COURSE OUTLINE

Calendar Description
This course uses an environmental lens to study the concepts and determinants of human health, health care systems and services, as well as specific health conditions. There is a strong focus on the roles and responsibilities of urban and regional planners in creating a more healthful environment.

Prerequisite: Level 3A

Introduction
The link between public health and urban planning has a long and significant history. While the specifics of this relationship have evolved over time, the importance of various aspects of the environment to human health has remained constant. Future planners, public health specialists and/or policy-makers are better suited to positively shift population health with a deep understanding of how environments have historically shaped human health and how we can plan our communities to foster health in the future. This is a one-term course with credit weight 0.5.

Course Objectives:
The aim of this course is to provide students with:

• The ability to describe the various concepts of health including the development of public health and its connection to the built environment and planning
• A detailed understanding of the complex relationship between environment and health
• Experience applying course concepts to the assessment of a local environment and design of a public health intervention
• The ability to effectively communicate knowledge of course concepts and issues in writing as well as the ability to work collaboratively with peers

Learning Modes:
Classes will be comprised of lectures covering conceptual and empirical examples of the environment and health relationship including case studies and discussions to highlight the role of planners in creating/modifying environments for health. Guest speakers and media sources (videos, news stories) will be used to highlight the application of course concepts. Reinforcement of course concepts will take place through assignments and tests.

This course will use Learn to disseminate course material, as a communication tool, and post grades. Users can login to LEARN using your WatIAM/Quest username and password via: http://learn.uwaterloo.ca/
SCHEDULES

Class Meetings
The main lecture takes place in Mathematics and Computer Building (MC) room 2036 from 11:30-14:20 on Mondays. Generally, the first two hours will be lecture with the final hour allocated to group work. Students will be notified via Learn of any changes to this schedule.

Scheduled Office Hours
Professor Dean’s office hours are Mondays from 9:00am-11:00am in EV3 3221 or by appointment. Teaching Assistant Paulina Rodrigues’s office hours are by appointment.

SEQUENCE OF COURSE TOPICS

<table>
<thead>
<tr>
<th>Course Week</th>
<th>Date</th>
<th>Topic</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Jan. 5</td>
<td>Introduction to course</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Concepts/Determinants of Health</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Jan 12</td>
<td>Healthy Public Policy</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Assessing Healthy Places</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Jan. 19</td>
<td>Physical Activity</td>
<td>Assignment 2 part 1 due</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Guest Speaker: Graduate student TBA</td>
</tr>
<tr>
<td>4</td>
<td>Jan. 26</td>
<td>Food Systems</td>
<td>Guest Speaker: Graduate student TBA</td>
</tr>
<tr>
<td>5</td>
<td>Feb. 2</td>
<td>Road Safety</td>
<td>Guest Speaker: Graduate student TBA</td>
</tr>
<tr>
<td>6</td>
<td>Feb. 9</td>
<td>In-class test</td>
<td>Reading week</td>
</tr>
<tr>
<td>7</td>
<td>Feb. 16</td>
<td>Reading Week</td>
<td>Assignment 1 due</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Guest Speaker: Stephanie Grower, Toronto Public Health</td>
</tr>
<tr>
<td>8</td>
<td>Feb. 23</td>
<td>Climate Change and Infectious Diseases</td>
<td>Assignment 2- part 2 due</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Guest Speaker: Sharanjeet Kaur, Peel Public Health</td>
</tr>
<tr>
<td>9</td>
<td>Mar. 2</td>
<td>Mental Health and Social Interaction</td>
<td>Guest Speaker: Sharanjeet Kaur, Peel Public Health</td>
</tr>
<tr>
<td>10</td>
<td>Mar. 9</td>
<td>Health Care Systems</td>
<td>Assignment 3 due, Evaluations</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spaces of Healing</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Mar. 16</td>
<td>Group Presentations</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Mar. 23</td>
<td>Group Presentations</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>Mar. 30</td>
<td>Healthy Built Environments of the Future</td>
<td></td>
</tr>
</tbody>
</table>

**Please note that slight adjustments may be made to this schedule. Students will be notified via Learn of any changes.

ASSIGNMENTS

Student success in the course will be evaluated through a mid-term test, individual and group assignments. Brief descriptions of these are provided below. Detailed guidelines and grading schemes for assignments will be posted on Learn during the first week of classes.

