & Elizabeth Medrano, UEPI’s Healthy School Food Coalition.  
[Covered California](http://www.coveredca.com)  
[Neighborhood Legal Services of Los Angeles County](http://www.nlsla.org/programs/practices) |  
| | **Assignments for 2/13 class**  
| | Health benefits and what are changes in California with the implementation of the Affordable Care Act.  
**Speaker:** Toni Vargas, Attorney, Neighborhood Legal Services of Los Angeles County, Health Consumer Center.  
سائل باليغة المطلوبة **Project paper Section 1: Organizational Background (DUE 2/13/14).**  
Starting this week class will meet on Thursdays only, with any exceptions noted in the syllabus. |
| **February 13** | Diabetes: Impact on Los Angeles County communities and how to support effective management and prevention through healthy lifestyles.  

ажд. Speaker: Franco Reyna, MD, Associate Director, Mission Delivery, Latino Outreach, American Diabetes Association Los Angeles.  

这一天报告 Section 1 due by 5pm today by email or in class.  

这一天笔记 question #2 (due 2/20/14): Please write a journal entry on the first few weeks of your internship – share any highlights and challenges (if any) on how you are working with your class partners (students & promotora), with the community proctor, and with the community clients? |
| **Assignments for 2/20 class** | ✨ Healthy City  
http://www.healthycity.org/  

✨ 211 LA County  
http://www.211la.org/  

✨ LA County Helps!  
http://lacountyhelps.org  

✨ Los Angeles Times Mapping L.A. Neighborhoods  
http://projects.latimes.com/mapping-la/neighborhoods/  

✨ Hunger Action LA “Peoples Guide to Welfare Health and Other Services”  
http://www.hungeractionla.org/ |
| **February 20** | Tools for researching and identifying health and human service resources |
for the Los Angeles County community.

***Bring your laptops to class***

☕ Speaker: Jonathan Nomachi, MPP, Manager of Collaborative Initiatives, Advancement Project

話し合い: The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures.

✍ Journal question #2 due today.

<table>
<thead>
<tr>
<th>February 27</th>
<th>Reflection session #1</th>
<th>Assignments for 3/6 class</th>
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<tbody>
<tr>
<td></td>
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<td>✖ The Office of Minority Health National Standards on Culturally and Linguistically Appropriate Services (CLAS). Review 15 standards. <a href="http://1.usa.gov/mT0jjb">http://1.usa.gov/mT0jjb</a></td>
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<td>☝️ Kritz, F.L. (2010, December 27). Medical interpreters are a patient’s right. Los Angeles Times. <a href="http://lat.ms/1eElBWh">http://lat.ms/1eElBWh</a></td>
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<tr>
<td>Date</td>
<td>Topic</td>
<td>Assignments for 3/20 class</td>
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<td>Culturally relevant cancer health education materials, activities, recipes and toolkits can be found at:</td>
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<td>Susan G. Komen for the Cure <a href="http://sgk.mn/R5ADKP">http://sgk.mn/R5ADKP</a></td>
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<td>National Cancer Institute <a href="http://www.cancer.gov">www.cancer.gov</a></td>
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<td>March 13</td>
<td><strong>Spring break no class</strong></td>
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<td>March 20</td>
<td>Women’s health: Screening programs and support resources in Los Angeles County.</td>
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<td>Date</td>
<td>Event</td>
<td>Details</td>
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<td>March 27</td>
<td>Working with the older adult population: Lessons in age sensitivity</td>
<td>Speaker: Cathy Klose, RN, Director of Health Services, Foothill Unity Center.</td>
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<td>Journal question #3 ([DUE 4/3/14)]:</td>
<td>Reflect on a current public health news article and how it intersects with your field of study at Oxy. For example, if your area of study is environmental health or Chinese studies you can choose to focus your essay on the use of fireworks during the Lunar New Year, its significance to this cultural celebration and its impact of population health (poor air quality). Reflect on the opposing views and sum up your essay by developing your recommendation(s). You can use any of the articles that I’ve shared through the News Forum in Moodle or find one at a reputable site such as the Los Angeles or New York Times, the Guardian, the</td>
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Centers for Disease Control and Prevention or California Healthline. Public health topics are diverse and are reported on daily so have fun and be creative.

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<tr>
<th>Date</th>
<th>Activity</th>
<th>Assignment for next class</th>
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<tr>
<td>April 3</td>
<td>Reflection Session #2&lt;br&gt;Journal question #3 due in class today.</td>
<td><strong>Assignment for next class</strong>&lt;br&gt;Public Health week activity&lt;br&gt;“Public Health: Start Here”&lt;br&gt;<a href="http://www.nphw.org/2014">http://www.nphw.org/2014</a>&lt;br&gt;<a href="http://bit.ly/1kyqXYe">http://bit.ly/1kyqXYe</a></td>
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<td>Saturday, April 12&lt;br&gt;9am to 12pm</td>
<td><em>CHANGE IN CLASS DAY AND VENUE</em>&lt;br&gt;National Public Health week activity.&lt;br&gt;Tour of Charles Drew University School of Public Health &amp; MLK Center for Public Health.&lt;br&gt;Class combined with UEP 203 Introduction to Public Health&lt;br&gt;Project paper Section 3: Designed Health Project (DUE 4/17/14).</td>
<td><strong>Assignment for 4/17 class</strong>&lt;br&gt;Schedule site visits &amp; tour of Community Health Alliance of Pasadena (ChapCare), Meet Each Need with Dignity (MEND), and HSFC &amp; CFPA.&lt;br&gt;Community Health Alliance of Pasadena (ChapCare) <a href="http://www.chapcare.org/">http://www.chapcare.org/</a>&lt;br&gt;Meet Each Need with Dignity <a href="http://mendpoverty.org/">http://mendpoverty.org/</a>&lt;br&gt;Healthy School Food Coalition <a href="http://healthyschoolfoodcoalition.org/">http://healthyschoolfoodcoalition.org/</a>&lt;br&gt;California Food Policy Advocates <a href="http://cfpa.net/">http://cfpa.net/</a></td>
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<td>April 17</td>
<td><strong>Site visits</strong>&lt;br&gt;Project paper Section 3 due by 5 pm today by email or in course</td>
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<td><strong>April 24</strong></td>
<td><strong>May 1</strong></td>
<td><strong>May 5 (Monday)</strong></td>
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<td>Final Reflection Session #3</td>
<td>Last day UEP 307: Public Health Practicum.</td>
<td>Full final paper due by 12 pm (noon) PST in course instructor’s mailbox at UEP.</td>
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<td>📝 Journal question #4 due in class today.</td>
<td>📝 Internship review and feedback in class.</td>
<td>📝 Final comprehensive project paper including Sections 1, 2, 3 and 4 Evaluation and Recommendations (DUE 5/5/14 at 12 pm PST in course instructor’s mailbox at UEP).</td>
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**Resources for your final paper:**

