



THE UNIVERSITY OF QUEENSLAND

**Course title: PUBH7123 Determinants of Health Behaviours**

**Course coordinator: Professor Neville Owen**

**Mode:** Internal and External

**Course introduction:**

Disease prevention and health promotion are central to Australia's national health priorities. Understanding the social and environmental determinants of health risk behaviours (particularly cigarette smoking, physical inactivity, food choices and weight gain) is required in order to inform population health strategies for improving health outcomes. PUBH7123 is grounded in the methods of behavioural epidemiology, and deals with the science and the evidence needed for rigorous measurement, the identification of prevalence and trends, socio-demographic variations in risk behaviours, and how determinants of behaviour may be understood. Development and evaluation of health behaviour interventions is the focus of *PUBH7122 Health Behaviour Interventions*.

**Course aims:**

To provide grounding in a population-health approach to understanding major behavioural risk factors for chronic disease, including issues of measurement, prevalence, social distribution, trends, and determinants.

**Course content:**

Specific topics include:

- Introduction to behavioural epidemiology
- Measurement of health behaviours
- Prevalence and trends in health behaviours
- Correlates and determinants of health behaviours
- Health behaviour theories
- Applications – diet, physical activity, tobacco use, sun exposure

**Method of assessment:**

There are four written assessments, including participation in an online discussion board.

**Recommended text:** A Book of Readings is supplied to all students.

**Required resources:** No set text apart from the supplied readings.

**Study guide:** This contains the week-by-week learning materials for each module. These include clear learning objectives, required readings, introduction and brief synopsis, and a series of practical exercises.

**Online Blackboard site:** This provides an interactive environment for you and teachers. Reliable and regular access to the Internet is required.

Further details are provided in the Course Profile:  
[http://www.uq.edu.au/study/course.html?course\\_code=PUBH7123](http://www.uq.edu.au/study/course.html?course_code=PUBH7123)