

HLTH-2500: WOMEN'S HEALTH ISSUES

Cuyahoga Community College

Viewing: HLTH-2500 : Women's Health Issues

Board of Trustees:

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Academic Term:

Fall 2023

Subject Code

HLTH - Health

Course Number:

2500

Title:

Women's Health Issues

Catalog Description:

Exploration of all dimensions of women's health, identification of health risks unique to women, evaluation of traditional and non-traditional approaches to health care problems, and development of personal strategies for selection of health enhancing behaviors.

Credit Hour(s):

3

Lecture Hour(s):

3

Requisites

Prerequisite and Corequisite

ENG-1010 College Composition I, or departmental approval.

Outcomes

Course Outcome(s):

Discuss the interpersonal and social dimensions of women's health by exploring the political, personal, economic and cultural dimensions of drug use and abuse, the different perspectives of sexual violence, abuse and harassment and the current trends and issues of women in the workforce.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Define drugs, drug abuse, tolerance, and other concepts related to drug use and addiction.
2. Explore the biological, cultural and legal factors that influence how and why women use drugs.
3. Recognize the health consequences of smoking, including those particular to women, and list the strategies for quitting smoking.
4. Identify the physiological effects of alcohol on the body.
5. Define alcoholism and research its symptoms and treatment.
6. Discuss the most common illicit and abused prescription drugs, their effects on the body and their associated health risks.
7. Discuss the development of drug dependency, tolerance, and basic approaches to drug abuse treatment.
8. Explore self-directed, interpersonal, and collective violence, and consider how these forms of violence affect women.
9. Discuss how sociocultural, economic and historical factors influence violence and how violence affects women in the United States and throughout the world.
10. Differentiate forms of domestic violence and abuse and explain how these forms of violence affect women.
11. Discuss basic facts about rape and sexual assault and how rape and sexual assault affect physical health, mental health, sexual intimacy, and relationships.
12. Explore the historical trends related to women in the workforce.
13. Identify work-related barriers specific to low-income women and women on welfare.

14. Explore the wage gap between men and women.
15. Discuss the importance of benefits and family-friendly work policies, and how these policies influence women's well-being.
16. Identify common types of injuries and hazards in the workplace and ways to protect against them.

Course Outcome(s):

Explain the foundation of women's health, including the history and politics of the women's health movement, and discuss the concepts of health promotion, disease prevention, public health, health economics, and issues of health across the lifespan.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Describe how the women's health movement has grown and changed over the past 200 years.
2. Discuss health promotion and disease prevention at the individual and population levels.
3. Explain the importance of understanding the following concepts: epidemiology, incidence, prevalence, mobility, mortality, and primary, secondary and tertiary levels of prevention.
4. Recall the major health concerns and barriers to healthcare access by different groups of women.
5. Examine how race, ethnicity, age, sexual orientation and other factors influence public and women's health.
6. Discuss healthcare concerns and preventive measures for adolescents, young adults, women in middle and senior women.
7. Create a plan to take responsibility for one's own health.
8. Identify the government's role in promoting, funding, and conducting research on women's health.
9. Define the concept of gender-based research and explore basic health differences between women and men.
10. Determine how the lack of health care, lack of health insurance, cultural insensitivity and other obstacles affect the health of women.
11. Identify the local and global efforts to support women's health and gender equity.
12. Differentiate the types of health care systems and compare and contrast public and private health insurance plans.
13. Recognize the ways that women, as healthcare consumers, affect demand within the healthcare system.
14. List factors to consider when choosing a health insurance plan and consider the risks associated with being uninsured.
15. Examine the financial burden of aging and consider how it disproportionately affects women.

