

Appendix

Foundations of Health Behavior Change – Course Outline

Week	Module	Lecture Topic(s)	Assignments
1	Introductory	Social/behavioral causes of illness and mortality; persuading and motivating health behavior change; behavior change strategies	Baseline assessment
2	Nutrition	Nutrition and chronic disease; promoting healthy eating; nutrition guidelines; environmental restructuring	Self-assessments for nutrition; selection of nutrition goal and behavior change strategy
3	Nutrition	Applying theory; overview of nutrition interventions (large-scale RCTs)	Summary statement (subjective evaluation of behavior change attempt)
4	Nutrition	Obesity, “the obesigenic environment”, food marketing and public health policy; weight stigma, health equity, structural determinants of nutrition and health	Evaluation/critique of published public health intervention with nutrition focus
5	Mental Health	Epidemiology of mental disorders; mental health vs. mental illness; prevention vs. treatment of mental disorders	Self-assessments for mental health; selection of mental wellness goal and behavior change strategy
6	Mental Health	Etiology and treatment of depression; management of mental disorders; positive affect; humor; anxiety; stress and health	Summary statement (subjective evaluation of behavior change attempt)
7	Mental Health	Social aspects of mental health; LGBTQ mental health	No assignment (break)
8	Physical activity	The epidemiology and significance of physical activity; measurement; physical activity vs. inactivity	Selection of physical activity goal and behavior change strategy
9	Physical activity	Physical activity interventions (frameworks, perspectives, and technologies)	Summary statement (subjective evaluation of behavior change attempt)
10	Physical activity	Individual, social, and built environmental factors contributing to physical activity behaviors	Evaluation/critique of published public health intervention with physical activity focus
11	Social support	Social/observational learning; social learning theory; social relationships and health	Selection of social support goal and behavior change strategy
12	Social support	Social support; social capital; photovoice methodology	Summary statement (subjective evaluation of behavior change attempt); Post assessment
13	Conclusion	Presentation of results and summary: self-care to promote student mental health	Summary statement/ evaluation of all behavior change modules; critique and evaluation of effectiveness based on behavior change strategies employed