GENERIC ELECTIVES (GE-3): PUBLIC HEALTH BIOLOGY

Credit distribution, Eligibility and Pre-requisites of the Course

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course
		Lecture	Tutorial	Practical/ Practice		
Public Health Biology GE 3	4	2	0	2	Open to All	NIL

Learning Objectives

The present course attempts to provide an interdisciplinary understanding of public health issues in India with a more detailed understanding of the areas pertaining to biological science and epidemiology. Some overview of the social aspects that impact public health will also be discussed and the statistical analysis of public health data will be taught in the practical. The specific objectives of the course are to provide a basic understanding of the scope of public health issues, particularly related to policies on public health, public health nutrition, infectious biology and sanitation, social and preventive medicine, and the environmental issues that affect public health. The practical exercises aim to provide hands-on training in epidemiology and collection of primary and secondary data relevant to public health issues. It also hopes to

generate a discussion platform that would encourage a healthy inter- and multidisciplinary interaction amongst the students to get a holistic view of public health. A mini research project on any relevant topic related to public health will be taken up after completing the theory and practical components of the course. Being interdisciplinary in its nature and scope, the course will be equally engaging and beneficial for students of all subject streams. After completing the course, the students can also apply for some higher-level courses in different areas of public health as the course helps in building a basic understanding on different aspects related to public health.

Learning outcomes

On successful completion of the course

- Students will get a holistic overview of the interdisciplinary nature of Public Health
- They will understand public health issues in India particularly related to Malnutrition, sanitation issues and related burden of infectious disease, and the role of pollution as a public health concern.
- The students will also get an understanding of the public policies applicable and implemented in India.
- They will also be able to appreciate the social aspects that govern many public health issues and implementation of policies
- The students will get hands-on training in epidemiology, preparation of questionnaire and collection of primary and secondary data relevant to public health issues.
- They will also learn to present the relevant data after subjecting it to statistical analysis.

SYLLABUS OF GE – 3

THEORY

Unit – 1 **(04 Hours)**

Understanding public health issues: Conceptual understanding of public health, terminology, public health- multidimensional problem with Delhi as an example (air pollution, stress, sanitation, urbanization and socioeconomic inequalities) Policies on public health- factors affecting making and implementation of these policies.

Unit – 2 **(10 Hours)**

Public Health Nutrition: Characteristics of tertiary and quaternary structures. Structure function relationship in proteins. 3D structures of globular and fibrous proteins – myoglobin, hemoglobin, collagen and keratin. Protein folding - denaturation and renaturation (Ribonuclease A). Role of chaperones. Protein misfolding diseases - Alzheimer's and Cruetzfeldt-Jakob disease.

Unit – 3 **(06 Hours)**

Infectious biology and sanitation: Defining communicable diseases. Understanding the biology, socioeconomic factors and other environmental conditions that influence the transmission and infection by pathogenic (disease-causing) bacteria, viruses, parasites, and fungi. Precautions, prevention strategies and programs for control; sanitation, Swachh Bharat.

Unit – 4 **(10 Hours)**

Environmental Health & Community Health: Determinants of Environmental Health: factors that affect environmental health; Occupational environment and health concerns; Understanding effect of air, water and soil Pollution on health.

Understanding the definition of community health, Determinants of community health; Define and manage the health problems of the community, Plan, implement and evaluate various health programs of General Health, Reproductive health, Maternal health, Family Welfare and Disease control / eradication.

Lifestyle disease or non-communicable diseases- consequence of imbalanced nutrition, environmental and psychological stresses; Etiology and management of diseases like Obesity, Diabetes mellitus, Cardiovascular disorders, sleep disorders and psychological eating disorders. Preventive health checkups (PHC)- important parameters/biomarkers; relevance of PHC in health and disease prevention/early diagnosis

PRACTICAL

(60 Hours)

1) Assessment of nutritional status using anthropometric indices
2) Assessment of Nutritional status by a survey of clinical and non-invasive biochemical parameters.
3) To determine the potability of water using, pH, BOD, COD and MPN of the water sample from different sources.
4) Collecting secondary data on AQI from different areas and correlate with health indices in that area.
5) Understanding epidemiology: Collection, generation, and analysis of public health data. Application of statistical tools to analyze and present public health data.
6) Case study of a disease (Nutritional, infectious and lifestyle) along with the public health issues associated with that disease.
7) Field visits to nearby health care center to understand health checkups and collect some data on the rate of a particular disease over past few months or years.
8) Data collection from public domain with analysis.

ESSENTIAL/ RECOMMENDED READINGS

1) Aschengrau A, Seage G.R., (2013) Essentials of Epidemiology in Public Health Jones and Bartlett Publishers, Inc; 3rd edition
2) Bamji MS, Rao NP, Reddy V. (2017). Textbook of Human Nutrition. (4th ed). Delhi: Oxford and IBH Publishing Co. (P) Ltd.
3) Soil Microbiology by N.S. Subba Rao. 5th edition. Medtech, India. 2017.
4) Environmental Microbiology edited by I.L. Pepper, C.P. Gerba, T.J. Gentry. 3rd edition. Academic Press, USA. 2014.

SUGGESTIVE READING:

1) Sullivan. L.M. (2017) Essentials of Biostatistics in Public Health. Jones and Bartlett Publishers, Inc; 3rd edition.
2) Gibney et al. (2004). Public health nutrition. Hoboken, NJ: Blackwell Publishing
3) N. Okafor. (2011) Environmental Microbiology of Aquatic and Waste Systems by Springer, USA.
4) Waste Water Microbiology by D.H. Bergey. 2nd Edition. Medtech, India. 2019.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.