UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Hygiene and Public Health

2324-1-E1901R140

Course title

Hygiene and public health: possibly field of application in the work of the educator.

Topics and course structure

The teaching aims to provide students with the essential elements to know:

- the concepts of health, prevention and health education;
- the foundations of public health;
- the evolution of healthcare systems:
- the Italian healthcare system;
- the fundamentals of epidemiology and prevention of the main infectious diseases.

The student will be able to understand the possible role of the educator in protecting health, also through the promotion of healthy lifestyles and the analysis of the correlation between environment and health.
The lessons cover the themes of the Sustainable Development Goals (SDGs) of the UN 2030 Agenda with particular attention to the objectives:

- "2 Zero hunger" for aspects relating to food education and the influence of globalization processes on them and on hunger.
- "3 Good Health and Wellbeing": it is essential to guarantee a healthy life and promote the well-being of all at all ages.
- "6 Clean Water and Sanitation": it is essential to guarantee accessibility to primary goods and services for the entire population
  Social-pedagogical educators, working alongside doctors, nurses and different therapists, constantly find themselves managing people's health, illness and care; often without having activated a profound reflection on these themes and on the meaning that is personally attributed to them in their formation. Healthcare is

experiencing a phase of rapid and intense transformation on different levels: political, economic, organisational, scientific, epidemiological and demographic. For the educator, therefore, it becomes essential to acquire the knowledge necessary to address these issues from a pedagogical point of view.

Objectives

The course aims to develop the following learning:

- Understand the concepts of health promotion and prevention (primary, secondary and tertiary);
- Relate differentiated knowledge and models on the main determinants of health and the measures aimed at protecting it;
- Raise awareness of health literacy (*Health Literacy*) and processes aimed at involving the population in decisions regarding their health;
- Apply knowledge and models regarding promotion, prevention, rehabilitation and educational work in the health sector.

Methodologies

The teaching includes experiential moments of individual and group activation, accompanied by moments of didactic communication and restructuring of the theoretical reference frameworks.

Online and offline teaching materials

Programme and references

Sidoti E. (2012), Igiene e promozione
della salute. Per scienze della formazione, Piccin Nuova Libraria, Padova.

Maciocco G. (2090), Politica, salute e sistemi sanitari. Le riforme dei sistemi sanitari nell'era della globalizzazione, Il Pensiero Scientifico Editore,
Roma.

Cucuzza G. (2021), Materialità e
cura. Gli effetti formativi degli oggetti nell’autogestione del diabete di
tipo1 nel paziente adulto, FrancoAngeli, Milano.

Foreign students are invited to contact the teacher

Assessment methods

There are no ongoing tests.
The final test consists of closed questions to evaluate preparation on the exam program and open questions

equivalent to a short essay, to explore the ability to delve deeper into the topics covered. It is possible to request a subsequent oral test (interview on the topics in the texts adopted as bibliography) at the student's request.

Office hours

The teacher receives by appointment, writing to: sidartha.canton@unimib.it

Programme validity

The program is valid for one academic year.

Course tutors and assistants

Sustainable Development Goals

ZERO HUNGER | GOOD HEALTH AND WELL-BEING | CLEAN WATER AND SANITATION