This course will review empirical evaluations of behavioral and community interventions designed to influence health promoting and health damaging behaviors. Many of these reviews are a product of the Cochrane Collaboration, the Task Force on Community Preventive Services (established by the U.S. Department of Health and Human Services), and individual investigators. The seminar has a practical bent, seeking to help seminar participants identify health related interventions that could be successfully implemented by schools, hospitals, companies, governmental agencies, and other groups or institutions that may eventually seek the expertise of seminar participants. We will examine the efficacy of programs that address a range of health related issues, including high risk sexual behaviors, teen pregnancy, tobacco use, cancer screening, alcohol initiation, binge drinking, motor vehicle safety, oral health, vaccination rates, sunscreen use, and lifestyle changes (including eating habits and exercise routines). We will try and determine which programs work, with whom, and under what conditions. We will also assess the expected effect size associated with each type of intervention. Finally, we will try and identify common elements of successful interventions that have been developed to address a range of health behaviors. Development of the seminar has been guided by a specific goal: enabling seminar participants to respond, relatively quickly, to potential requests for identifying and implementing interventions that reduce health threats confronting community members (e.g., falls among the elderly, non-use of sunscreen by children, binge drinking among college students, tobacco use at worksites). I built flexibility into the seminar, so we can add or delete topics of inquiry depending upon the specific interests of seminar participants this semester and their long term goals.

The course will rely on quantitative reviews of many different interventions and thus some knowledge of meta-analysis is expected. I will spend the first few classes reviewing basic meta-analytic techniques, models, effect size indices and strategies for interpreting coefficients. The latter introduction will provide the ground work for interpreting meta-analytic reviews of intervention strategies (e.g., fear appeals, media campaigns, motivational interviewing, school-based prevention programs) that target a range of health damaging and health promotion behaviors.

Each week we will address a specific topic (a tentative schedule is outlined below). Each week one seminar participant will be designated as the 'primary reviewer' of findings reported in the readings; the 'primary reviewer' will provide seminar participants
with an overview of the research findings and key issues related to specific health threats and behaviors; one additional seminar participant each week will be designated as the 'secondary reviewer' (similar to grant reviews, although here we are reviewing summaries of research rather than primary research). The latter seminar participants will guide the weekly discussions but all seminar participants are expected to participate in the discussions. Thus all seminar participants are expected to complete all of the readings each week and be prepared to discuss the assigned material. The seminar is not designed as a lecture course.

Course grades will be determined on the basis of three short papers approximately 5 pages in length (each contributing 25% of your grade) and seminar participation (25% of your grade). Please note that I am very attentive to the clarity of presentation of ideas within seminar papers, and thus I expect your papers to be carefully crafted. Five page papers are often more difficult to draft than 15 page papers due to space limitations and the need to express your ideas concisely (which means you need to really understand the material).

The tentative dates for each topic of discussion are provided on the following pages.

**Required Articles:**
I will distribute articles for class discussion, including chapters from a 2005 volume edited by Zaza, S., Briss, P.A., & Harris, K.W. entitled "The guide to community preventive services: What works to promote health" (New York: Oxford University Press). All of the latter materials will be available in the main office for you to reproduce or in pdf format that I will share with you. A partial and tentative listing of course readings is provided below.

**Tentative Schedule of Topics and Readings:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic:</th>
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<tbody>
<tr>
<td>August 25</td>
<td>Introduction, Evidence Based Reviews, &amp; Meta-Analysis</td>
</tr>
<tr>
<td>August 27</td>
<td>Topic: Meta-Analysis</td>
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<td>September 1</td>
<td>Topic: Meta-Analysis</td>
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<tr>
<td>September 3</td>
<td>Topic: Meta-Analysis, and Overview of Behavioral Interventions</td>
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<tr>
<td>September 8</td>
<td>Topic: Drug Use and Abuse</td>
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<td>September 10</td>
<td>Topic: Drug Use and Abuse</td>
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<td>September 15</td>
<td>Topic: Drug Use and Abuse</td>
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<tr>
<td>September 17</td>
<td>Topic: Drug Use and Abuse</td>
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September 22  Topic: Alcohol Use and Abuse
September 24  Topic: Editorial Review of Seminar Paper #1
September 29  Topic: Alcohol Use and Abuse
October 1    Topic: Smoking Initiation and Cessation
October 6    Topic: Smoking Initiation and Cessation
October 8    Topic: Sexual Behavior, STD's, and Pregnancy
October 13   Topic: Sexual Behavior, STD's, and Pregnancy
October 15   Topic: Motor Vehicle Risk Behaviors
October 20   Topic: Motor Vehicle Risk Behaviors
October 22   Topic: Mass Media Campaigns & Fear Appeals for Promoting Health
October 27   Topic: Mass Media & Internet Interventions for Promoting Health
October 29   Topic: Mass Media Interventions & Internet Interventions for Promoting Health
November 3   Topic: Editorial Review of Seminar Paper #2
November 5   Topic: Sunscreen Use, Cancer Screening
November 10  Topic: Exercise and Eating
November 12  Topic: Exercise and Eating
November 17  Topic: Oral Health
November 19  Topic: Vaccinations & Immunizations
November 24  Topic: Open
November 26: NO CLASS: THANKSGIVING
December 1   Topic: Open
December 3   Topic: Editorial Review of Seminar Paper #3
Meta-Analysis:


Overview:


Drug use:


Alcohol use and abuse:


**Alcohol Use and Driving:**


**Motor Vehicle Occupant Protection:**


**Tobacco Use:**


**Unintended Pregnancy, AIDS, and High Risk Sexual Behaviors**


**Mass Media and Internet Interventions:**


**Motivational Interviewing:**


**Prevention: General Discussions:**
