

Cornell University | New York State Citizens Public Health Training Course | Course Syllabus 2021

Location: online at <https://www.ny.gov/programs/citizen-public-health-training-program>

Course Host: Cornell University

Course Faculty: Dr. Lorraine Francis, Dr. Amelia Greiner Safi, Dr. Karyn Havas, Katie Lesser, Dr. Susana R. Morales, Dr. Jeff Niederdeppe, Lara Parrilla, Laura Santacrose, Dr. Gary Whittaker, Dr. H. Oliver Gao, Dr. Natalie Mahowald

Course Overview

The New York Citizens Public Health Training Course is a 16 hour long, self-paced public health course hosted and taught by Cornell University. Cornell public health faculty will guide participants through four units of introductory public health knowledge, including COVID-19 information. The aim of this course is not only to make public health knowledge more ubiquitous, but to also encourage New York citizens to partner with the state in taking responsibility and action in their health (individual and community) and emergency health preparedness.

Course Information/Inclusions

Four Units

- Preventing and Addressing COVID-19
- Healthy New York Communities
- Public Health for Community Resilience
- Public Health Preparedness

Unit and associated Modules:

- Unit 1: Preventing and Addressing Covid-19
 1. Module 1.1: Know the Facts
 - a. What is COVID-19?
 - b. What Happens if you Get COVID-19?
 - c. Why COVID-19 Impacts Some More than Others
 - d. How COVID-19 Spreads
 - e. Stop the Spread
 - f. Stopping the Spread of COVID-19
 - g. Three Stages of Prevention
 - h. Helping Your Community
 - i. Knowing Where to Start
 - j. Here's Where You Come In!
 2. Module 1.2: Prevent COVID-19
 - a. Multiple Layers of Prevention
 - b. Preventing COVID-19
 - c. Actions, Advisories, and Mandates
 - d. Simple Ways to Stop COVID-19

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- e. Mask Up!
- f. Know your Status
- g. COVID-19 Testing
- h. Quarantine and Isolation
- i. Contact Tracing
- j. Vaccines are Here!
- k. How Vaccines Work
- l. About COVID-19 Vaccines
- m. Q+A with a Doc-About the COVID-19 Vaccine
- n. Education and Empowerment
- o. Explore Your Personal influence
- 3. Module 1.3: Broaden Your Influence
 - a. Behaviors and Change
 - b. Behavior Change Example: Vaccine Resistance and Hesitancy
 - c. Get Vaccinated When You Can
 - d. Addressing Misinformation and Disinformation
 - e. Ideas for Action
 - f. Influencing Your Networks
 - g. Be a Good Friend, Neighbor
 - h. Walk the Walk, Talk the Talk
 - i. Check your Understanding -1
 - j. Make an Action Plan
- Unit 2: Healthy New York Communities
 - 1. Module 2.1: What Does Being Healthy Mean?
 - a. U.S. State of Health
 - b. New York State of Health
 - c. Maximize Your Health
 - d. Heart Disease and Stroke
 - i. Signs of a Stroke
 - e. Cancer
 - i. All Women: Get Screened for Cancer – Here’s Why
 - ii. Black Women: Get Screened for Cancer- Here’s Why
 - f. Diabetes
 - g. Chronic Lower Respiratory Diseases
 - h. Communicable Diseases
 - i. Getting Back on Track
 - j. Addiction
 - i. Breaking an Addiction to Nicotine
 - ii. Alcohol, Drug Use, and Addiction
 - k. Accidental and Unintentional Injuries
 - l. Prevention as a Public Health Goal
 - m. Vaccines are Prevention
 - n. Road Safety is No Accident
 - o. Supporting Healthy People

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2. Module 2.2: What Helps Health and What Hinders Health
 - a. Explore the Influences
 - b. Basic needs
 - c. Consider the Hierarchy
 - d. Consider Factors Influencing Behaviors
 - e. Layers of Influence
 - f. Think About External Factors
 - g. The Interlinked Influences of Health
 - h. What Are the Social Determinants of Health?
 - i. Social Determinants of Health

3. Module 2.3: Ensuring Your Health
 - a. Support and Promote Health Behaviors
 - b. Changing Health
 - c. Positive Attitudes for Improved Health
 - d. Social Norms and Evolving Attitudes
 - e. Use Social Support to Help Behavioral Change
 - f. Motivation and Readiness to Change
 - g. Stages of Change Model
 - h. Address the Factors Informing Behaviors
 - i. Check Your Understanding -2
 - j. Make an Action Plan

- Unit 3: Public Health for Community Resilience
 1. Module 3.1: What is Public Health
 - a. Public Health Is...
 - b. Prevention and Health Promotion
 - c. Achieving Health Equity
 - d. Achieving Social Justice
 - e. How Public Health Happens
 - f. Public Health Programs and Interventions
 - g. Public Health in Action

 2. Module 3.2: Public Health in Action
 - a. NYS School Vaccination Requirements
 - b. The Power of Data
 - c. Vaccine Safety
 - d. Community Demographics
 - e. Health Disparities
 - f. Addressing Health Disparities in NYS
 - g. Communicable Disease Prevention
 - h. Mother and Child Health
 - i. Benefit from Time in Nature- Safely!
 - j. Chronic Disease Prevention

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3. Module 3.3: Public Health and Your Community
 - a. Doing Public Health
 - b. Government's Role in Public Health
 - c. People Doing Public Health in Your Community
 - d. Become Involved in Public Health
 - e. Understanding Trust
 - f. Build Trust
 - g. Be Culturally Aware
 - h. Master Challenging Conversations
 - i. You, a Public Health Leader
 - j. Check Your Understanding -3
 - k. Make an Action Plan
- Unit 4: Public Health Preparedness
 1. Module 4.1: Air Pollution
 - a. Focus on PM2.5
 - b. Examples of Air Pollution From Transportation
 - c. Q&A With Dr. Gao
 - d. What Can We Do About Air Pollution?
 - e. Air Pollution Success Stories
 - f. Air Pollution: Your Next Steps
 2. Module 4.2: Climate Change
 - a. What Do People Mean When They Talk About "Climate Change"?
 - b. What Health Problems Result From Climate Change?
 - c. What Can Individuals Do?
 - d. Climate Change Success Story
 - e. Climate Change: Actions You Will Take
 3. Module 4.3: Biodiversity
 - a. Biodiversity's Ecosystem Services Improve Human Health
 - b. Consider Ecosystem Services
 - c. Consider the Value of Biodiversity
 - d. Biodiversity and Infectious Diseases
 - e. Biodiversity Success Story
 - f. Concerned About Biodiversity?
 - g. Biodiversity: Your Next Steps
 4. Module 4.4: Emergency Preparedness
 - a. Apply Lessons from Past Events
 - b. Emergencies and Natural Disasters Are Increasing
 - c. You as a Citizen Leader in Community Emergencies
 - d. Prepare Yourself and Your Family
 - e. Emergency Preparedness: Your Next Steps

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5. Module 4.5: COVID-19: A Case Study of Interaction
 - a. COVID-19: A Case Study of Interaction
 - b. COVID-19 and the Environment
 - c. COVID-19: What's Next for You?
 - d. Check Your Understanding -4
 - e. Module COVID-19: A Case Study of Interaction: Complete
 - f. Your Comments and Question
 - g. Submit a Question
 - h. Course Survey

Concluding remarks and thanks, as well as certificate instructions