UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Igiene Generale e Applicata

1819-3-H4601D017-H4601D045M

Aims

Knowledge of the main factors which
influence health; methodologies and interventions for prevention and health protection, both concerning the individual and the community. Knowledge of the principles and issues concerning the prevention of transmissible diseases. Knowledge of the principles and issues concerning the prevention of chronic diseases and risk factors and of main issues in preventive and community medicine.

Contents

Hygiene, Prevention and Health
Promotion

Preventive and Community Medicine.

Detailed program

HYGIENE AND PREVENTION: the concepts of health and
disease, natural history and social history of health, the factors that influence the health of individuals and populations (biological, environmental, lifestyle, health systems). Protection and health promotion: principles and modes of intervention. Levels and types of prevention. The main prevention strategies (population and high risk) applicable to the protection of health. Secondary prevention, screening tests, the cancer screening programmes. Behavioral risk factors related to lifestyle (smoking, alcohol); nutrition and health: qualitative and quantitative requirements of the diet, the main health risks related to poor nutrition; health education: characteristics and modes of

intervention, the communication of messages, information and education.

PREVENTIVE AND COMMUNITY MEDICINE: preventive medicine strategies (disease prevention and screening), primary health care, health education and health promotion. Epidemiology and prevention of infectious diseases: sources and modes of transmission, interventions for the prevention and control of communicable diseases. Types of vaccines and vaccination strategies, mandatory and optional vaccinations for children and adolescents, the vaccination schedule, childhood, adolescent and adult immunization. Life-style risk factors (smoking, overnutrition, alcoholism).

Prerequisites

Teaching form

Large group teaching

Textbook and teaching resource

Comodo N. Maciocco G. Igiene e Sanità Pubblica, Nuova Edizione – Carocci Editore 2011

Digital learning material

Semester

Second semester

Assessment method

Written and oral exam

Office hours

By appointment to chiara.bonazzi@unimib.it