Health and Behaviour (IEHC0056)

Description

‘Health and Behaviour’ is a module which deals with questions which are central to understanding population health, such as ‘What is behaviour?’, ‘What are health behaviours?’, and “How do health behaviours influence health outcomes and health inequalities?”. This module will introduce theories of health behaviour change, including the behaviour change wheel and established interventions for health promotion. Methods for examining health behaviour and health behaviour change over the lifecourse will be examined. You will examine specific behaviours individually (e.g. smoking, alcohol use, physical activity, diet, sedentary behaviour) and in combination (e.g. clusters of ‘preventive’ and ‘risky’ behaviours). You will also consider how health behaviours can interact. Implications for public health will be delineated. Finally, you will have an opportunity to critically appraise theories of health behaviour with particular reference to alternative explanations, such as social determinants, cognitive abilities, health literacy, and the role of the built environment. Overall, the module aims for you to understand how health behaviour influences population health, to be able to describe the prevalence, risk factors and outcomes for key health behaviours and patterns of multiple health risk behaviours, to promote consideration of health behaviour change, and to clarify the policy relevance and responses of health behaviours.

After taking this module, you should be able to

- Describe dominant theories of health behaviour change
- Understand evidence that health behaviours influence health inequalities
- Examine the impact of individual and combined behaviours on health outcomes
- Recognize the role of health behaviours in public health policies
- Critically appraise theories of behaviour change and competing alternative explanations

Key information

- Year: 2020/21
- Credit value: 15 (150 study hours)
- Delivery: UG L5, Campus-based
- Reading List: View on UCL website
- Tutor: Dr Abi Fisher
- Term: Term 2
- Timetable: View on UCL website

Assessment

Find out more

For more information about the department, programmes, relevant open days and to browse other modules, visit ucl.ac.uk

Disclaimer: All information correct as of March 2020. Please note that aspects of the module may be subject to change. UCL will make best efforts to inform applicants of major changes.
This is an intermediate module for Year 2 students on the BSc Population Health programme, running in Term 2. There is availability for UCL elective students from other departments. Places are allocated on a ‘first come, first served’ basis on Portico when the module selection opens. Spaces are limited to 35 with preference given to BSc Population Health students.

You will attend weekly lectures and seminars.

You will be assessed a 3,000-word report which counts for 100% of your final mark for this module.

Selected Reading List


