HEALTH STUDIES

Director: Carolyn Zook
Administrative Coordinator: Alexis Rehrmann

Drawing upon Lewis & Clark’s strong culture of interdisciplinary learning, the Health Studies minor recognizes the growing interest students have in public health and the value of a liberal-arts approach to solving the world’s current and future public health challenges. The minor is multidisciplinary, bringing together coursework, internship experiences, and scholarly activity across the sciences, social sciences, and humanities. The minor provides the statistical and scientific foundation necessary for students interested in fields such as public health, healthcare administration, and healthcare policy alongside the narrative, psychological, and cultural contexts that supplement the coursework of those interested in medicine, physical therapy, and other clinical careers. Leveraging our renowned overseas and off-campus programs, students may apply up to 12 credits toward the minor from an approved overseas study program focused on public health. All students will have a health-related internship in Portland or overseas as part of their capstone experience.

Minor Requirements
A minimum of 24 semester credits distributed as follows:

Core Courses (12 credits)
- 4 credits from each of the Core categories below:

Electives (12 credits)
- 4 credits from each of the Electives categories below; at least one elective must be at the 300 or 400 level.

Students may apply up to 12 credits from an approved Lewis & Clark College overseas program focused on public health. A minimum of 12 semester credits must be exclusive to the minor.

Core Categories
Statistics (4 credits)
- ECON 103 Statistics
- HEAL 200 Biostatistics in Public Health
- MATH 123 Calculus & Statistics for Modeling the Life Sciences
- MATH 255 Statistical Concepts and Methods
- POLS 201 Research Methods in Political Science
- PSY 200 Statistics I

Foundational Approaches to Health Studies (4 credits)
- HEAL 210 Public Health
- PSY 375 Health Psychology

Internship Capstone (4 credits)
- HEAL 300 Health Studies Internship
- HEAL 345 Health Studies Practicum: Special Topic (minimum of 4 credits)
- PSY 345 Overseas Internship (with prior approval; in a health-related setting)
- PSY 445 Psychology Internship (with prior approval; in a health-related setting)

Elective Categories
Mechanisms of Wellness/Disease (4 credits)
- BIO 252 Introduction to Neuroscience
- BIO 370 Disease Ecology
- BIO 375 Physiology
- CHEM 100 Perspectives in Environmental Chemistry
- CHEM 105 Perspectives in Nutrition
- CHEM 110 General Chemistry I
- CHEM 315 Aquatic Chemistry
- CHEM 443 Medicinal Organic Chemistry
- HEAL 340 Epidemiology
- PSY 240 Abnormal Psychology
- PSY 252 Introduction to Neuroscience
- PSY 280 Brain and Behavior
- PSY 380 Drugs and Behavior

Psychological/Narrative Representations of Wellness/Disease (4 credits)
- ENG 100 Introductory Topics in Literature (when health-focused)
- ENG 210 Writing and Illness
- ENG 218 Renaissance Medicine in Literature
- PSY 200 Clinical Psychology
- PSY 280 Brain and Behavior
- PSY 375 Health Psychology
- PSY 395 Contemporary Issues in Psychiatric Health: The Complex Patient in a Complex System
- PSY 435 Children’s Mental Health
- PSY 440 Social Construction of Madness
- RHMS 320 Health Narratives

Global/Cultural Approaches to Wellness/Disease (4 credits)
- CLAS 266 Health and Healing in the Ancient World
- ECON 312 Global Health Economics
- HEAL 260 Global Health
- IS 269 The Irish Welfare System
- RELS 106 Religion, Spirituality, and Medicine
- SOAN 236 Reproductive Justice: Bodies, Health, and Society
- SOAN 255 Medicine, Healing, and Culture
- SOAN 334 Anthropology of Suffering
- SOAN 359 Topics in Medical Anthropology
- SOAN 395 Anthropology of the Body

At least 12 semester credits must be exclusive to the minor (may not be used in any other set of major or minor requirements).

