CSPH 3101 (2 Credits)
CREATING ECOSYSTEMS OF WELLBEING
Online | Instructor: Kate Hathaway

COURSE DESCRIPTION
This course focuses on information, practices and tools that enable individuals and communities to build capacity for wellbeing. Students will examine factors and ecosystems that contribute to health, happiness and wellbeing and will develop a personal plan for health and wellbeing, a critique of an existing ecosystem and ideas for a community yet to be developed.

COURSE OBJECTIVES
At the end of the course, students will be able to:

• Define the “construct” of ecosystems
• Describe some of the individual and social determinants of wellbeing
• Identify patterns of individual behavior (e.g., patterns of eating) that affect both individual health and the greater picture of global health
• Discuss the importance of taking personal responsibility for health, happiness and wellbeing
• Describe the impact of diet, exercise, stress management, social connections, spirituality, self-care practices and the environment on health outcomes
• Apply knowledge and tools of lifestyle medicine in creating a personal wellbeing map
• Distinguish longevity of life from quality of life
• Evaluate the impact of social structures, social networks, the local community and environment on ecosystems of wellbeing
• Describe innovative and creative strategies that will:
  - improve the quality of life for persons and communities
  - foster conditions that contribute to wellbeing
  - enable us to become informed about personal health risks and make informed choices about what affects our health and the health of our dependents
  - generate flexible responses to reshape wellbeing
• Define the “construct” of ecosystems

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