The professor determines the content and establishes the grading rules for all assignments and tests. The TA assists the instructor with grading course work. Unclaimed assignments will be retained until one month after term grades become official in Quest. After that time, they will be destroyed in compliance with UW’s confidential shredding procedures.

Group Assignments
A major course component is the opportunity to work in a multidisciplinary group to create a public health intervention. Successful teams will integrate the various skills (e.g., presentation skills) and bodies of knowledge (e.g., land-use expertise) that each member brings in order to create an effective intervention. Collaboration in decision-making, project design and dissemination will be important components of your grade in this assignment. Teams are required to submit a group contract outlining expectations and the consequences of breaking them. In extenuating circumstances, the penalty is up to the professor and may include removal from the group assignment. Individual participation will be monitored by
group mentors and evaluated at the end of the assignment by peers. Group contracts and individual disclosures must be submitted prior to grading the group assignment.

Student Evaluation (Undergraduate Students Only)

Assignment 1 – Health Impact Assessment (due week 9)  20%
Using tools introduced in week 2, students are to conduct a HIA of a recent development/land-use change in their own community and submit a brief written report about the tool.

Assignment 2 – Population Health Intervention (throughout term)  35%
A collaborative, interdisciplinary team assignment to design a health intervention for an Ontario city.
   Part 1- Approval of city and population (week 3)  15%
   Part 2- Final Report (due week 10)  10%
   Part 3- Presentation (due week 11-12)  5%
   Part 4- Reviewer Participation (due week 11-12)  5%
   Part 5- Peer Evaluation (due week 13)  5%

Assignment 3- Take-Home Essay (due week 13)  20%
Students will be given 3 potential essay topics in week 10 and must answer one and submit on the final day of class. Essays are to be completed individually, the original work of the author, and of a quality expected from a senior undergraduate student.

Assignment 4- Guest Lecture Questions (throughout the term)  5%
Students will be assigned to a guest lecturer/speaker throughout the term and must prepare a relevant question to pose to our guest. Questions will be posted on Learn and a select number will be chosen by the professor. (Assigned in week 2)

In–class test (week 6)  20%

Requirements for Graduate Students (PLAN 639)

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-class lecture (weeks 3-5)</td>
<td>25%</td>
</tr>
<tr>
<td>Group Mentorship (Weeks 2-12)</td>
<td>15%</td>
</tr>
<tr>
<td>Guest Speaker Meet and reflection</td>
<td>10%</td>
</tr>
<tr>
<td>Research Paper</td>
<td>50%</td>
</tr>
<tr>
<td>Proposal (due week 6)</td>
<td>10%</td>
</tr>
<tr>
<td>Final (due week 12)</td>
<td>40%</td>
</tr>
</tbody>
</table>

Referencing / Citation
The School of Planning has adopted a single standard referencing system for all papers and assignments submitted in Planning courses. The format is the APA (American Psychological Association) style. The complete style outline can be found in the Publication Manual of the American Psychological Association, located in the reference section in Dana Porter Library, call number BF76.7.P83 1994, or on sale in the Book Store for $32.95. On the web you can find some other quick references for formatting and writing at the following URLs:
APA Frequently asked Questions - http://www.apastyle.org/learn/faqs/
Purdue University Online Writing Lab (OWL): https://owl.english.purdue.edu
University of Wisconsin-Madison Writing Centre: http://www.writing.wisc.edu

Requirements, Grade Penalties and Special Considerations:
Readability and Clarity: Students are expected to present well organized, and properly written work using a computer. Penalties of up to 25% may be applied in cases where readability and/or clarity are inadequate.

Lateness penalty: all assignments are due on the date set by the professor. The first day an assignment is late brings about a 5% penalty. An additional 10% penalty is applied for each additional 24-hour period late. A student's assignment more than 4 days business days late will not be accepted and a grade of zero will be recorded for that assignment.

Examinations and tests: students are expected to be present at the time examinations and tests are scheduled. There will not be a make-up test. Depending on circumstances surrounding the absence, students may be able to make-up that portion of the grade in other assignments.
Requests for exemptions or compassionate considerations: are to be discussed with the professor in advance or as soon as possible.

REQUIRED READING
The required readings for this course are available at the UW bookstore and electronically through the course reserves at Dana Porter library (connect through Learn). Students are expected to complete the required readings ahead of attending class.

