First Course
Course Goals

Goals

1. Generate a broad definition of health.
2. Describe at least one determinant of non-communicable diseases.
4. Identify two barriers to health in the US.
5. Formulate personal goals in professional formation as a physician.
6. Demonstrate use of core curricular tools.
First Course
Session Learning Objectives

Colorado Health Overview
1. List at least two Colorado health or mortality measures that show disparities in outcomes based on race, ethnicity, gender or age.
2. Discuss why all Coloradans don’t have equal access to care.

Demographics of Aurora
1. Compare the demographic differences between the city of Aurora and the population area that surrounds the Anschutz medical campus (North Aurora).

Global Health Perspectives
1. Discuss the differences between global health and personal “health.”
2. List at least two measures of the world’s health.

Health Disparities
1. Describe the social determinants of health.
2. Define health disparities.
3. Give examples of health disparities.

Health Disparities and Social Determinants of Health
1. List at least 3 personal, environmental, and health systems factors that may impact an individual’s health.
2. List at least 3 tools/skills a healthcare provider can use to address the personal, environmental, and/or health systems factors that impact an individual’s health.

Hopes and Fears
1. Discuss five methods for personal continuous improvement.
2. Use a method of personal continuous improvement in a discussion of hopes and fears.

Welcome & Overview of First Course
1. Identify course requirements including participation.

What is Health? The US Perspective
1. Define “health.”
2. Explain why the definition of health might vary depending on where you live, your age, your socioeconomic class, or your culture.