Course Outcome(s):

Explore the cultural, economic and biological factors that influence women's sexual and reproductive health and discuss topics related to contraceptives, abortion, pregnancy, childbirth, infertility, sexually transmitted infections, and menopause.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Analyze how sociocultural and religious considerations influence contraceptive use.
2. Explore the mechanisms, risks, benefits, side effects and contraindications of hormonal, barrier, permanent and other methods of contraception.
3. Research the historical and legal perspectives of contraception and consider the prevalence of contraception use among American women today.
4. Identify emergency contraception and unplanned pregnancy options.
5. Explore abortion from historical, legal, and political perspectives.
6. Explore the pro-life, pro-choice and middle-ground positions on abortion.
7. Identify the hormonal and fetal changes during pregnancy.
8. Recognize the detrimental effects of smoking, alcohol drugs, and various environmental risks on pregnancy.
9. Recall the nutritional and weight gain recommendations for pregnancy and exercise concerns with pregnancy.
10. Identify the physiological changes, benefits, complications, and trends of breastfeeding.
11. Outline the concepts, causes, treatments and emotional effects of infertility.
12. Identify the common bacterial, viral, and parasitic sexually transmitted infections and their mode of transmission, signs, symptoms, treatments and preventive measures.
13. Discuss the relative frequency of major sexually transmitted infections and the relative infection rates among the general population, the young and the different racial and ethnic groups.
14. Research the history of AIDS, the course of HIV/AIDS infection and how treatment works.
15. Recall and discuss the importance of personal responsibility and identify the risk of reduction in making decisions about one's sexual life.
16. Examine how social, cultural, and demographic changes over the past 100 years have affected how women experience and think about menopause.
17. Describe the physiological changes that occur before, during, and after menopause.

18. Identify the symptoms and complications of menopause and the medical and nonmusical options for managing menopause.

Course Outcome(s):

Explore the physical and lifespan dimensions of women's health by analyzing and evaluating information related to exercise, nutrition, weight management, cardiovascular disease, cancer, chronic diseases and mental health.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

1. Explain how a balanced diet and an active lifestyle improve health and fitness and lower the risk for disease.
2. Identify the major nutrients and how they fit into a nutritious diet.
3. Discuss physical fitness components specific to women and how physical activity, aerobic exercise and strength training improve health.
4. Identify the effects of obesity and overweight on health and the brainstorm effective ways women can reach or maintain a healthful weight.
5. Determine the sociocultural influence on body image.
6. Discuss cardiovascular disease and cancer from an epidemiological perspective, including sex/gender, race/ethnicity, and socioeconomic.
7. Identify the major types of cardiovascular diseases and the causes, modifiable risk factors, signs, symptoms and treatments of these diseases.
8. Research and describe the process of cancer development and metastasis.
9. List the risk factors, screening methods, and treatment options and modalities for breast, cervical, uterine, ovarian and other cancers.
10. Identify major chronic diseases and their effects on women.
11. Explore the differences between racial and ethnic groups in the incidence rates of chronic diseases.
12. Identify the symptoms, risk factors, screening tests and treatment and preventive measures for various chronic diseases including: osteoporosis, arthritis, diabetes, fibromyalgia, lupus, thyroid and autoimmune diseases.
13. Explore the basic definitions of mental health and how biological, social and environmental factors contribute to and affect the mental health of women.
14. Research the basic types of mental illness, including mood, anxiety, and eating disorders, as well as schizophrenia, dissociative disorders, and personality disorders.
15. Explain the stress response and how stress affects mental and physical health, and healthy methods of coping with stress.
16. Identify risk factors for suicide and discuss methods of prevention.
17. Discuss strategies for improving and developing mental health, different methods of treating mental disorders, and when to consider seeking treatment for mental illness.

Methods of Evaluation:

- a. Quizzes
- b. Chapter examinations
- c. Final examinations
- d. Oral and written reports
- e. Student wellness worksheets
- f. Behavior contracts
- g. Discussion boards
- h. Journals
- i. Evaluation of health information websites

Course Content Outline:

- a. Foundations of Women's Health
 - i. Introduction to Women's Health Movement
 1. Historical Development of Women's Health Movement
 2. Current Women's Health Initiatives
 - ii. Economics of Women's Health
 1. Paying for Health Care
 2. Healthcare Reform
 3. Preventive Care and a Focus on Women's Health
 4. Long-Term Care and Women as Caregivers

