

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**HEALTH EDUCATION 203 – SUBSTANCE ABUSE AND PUBLIC HEALTH**

3 hours lecture, 3 units

**Catalog Description**

This course provides an overview of the epidemiology and toxicology of substance abuse and its relevance to personal and public health. Students will be introduced to the concept of substance abuse and dependence, the definition of licit and illicit drugs, and the pharmacologic, neurologic and physiologic effects of selected substances on the human brain. Political, social and economic factors involved in the supply and demand for drugs will be discussed. Epidemiologic data on the prevalence, incidence, and trends of smoking, alcohol, prescription and other drug dependencies in the U.S. will be covered, as well as risk factors associated with the use and abuse of these substances. Current options for recovery and a survey of local resources will be reviewed.

**Prerequisite**

None

**Course Content**

- 1) Introduction to Drugs and Society
- 2) Definitions of Drug Use, Misuse and Abuse
- 3) Drug Use, Regulation, and the Law
- 4) Homeostatic Systems and Drugs
- 5) How and Why Drugs Work
- 6) CNS Depressants
  - a. Sedative-Hypnotics
  - b. Alcohol: pharmacological effects and behavioral perspective
  - c. Narcotics (opioids)
  - d. Marijuana
- 7) Stimulants
  - a. Tobacco
- 8) Hallucinogens (Psychedelics)
- 9) Inhalants
- 10) Over the Counter (OTC), Prescriptions and Herbal Drugs
- 11) Drug Use Within Major Sub-Cultures
- 12) Social Issues Surrounding Drug Use, Abuse, Prevention and Laws
- 13) Drug Abuse Prevention
- 14) Treating Drug Dependence
- 15) Federal Agencies Focused on Drug Abuse Prevention

**Course Objectives**

Students will be able to:

- 1) Distinguish the difference between drug use, misuse and abuse.
- 2) Describe the psychotherapeutic benefits (if any) and harmful effects of common substances of abuse, and identify the populations most at risk of using these substances.
- 3) Identify the factors associated with the use of specific substances of abuse, including populations at most risk based on age, sex, education, socioeconomic status, ethnicity, race and age at first initiation.

- 4) Apply basic knowledge of drug laws to evaluate historical legal cases and situations related to substance abuse.
- 5) Describe the neurological and physiological responses to various types of drugs.
- 6) Describe the neurological and physiological short and long term consequences of substance use and abuse.
- 7) Analyze the current public health perspective on the issue of substance abuse, including broad political, social and economic factors related to substance abuse.
- 8) Interpret reliable public data sources to find statistical and epidemiologic data on incidence, prevalence, and trends in drug, tobacco and alcohol use.
- 9) Analyze arguments on both sides of a selected controversial issue, such as drug testing in the work place or legalization of marijuana.

### **Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to compare and contrast drug abuse and dependence, identify various substances of potential abuse and their corresponding patterns of use, and describe sequelae of drug abuse in terms of physical, legal, social, and public health ramifications.
- 2) Written assignments that demonstrate students' ability to analyze the effects of substance abuse on society and the efficacy of various programs, organizations, treatments, etc., in the context of public health.
- 3) Written and orally presented assignments that demonstrate students' ability to evaluate the characteristics of a reputable journal, website, etc., designed for the dissemination of public health information regarding substance abuse.

### **Special Materials Required of Student**

None

### **Minimum Instructional Facilities**

Smart classroom

### **Method of Instruction**

Lecture and group discussion

### **Out-of-Class Assignments**

- 1) Assigned reading
- 2) Written research essays on class discussion topics
- 3) Project: interview with a current or former addict
- 4) Research paper on chosen substance of abuse

### **Texts and References**

- 1) Required (representative example): Hanson, et al. *Drugs and Society*. 13th edition. Jones & Bartlett Learning, 2017.
- 2) Supplemental: None

### **Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Identify the psychotherapeutic benefits (if any) and harmful effects of common substances of abuse, while identifying the populations most at risk of using these substances.
- 2) Apply the current public health perspectives to evaluate the topic of substance abuse prevention.

- 3) Compare and Contrast reliable public data sources to find statistical and epidemiologic data on incidence, prevalence, and trends in drug, tobacco and alcohol use.