

Semester: Spring 2026
Instructor: Christian R. Alvarado
Office: H246
Email: Christian.Alvarado@uthct.edu
Office Hours: Drop-in or by appointment (please email)

Format: Fully online; Midterm and Final Exam reviews will be pre-recorded and posted to CANVAS (highlighted on course schedule in blue)

Course Description: This course is designed to introduce the student to the ever-expanding area of chronic disease epidemiology. Students will be introduced to the current status of chronic disease and control programs, methods used in chronic disease surveillance, intervention methods and modifiable risk factors. Some of the major chronic diseases such as cancer, cardiovascular disease, chronic lung disease, diabetes and arthritis will be discussed in detail.

Prerequisite: PBHL 5342 (Principles of Epidemiology)

Co-requisite: N/A

Course Objectives:

- After taking the course in Chronic Diseases Epidemiology students will be able to describe and understand the main Epidemiological characteristics of the most prevalent chronic diseases.
- The students will be able to describe how these Epidemiologic Methods can be utilized to develop and evaluate strategies to prevent the development of chronic diseases and mitigate the progression and symptoms of these conditions.
- The students will be able to develop the ability understand the etiology of these diseases that could be used to develop prevention and control programs.

Course Assessments:

Discussion Board: Every student will be interacting using the discussion board. Each week a new discussion board topic will be made available. In the discussion board, you will have opportunities to post response to this week's discussion question. You will also be posting a comment to someone else's response. You need to post a response and comment on someone's post to receive full credit for Participation for that week.

Homework: 6 homework assignments will be given to students in weeks 2, 4, 6, 8, 12, and 14. Each homework assignment will be worth 5% of your grade.

Midterm: The midterm consists of multiple choice, matching, and short answer questions and will test students on material from weeks 1-7.

Final: The final exam consists of multiple choice, matching, and short answer questions and will mainly test students on all material covered in this course (weeks 8, & 11-14).

Overall Grading Structure:

10% - Participation (Discussion Board)
30% - Homework
30% - Midterm exam
30% - Final exam

Textbook:

Harris, R. E. (2020). *Epidemiology of chronic disease: Global perspectives*. Burlington, MA: Jones & Bartlett Learning.

Course Schedule:

Week	Dates	Readings	Assignments and Assessments	Meeting Dates
Week 1	01/12-01/18	Chapters 1-5	Discussion Board 1	N/A
Week 2	01/19-01/25	Chapters 6-10	Homework 1 & Discussion Board 2	N/A
Week 3	01/26-02/01	Chapters 11-15	Discussion Board 3	N/A
Week 4	02/02-02/08	Chapters 16-20	Homework 2 & Discussion Board 4	N/A
Week 5	02/09-02/15	Chapters 21-25	Discussion Board 5	N/A
Week 6	02/16-02/22	Chapters 26-30	Homework 3 & Discussion Board 6	N/A
Week 7	02/23-03/01	Chapters 31-34	Discussion Board 7	N/A
Week 8	03/02-03/08	Chapters 35-38	Homework 4 & Discussion Board 8	<u>MIDTERM EXAM REVIEW</u>
Week 9	03/09-03/15	No Required Readings	<u>Midterm Exam</u>	N/A
Week 10	03/16-03/22	No Required Readings	<u>SPRING BREAK</u>	N/A
Week 11	03/23-03/29	Chapters 39-43	Discussion Board 9	N/A
Week 12	03/30-04/05	Chapters 44-47	Homework 5 & Discussion Board 10	N/A
Week 13	04/06-04/12	Chapters 48-53	Discussion Board 11	N/A

Week 14	04/13-04/19	Chapters 54-56	Homework 6 & Discussion Board 12	N/A
Week 15	04/20-04/26	No Required Readings	Finals Study Week	<u>FINAL EXAM REVIEW</u>
Week 16	04/27-05/03	No Required Readings	<u>Final Exam</u>	N/A

Attendance/ Participation: Regular and punctual attendance is expected. You should arrive on time and participate in all class activities. If a student misses a class or lab, the student is responsible for obtaining any information distributed during those times.

Email Correspondence: All email correspondence will be through the UTHSCT email system. Personal email accounts will not be used for any classrelated matters (ex. assignments, absence notifications, grades, etc.). All students are responsible for checking their UTHSCT email account regularly. Any questions regarding UTHSCT individual student email accounts should be addressed to the Help Desk at 903.877.7700.

Late Assignments/ Assessments: Students need to contact the Professor if they anticipate submitting an assignment late. Any late assignments will be subject to a 5% deduction each day for the first week (35% if submitted a week late) and an additional 10% if two weeks late. Assignments turned in over 2 weeks late (14 days) will receive a grade of **0** for the assignment. Reasonable accommodations will be made under special circumstances. If you need special accommodations, you must contact the Professor **BEFORE** the due date for the assignment.

Academic Honesty: Any student who commits an act of scholastic dishonesty is subject to discipline. Scholastic dishonesty includes, but is not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

Cheating

Dishonesty of any kind involving examinations, assignments, alteration of records, wrongful possession of examinations, and unpermitted submission of duplicate papers for multiple classes or unauthorized use of keys to examinations is considered cheating. Cheating includes but is not limited to:

- Using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class.
- Falsifying or inventing any information, including citations, on an assigned exercise.
- Helping or attempting to help another in an act of cheating or plagiarism.

Plagiarism

Plagiarism is presenting the words or ideas of another person as if they were your own. Materials, even ideas, borrowed from others necessitate full and complete acknowledgment of the original authors. Offering the work of another as one's own is plagiarism and is unacceptable in the academic community. A lack of adequate recognition constitutes plagiarism, whether it utilizes a few sentences, whole paragraphs, articles, books, audio-visual materials, or even the writing of a fellow student. In addition, the presentation of material gathered, assembled, or formatted by others as one's own is also plagiarism. Because the university takes such misconduct very seriously, the student is urged to carefully read university policies on Misconduct in Research and Other Scholarly Activity 05.00. Examples of plagiarism are:

- Submitting an assignment as if it were one's own work when, in fact, it is at least partly the work of another.
- Submitting a work that has been purchased or otherwise obtained from an Internet source or another source.
- Incorporating the words or ideas of an author into one's paper without giving the author due credit.

Adding/Dropping:

The official deadline for adding and dropping courses is as published in the academic calendar and Graduate Bulletin (typically the day before Census Day). However, students are strongly encouraged to meet with their graduate advisor or the Program Coordinator prior to adding/dropping courses. Movement into and out of classes after the 4th class day requires approval of the Program Director. Students can drop until mid-semester without a WP or WF. Drops after midsemester require approval of the Dean. Each student is responsible for their own enrollment status with the university. The link to the academic calendar 2020-2021 can be found using the following link: <https://www.uthct.edu/wp-content/uploads/20-uthsc-0179a-academic-catalog-pdfs-calendar-2021-2022.pdf>

Disability Accommodations:

UTHSCT abides by Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act, which mandate reasonable accommodations be provided for students with documented disabilities. If you have a disability and may require some type of instructional and/or examination accommodations, please contact me early in the semester so that I can provide or facilitate provision of accommodations you may need. If you have not already done so, you will need to register with the Student Services Office (located on the UT Tyler Campus). You may call 903-566-7079 for more information.

Student Absence Due to Religious Observance:

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second-class meeting of the semester.

Emergency Exits and Evacuation:



Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit or action. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by the Health Center Police or Fire Department.

Technical Support:

If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing me at Christian.Alvarado@uthct.edu or calling the Help Desk at 903.877.7700.