UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

General and Applied Hygiene

2425-3-H4601D017-H4601D045M

Aims

Knowledge of the main factors which influence health; methods for conducting epidemiological studies 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, Epidemiology, 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). Methods for epidemiological research and applications in public health. 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

Lectures

Textbook and teaching resource

Comodo N. Maciocco G. Igiene e Sanità Pubblica, Nuova Edizione – Carocci Editore 2011
Signorelli C (editor). Igiene e Sanità Pubblica. SEU, Roma, 2017
Pontello M, Auxilia F. Igiene, medicina preventiva e salute globale. Piccin 2022
Digital learning material

Semester

Second semester

Assessment method

Written exam with subsequent discussion of the results from the written exam

Office hours

By appointment, write to giampiero.mazzaglia@unimib.it

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING