

# Introduction to Public Health

A multitude of projects to introduce students to the broad range of public health.



Fall, 2017

- Students were able to apply knowledge about effective communications and intervention strategies.
- Provides education and experiences within the scope of public health to increase awareness of the discipline.
- Student projects will expand public awareness of a local free clinic, provided nutrition information to students, created worksite wellness newsletters and more!
- Student projects support the University's strategic plan to deepen partnerships and impact society.

Groups of students in Public Health 101 worked on a variety of projects with multiple partners, including the Rock River Free Clinic, A'viands Dining Services, and Working for Whitewater's Wellness.

The Rock River Free Clinic needed a new booth design to attract attention at health fairs and other outreach events. The director of the clinic tasked the group with deciding on an interesting topic, designing an eye-catching design, and creating the pieces for the board. The group created a board that focused caffeine usage and effects. The board will be used throughout Jefferson County at outreach events to increase public awareness of the free clinic services.

Two student groups worked with A'viands on-campus dietician to create educational materials for students. These flyers and brochures have been placed in the dining halls and the University Center to provide information on food additives and healthy snack options. One group also hosted a table in the UC to provide snack samples and recipes to students.

Several groups collaborated with the University Health and Counseling Services wellness coordinator on a wide range of projects, including creating a year's worth of worksite wellness newsletters that will be distributed to Whitewater employers for their employees' use and collecting data on children's menu items for every restaurant in Walworth County as part of a larger state-wide effort to battle childhood obesity.



UHCS



## Course Offering Information

This course is one of the core requirements for the Public Health minor and is a General Education elective. The course will be offered in the fall semester with a rotating selection of community-based learning partners and projects.