

Information sheet for the course Epidemiology of Noncommunicable Diseases

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: ENCh/e	Course unit title: Epidemiology of Noncommunicable Diseases
Type of course unit: <i>compulsory</i>	
Planned types, learning activities and teaching methods: <i>Lecture: 2 hours weekly/26 hours per semester of study; full-time</i> <i>Supervised practical output: 2 hours weekly/26 hours per semester of study; full-time</i>	
Number of credits: 3	
Recommended semester: <i>5th semester in the 3rd year (part-time)</i>	
Degree of study: <i>I (bachelor)</i>	
Course prerequisites: none	
Assessment methods: The student will acquire 50 points per semester - To prepare essay on the epidemiology of noncommunicable diseases (20 points) - A written exam (30 points) To achieve A, at least 48 points have to be obtained, to achieve B, at least 44 points have to be obtained, to achieve C, at least 41 points have to be obtained, to achieve D, at least 38 points have to be obtained and to achieve E, at least 35 points have to be obtained.	
Learning outcomes of the course unit: Acquire theoretical knowledge and practical skills in the use of epidemiological methods and epidemiology of chronic diseases in dealing with studies aimed at the prevention of chronic diseases, get the basics for Intervention Epidemiology. Highlighting the importance of interventions of individuals and populations in noncommunicable diseases.	
Course contents: 1. Historical development of the incidence of chronic diseases, basic characteristics. 2. Risk factors resulting from improper lifestyle (smoking, addiction) - definition, consequences, possibility of intervention. 3. Risk factors resulting from improper lifestyle (diet, physical activity) - definition, consequences, possibility of intervention. 4. Intervention diseases caused by environmental factors. 5. Epidemiology, screening, prevention, and the assessment of selected cardiovascular diseases. 6. Epidemiology, screening, prevention, and the assessment of selected cancers. 7. Epidemiology, screening, prevention, and the assessment of selected metabolic diseases - diabetes mellitus, osteoporosis, gout. 8. Severe respiratory disease - epidemiology, prevention and assessment. 9. Psychosocial risk factors, epidemiology of mental illness and mental health. 10. External causes of illness and death - epidemiology, prevention and assessment. 11. Intervention programs of health promotion in the population, their preparation and implementation. 12. The CINDI in the Slovak Republic and the National Health Promotion Programme - the objectives, implementation, partners. 13. Monitoring, analysis, evaluation of noncommunicable diseases in the European region.	
Recommended of required reading: 1. EGNEROVÁ, A. A KOL. 2009. <i>Epidemiológia vybraných chronických chorôb</i> . Bratislava, Slovenská zdravotnícka univerzita, 2009, 117 s. ISBN-978-80-89352-34-0.	

2. BEŇO, I. 2008. *Náuka o výžive*. 2. Vydanie. Martin : Osveta, 2008. 146 s. ISBN 80-8063-123-3.
3. FAIT, T., VRABLIK, M., A KOL. 2008. *Preventívna medicína*. Praha : MAXDORF, 2008. 551 s. ISBN 978-80-7345-160-8.
4. Implementácia CINDI Programu v Slovenskej republike, 1992-1999, ŠZU Banská Bystrica, 2000, 181ss.
5. Publikácie WHO – Zdravie 21, zdravie v 21. storočí, ŠZU, Bratislava, 2000
6. Katalánska deklarácia – Investovanie do zdravia srdca. Národné centrum podpory zdravia a Program CINDI – Slovensko, 1996, 79ss.
7. EGNEROVÁ, A., A KOL. 2008. *Epidemiológia - základy a metódy*. Bratislava : Slovenská zdravotnícka univerzita, 2008. 141s., ISBN 978-80-89352-07-4.
8. HEGYI, L., A KOL. 2004. *Výchova k zdraviu a podpora zdravia*. Bratislava : HERBA, 2004, 148 s. ISBN 80-89171-20-6.
9. OCHABA, R., A KOL. 2009. *Ochrana detí a mládeže – Tabak, alkohol, drogy*. Bratislava, ÚVZ SR, 2009, 185 s.
10. JURKOVIČOVÁ, J. 2005. *Vieme zdravo žiť?* Bratislava : LFUK, 2005, 166 s. ISBN 80-223-2132-X.
11. Národný program podpory zdravia, Národný program prevencie ochorení srdca a ciev, Národný program znižovania obezity, Národný program ochrany duševného zdravia.

Language: Slovak

Remarks:

Evaluation history: *Number of evaluated students*

A	B	C	D	E	FX

Lectures: MUDr. Věra Dobiášová, PhD. MPH., doc. MUDr. R. Maďar, PhD

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Supervisor: doc. MUDr. Mária Štefkovičová, PhD., MPH.