

# PUBLIC HEALTH (PHLT)

## QUICK FACTS: PHLT COURSES

- **Instructional School:** Health
  - **Department:** Health Science
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### **PHLT 110 Lifestyle Diseases and Their Global Burden**

(3 Credits, Fall/Spring)

Non-communicable diseases (NCD's) are the leading cause of death globally, killing more people each year than all other causes combined. NCD's are primarily a result of rapid economic growth, increased revenues, modernization, urbanization, globalization, physical inactivity, and a shift from a culturally traditional diet to a Western-style diet. In this course, students will examine the cultural changes that have contributed to nutrition choices in both the U.S. and other developing countries. Students will develop awareness of their own cultural origins, evaluate the local and global impact of their choices, and examine how public policy influences choice and behavior. Geographic Information Systems (GIS) will be used to understand the geographies of disease, health behaviors, and health disparities. *(This CWI course meets the institutional competency requirements in Global Perspectives.). (3 lecture hours, 0 lab hours, 3 credits)*

*Refer to [How to Read Course Descriptions](#) for an explanation of elements found in the course descriptions above.*