- iii. Health Promotion and Disease Prevention
 - 1. Political and Economic Dimensions
 - 2. Global Health Issues for Women
 - 3. Stages of a Woman's Life
- b. Sexual & Reproductive Dimensions of Women's Health
 - i. Sexual Health
 - 1. Perspectives on Sexual Health & Sexuality
 - 2. Sex & Gender
 - 3. Sexual Orientation
 - 4. Biological Basis of Sexual Health
 - 5. Sexuality through the Lifespan
 - 6. Sexual Violence as a Public Health Problem
 - ii. Contraception & Abortion
 - 1. Historical Overview
 - 2. Epidemiology of Contraception
 - 3. Contraceptive Methods
 - 4. Perspective on Abortion
 - 5. Abortion Procedures
 - iii. Reproductive Health
 - 1. Birth Control
 - 2. Contraceptive Methods
 - 3. Abortion Perspectives and Procedures
 - iv. Pregnancy & Childbirth
 - 1. Pregnancy
 - 2. Prenatal Care
 - 3. Complications of Pregnancy
 - 4. Childbirth
 - 5. Breastfeeding
 - 6. Infertility
 - 7. Epidemiology
 - v. Sexually Transmitted Infections (STIs)
 - 1. Perspectives on STIs
 - 2. Bacterial STIs
 - 3. Vaginitis
 - 4. Viral STIs
 - vi. Menopause & Hormone Replacement Therapy
 - 1. Social and Cultural Reflections
 - 2. Menopause
 - 3. Medicalization of Menopause
 - 4. Menopause Management
- c. Physical & Lifespan Dimensions of Women's Health
 - i. Nutrition, Exercise & Weight Management
 - 1. Healthy Eating and Nutrition
 - 2. Physical Activity and Fitness
 - 3. Maintaining a Healthy Weight
 - 4. Body Image & Shape
 - 5. Hunger
 - ii. Understanding and Preventing Cardiovascular Disease & Cancer
 - 1. Cardiovascular Disease
 - 2. Cancer
 - iii. Other Chronic Diseases and Conditions
 - 1. Dimensions of Chronic Diseases
 - 2. Osteoporosis
 - 3. Arthritis
 - 4. Diabetes
 - 5. Fibromyalgia
 - 6. Autoimmune Diseases
 - 7. Thyroid Disease
 - 8. Alzheimer's Disease

- iv. Mental Health
 - 1. Mental Health Factors
 - 2. Mental Health Perspectives
 - 3. Clinical Dimensions of Mental Illness
 - 4. Suicide
- d. Interpersonal and Social Dimension of Women's Health
 - i. Substance Abuse
 - 1. Drug Use and Abuse
 - 2. Tobacco
 - 3. Alcohol
 - 4. Illicit Drugs
 - ii. Violence, Abuse, and Harassment
 - 1. Violence, Abuse, and Harassment Perspectives
 - 2. Family and Intimate Violence
 - 3. Rape and Sexual Assault
 - 4. Violence by Strangers
 - 5. Sexual Harassment
 - iii. Women in the Workforce
 - 1. Trends and Issues
 - 2. Equal Pay for Equal Work
 - 3. Balancing Work and Family Life
 - 4. Childcare
 - 5. Health and Safety in the Workplace

Resources

Alexander, L.L., LaRosa, J.H., Bader, h., Garfield, S., & Alexander, W.J. (2021) *New Dimensions in Women's Health*, Boston: Jones and Bartlett Publishers.

Thomas, D. M. . (2022) *Women's Health: Readings on Social, Economic, and Political Issues*, Dubuque: Kendall Hunt.

Duquaine-Watson, J.M. (2022) *Women's Health: Understanding Issues and Influences, 2* . Santa Barbara: ABC-CLIO.

Oyelowo, T. & Johnson, J. (2018) *A Guide to Women's Health*, Boston: Jones & Bartlett.

Resources Other

- Navigate 2 Advantage Access for New Dimensions in Women's Health (2021)
- Website: Office on Women's Health: <https://www.womenshealth.gov>
- Website: Women's Health: <https://www.cdc.gov/women/index.htm>
- Website: American College of Obstetricians and Gynecologists: Global Women's Health: <https://www.acog.org/programs/global-womens-health>

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