Available at UW bookstore:

Week 1: Introduction
• Making Health Places- Chapters 1,17

Week 2: Healthy public policy, and creation of healthy spaces
• Making Healthy Places- Chapter 20
• National Collaborating Centre for Healthy Public Policy. (2009). Introduction to HIA.

Week 3: Physical Activity
• Making Health Places- Chapter 2, 10

Week 4: Food Systems
• Making Health Places- Chapter 3

Week 5: Road Safety and injury
• Making Health Places- Chapter 5
• Metrolinx. (2013). Active and Sustainable Social Transportation in Ontario: Barriers and Enablers.

Week 6: In-class test
• No readings

Week 7: Reading Week
• No readings

Week 8: Climate Change and Infectous Diseases
• Making Healthy Places- Chapters 4,16

Week 9: Mental health and Social Interaction
• Making Health Places- Chapters 7, 8
• Article TBA

Week 10- Health Care Systems and Spaces for Healing
• Making Healthy Places- Chapters 13,15

Week 11- Presentations
• No readings

Week 12- Presentations
• No readings

Week 13- Future of healthy built environments
• Making Healthy Places- Chapter 24
IMPORTANT INFORMATION

• **Academic Integrity:** In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. ENV students are strongly encouraged to review the material provided by the university’s Academic Integrity office (see: [http://uwaterloo.ca/academicintegrity/Students/index.html](http://uwaterloo.ca/academicintegrity/Students/index.html)).

**Avoiding Academic Offences:**

A student is expected to know what constitutes academic integrity, to avoid committing academic offenses, and to take responsibility for his/her actions. A student who is unsure whether an action constitutes an offense, or who needs help in learning how to avoid offenses (e.g., plagiarism, cheating) or about “rules” for group work/collaboration should seek guidance from the course professor, academic advisor, or the Undergraduate Associate Dean. When misconduct has been found to have occurred, disciplinary penalties will be imposed under Policy 71 – Student Discipline. For information on categories of offenses and types of penalties, students should refer to Policy 71 - Student Discipline, [http://www.adm.uwaterloo.ca/infosec/Policies/policy71.htm](http://www.adm.uwaterloo.ca/infosec/Policies/policy71.htm)

Within ENV, those committing academic offences (e.g. cheating, plagiarism) will be placed on disciplinary probation and will be subject to penalties which may include a grade of 0 on affected course elements, 0 on the course, suspension, and expulsion.

Students who believe that they have been wrongfully or unjustly penalized have the right to grieve; refer to Policy #70, Student Grievance, [http://www.adm.uwaterloo.ca/infosec/Policies/policy70.htm](http://www.adm.uwaterloo.ca/infosec/Policies/policy70.htm)

• **Note for students with disabilities:** The AccessAbility Office located in Needles Hall, Room 1132, collaborates with all academic departments to arrange appropriate accommodations for students with disabilities without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the AccessAbility Office at the beginning of each academic term.

• **Mental Health:** The University of Waterloo, the Faculty of Environment and our Departments consider students’ well-being to be extremely important. We recognize that throughout the term students may face health challenges - physical and / or emotional. **Please note that help is available.** Mental health is a serious issue for everyone and can affect your ability to do your best work. Counselling Services [http://www.uwaterloo.ca/counselling](http://www.uwaterloo.ca/counselling) is an inclusive, non-judgmental, and confidential space for anyone to seek support. They offer confidential counselling for a variety of areas including anxiety, stress management, depression, grief, substance use, sexuality, relationship issues, and much more.

• **Religious Observances:** Please inform the instructor at the beginning of term if special accommodation needs to be made for religious observances that are not otherwise accounted for in the scheduling of classes and assignments.

• **Grievance:** A student who believes that a decision affecting some aspect of his/her university life has been unfair or unreasonable may have grounds for initiating a grievance. Read Policy 70 - Student Petitions and Grievances, Section 4, [http://www.adm.uwaterloo.ca/infosec/policies/policy70.html](http://www.adm.uwaterloo.ca/infosec/policies/policy70.html)

• **Appeals:** A student may appeal the finding and/or penalty in a decision made under Policy 70 - Student Petitions and Grievances (other than regarding a petition) or Policy 71 - Student Discipline if a ground for an appeal can be established. Read Policy 72 - Student Appeals, [http://www.adm.uwaterloo.ca/infosec/Policies/policy72.html](http://www.adm.uwaterloo.ca/infosec/Policies/policy72.html)