Faculty


Julio C. de Paula. Professor of chemistry. Physical chemistry, biophysical chemistry, nanotechnology. PhD 1987 Yale University. BA 1982 Rutgers University.


Carolyn Zook. Associate Director for the Center for Community and Global Health. PhD University of Pittsburgh. MS Portland State University. BA Lake Forest College.

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### Courses

**HEAL 200 Biostatistics in Public Health**

Content: Analysis, interpretation, visualization, and presentation of public health data. Overview of measurement methods, descriptive statistics, confidence intervals, and bivariate hypothesis testing using t-tests, chi-square test analysis of variance and multiple comparisons, correlation and their non-parametric test equivalents, and power and sample size determinations.

Prerequisites: None.

Usually offered: Annually, spring semester.

Semester credits: 4.

**HEAL 210 Public Health**

Content: Basic overview of current local, national, and global trends in both communicable and noncommunicable disease; the behavioral, social, and environmental determinants of population health, with a focus on causes of disparities in population health status; the organization of public health activities and their relation to other health-related activities (e.g., clinical care, emergency preparedness); analytical methods and the science of public health; the ethical challenges facing public health action; and emerging challenges for the field of public health. Mix of didactic material, case studies, and assignments to help students understand the role of public health, its relation to human-sciences fields, and the wide array of public-health career opportunities.

Prerequisites: ECON 103, MATH 105, MATH 123, MATH 255, or PSY 200.

Usually offered: Annually, fall, spring, and summer.

Semester credits: 4.

**HEAL 260 Global Health**

Content: Introduction to essential concepts from public health disciplines that are the foundations of global health practice; designed to prepare students to critically examine public health issues from a global perspective. Students will apply concepts through class exercises and discussions on current global health challenges. Global health experts will share their experiences and lessons learned from implementing global health research and programs. Students will gain experience in applying frameworks in addressing diverse global health needs and examine the human rights and ethical dimensions of global public health, including conflicts among individuals, communities, and nations.

Prerequisites: None.

Usually offered: Annually.

Semester credits: 4.

**HEAL 299 Health Studies Independent Study**

Content: Independent or directed study of topics not covered in depth in other courses, and/or faculty-supervised research projects. Details determined by the student in conference with the supervising faculty member.

Prerequisites: None.

Restrictions: Sophomore standing required.

Usually offered: Annually, fall and spring semester.

Semester credits: 1-4.

**HEAL 300 Health Studies Internship**

Content: Applied field learning experience and exposure to health-oriented occupations and/or research settings. Becoming acquainted with important health-related institutions and their social impact. Theoretical, research-based, and practical frameworks for intervention.

Prerequisites: HEAL 210 or PSY 375. ECON 103, MATH 105, MATH 123, MATH 255, or PSY 200.

Usually offered: Annually, fall and spring semester.

Semester credits: 4.
HEAL 340 Epidemiology
Content: Epidemiology is the study of the distribution and determinants of health and disease in different human populations and the application of methods to improve disease outcomes. As such, epidemiology is the basic science of public health. In this course, students will learn and apply basic concepts of epidemiology to multiple domains of public health. We will illustrate and practice using epidemiology to better understand, characterize, and promote health at a population level. The class will engage the students in active and collaborative learning through team activities, individual projects, case studies, group discussion, and individual projects.
Prerequisites: ECON 103, MATH 105, MATH 123, MATH 255, or PSY 200.
Usually offered: Annually, spring semester.
Semester credits: 4.

HEAL 345 Health Studies Practicum: Special Topic
Content: Organized practicum in a health-related field, with strong academic, experiential, and pre-professional components. Anticipated special topics include peer counseling, narrative medicine, and health care administration.
Prerequisites: None.
Restrictions: Sophomore standing required.
Usually offered: Annually, fall and spring semester.
Semester credits: 1-4.