Western University
Faculty of Health Sciences
School of Health Studies

HS 4740A – Chronic Disease Prevention
Fall 2021
******SYLLABUS SUBJECT TO CHANGE UP UNTIL SEPT. 8th/2021******

Instructor: Dr. Ben Kajaste **Office:** TBD **Email:** bkajaste@uwo.ca **Phone:** 519/661-2111 x n/a **Office Hrs:** By appointment **1θ**	**am &V 12θ -1θpm** **Location:** FNB 1200 **Instruction Mode**: In person

NOTE:

Calendar Course Description: Chronic disease is a significant economic burden for our health care system. This course will examine the prevalence of chronic disease, key factors associated with the significant increase in chronic diseases, and strategies for primary and secondary prevention.

• Are encouraged to make appropriate decisions, based on their specific circumstances, recognizing that minor ailments (e.g., upset stomach) or upsets (e.g., argument with a friend) are not normally an appropriate basis for a self-reported absence;

9. Scholastic offences are taken seriously, and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site: Academic Calendar - Western University (uwo.ca)

There are various support services around campus, and these include, but are not limited to:

1. Student Development Centre -- http://academicsupport.uwo.ca/
2. Student Health -- https://www.uwo.ca/health/
3. Registrar's Office -- http://www.registrar.uwo.ca/
4. Ombudsperson Office -- http://www.uwo.ca/ombuds/

The undergraduate experience is rewarding and challenging socially, emotionally, and intellectually. Finding ways to balance scholarly life with our personal lives can be tough, but it's important to learn how to manage stress. Western provides several health and wellness-related services to students, which may be found at http://www.health.uwo.ca/. You can also check out the Campus Recreation Centre or the McIntosh Gallery (http://www.mcintoshgallery.ca/), for alternative spaces to reconnect with your bodies and restore your spirit. You may also want to access local resources that are closer to where you are living during the school year. Recalibrating ourselves emotionally begins with slowing down, reminding ourselves that we are ok, and taking a few deep, slow breaths. This remarkably effective strategy brings the body from stress mode into a more relaxed state.

If you are in emotional or mental distress should refer to Mental Health@Western Mental Health Support - Health & Wellness - Western University (uwo.ca)for a complete list of options about how to obtain help. To help you learn more about mental health, Western has developed an interactive mental health learning module, found here: Health & Wellness - Western University (uwo.ca). It's also advisable to have a wellness safety plan if you don't want to reach out to formal services. Having the numbers of a few trusted individuals is another strategy.

The university-wide descriptor of the meaning

there is no rounding to the next grade level, or ‘giving away’ of marks. Please do not ask me to do