Course Description
In this course, students:
- Develop skills in wellness assessments and lifestyle interventions
- Gain insights into population health and health disparities through the lens of social determinants of health
- Build community relationships for further work such as internships

This course is designed to prepare undergraduate and graduate students to develop skills including assessment of lifestyle behaviors with an emphasis on diet and physical activity, development of wellness-related programming and curriculum, and delivery of healthy lifestyle related programs to the public. Emphasis will be placed on service to diverse communities facing numerous health and social disparities.

Students will gain a thorough introduction to the City of South Tucson, a 1-square mile community with a rich cultural history. Course instructors will collaborate with community stakeholders to present a holistic view of public health goals and challenges within the community. Students will gain valuable insights into the social drivers of community wellness, as well as have the opportunity to build relationships, generate shared ideas, and produce health education materials/programming for community wellness in support of future internships and/or volunteer opportunities.

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