

POPLHLTH 732

Population Youth Health

15 Points
Semester 1, 2014

Course Prescription

Youth injury prevention, resiliency factors and reproductive issues, and advocacy for young people. How do you make a difference in youth health? This course introduces key concepts in population youth health and utilises an evidence based approach and New Zealand practice examples to consider how youth health can be improved in communities and populations.

Goals of the Course

The principal role of population youth health is to prepare students for a role in youth health in a variety of locations and sectors. In doing this, students are exposed to current research and practice relating to youth health as well as gaining an understanding of current thinking in relation to youth health within a framework of population health, evidence-based health care and youth development. The course goals are to:

Identify the rationale, bases of need, means of assessment and evaluation of population programmes focusing on the health of youth.

Translate ones professional orientation into population level applications associated with the organisation and provision of community based health activities.

Study and discuss with colleagues drawn from public health, clinical, economic, administrative and research backgrounds opportunities for improvement of the health of young people (and families) in the community.

Learning Outcomes

At the completion of the course, the student will be able to:

- Define, apply and interpret major indicators and measures of health status relevant to the youth population using data from vital statistics, census, surveys, research reports and services on the health of young people.
- Describe the major youth health issues in New Zealand and the salient differences between populations in New Zealand and between NZ and other countries.
- Understand of the youth health sector, its various constituents, settings and current limitations to more effective health outcomes.
- Know how youth health and development policy is developed, promoted and enacted in New Zealand.
- Describe risk and protective factors and their relationship to healthy development, resilience and both positive and negative health outcomes.
- Identify essential gaps in existing programmes/activities serving youth and to consider the necessary measures required to assure the appropriate activities for the promotion of healthy young people.

Content Outline

Day 1: Course Introduction; Contexts and Youth Development; Health Status; Policy and Systems

Day 2: Teenage pregnancy; Obesity

Day 3: Mental Health Promotion and Prevention; Youth Suicide

Day 4: Violence and the Media; Student Presentations

Learning and Teaching

This course is delivered in 4 one-day block teaching sessions.

Teaching of this course will reflect the view that effective learning occurs when students are active participants rather than passive observers. An interactive teaching approach will therefore be followed whenever possible. Small group sessions in class will be used to carry out specific exercises and for informal discussion purposes. To get the best out of the course you are encouraged to view classes as an opportunity to question, debate, and analyse the material covered in the readings and/or presented in classes. This means that it is essential to attend these sessions well prepared, having read the required readings previously.

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Teaching Staff

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Campus Teaching Dates in 2014

The course is held at Tāmaki Campus on **Mondays 9am-5pm March 3, April 7, May 5, May 26.**
Please see your timetable on SSO or Building 730 Reception noticeboard on the day for the room details.

Learning Resources

A course book is provided with course outline, objectives for each session and recommended reading. Additional reading material may be given during the course.
There is no prescribed text.

Assessment

100% Coursework:

- Four take-home tests to assess students understanding of the previous weeks teaching/reading each worth 10%.
- Oral presentation 15%
- Written report 15%
- Essay 30%

There is no final examination.

Programme and Course Advice

This course is required towards the Postgraduate Certificate or Diploma in Health Sciences in Youth Health specialisation. It may also be taken as part of a Health Promotion pathway in a public health programme.

It is an optional course for the BHSc Honours programme.

The course may also be taken as part of a nursing, mental health; drug and alcohol, medical science and general health sciences programme and is suitable for students who intend working with in a wide range of health, education and social service settings.