



CIEE Amsterdam, the Netherlands

Course name:	Dutch Public Health
Course number:	PUBH 3001 NETH
Programs offering course:	Amsterdam Social Sciences and Humanities and Amsterdam Business & Culture
Language of instruction:	English
U.S. Semester Credits:	3.00
Contact Hours:	45
Term:	Spring 2019

Course Description

The Netherlands, as many other Western countries, is facing today's challenges of rising health care costs and an ageing population. In this course students will develop a better understanding of the Dutch approach to norms and standards in today's public health and health care system. The course will touch upon culturally sensitive issues such as euthanasia, public insurance, and home birth, as well as global issues such as elderly care and children's health. Through a series of thematic lectures, including guest lectures from professionals in the field, and guided site visits, students are able to place these challenges in a specific context, critically analyzing and comparing them to other countries.

These are the course themes:

- History of Dutch Public Health
- Politics, costs & insurance matters
- Primary & secondary care
- The General Practitioner
- Euthanasia
- Nutrition and promoting healthy eating
- Antibiotics and prescription drugs
- Maternal & child health
- Elderly care
- Homeless health issues
- Psychiatry and mental health
- Illicit drugs, alcohol, and tobacco use
- Ethnicity in healthcare
- Sexual health
- Preventative health care

Learning Objectives

The course aims to motivate students to develop leadership on matters critical to health and to form ethical and evidence-based policy opinions by looking at public health care through a Dutch lens.



The course will run for one semester, meeting twice a week. The course will start with a general overview of public health in the Netherlands in order to provide a broader context in which students can better understand the themes at hand. Each unit following the introduction will focus on specific themes related to public health with readings related to each topic. In turn, these themes will be reflected in guided site visits. The course will conclude with a final exam.

Course Prerequisites

No prerequisites

Methods of Instruction

- The course meets twice a week for the full semester.
- Each theme will include a two-hour lecture. Some of these themes will be supplemented with guest speakers who are professionals in that specific field.
- In the free time students are given time to study and prepare their presentations and papers on their theme of choice.
- At the end of the course student will have to do a final exam
- The course is worth 3 US credits/6 ECTS

Assessment and Final Grade

Participation	10%
Presentation	20%
Paper 1	20%
Paper 2	20%
Final Exam	30%

Course Requirements

Participation = 10%

Each student is required to attend all sessions of the course and to actively participate in class discussions and during guided site visits.

Presentations 20%

Students must give a 15-minute presentation. This can be done alone or in pairs. The presentation must focus on a specific topic in Dutch public health. Part of the presentation should also examine similarities and/or differences in regards to that topic between the



Netherlands and the United States. Students choose their own topic for the presentation. Presentation topics can cover themes discussed in class, however students may also present other relevant and current public health issues.

Students may use audio visual equipment such as a film or music if this is a way the student is used to expressing himself/herself. Examples of topics that can be covered during the presentation include comparing nutrition guidelines in the US and the Netherlands, environmental health policies, health services for homeless, pharmaceutical costs in the Netherlands and the US. Students are welcome to run their ideas by the instructor if they are unsure on a topic!

Papers = 2x20% = 40%

During the course students have to complete two papers about a specific topic in public health (see the specific guidance below). Both Paper 1 and Paper 2 must be about 800-1000 words in length and should contain a list of references of at least three scientific sources.

Paper 1 – Due April 25

In the first paper, students should discuss a public health topic from the context of the discipline students are majoring in. For example, an economics major could examine the economic benefits of interventions that aim to promote commuter cycling. The public health major may discuss how a public health approach can be used in preventing gun violence. The political science major could discuss responsibilities of public health actors to advocate for change in health policies.

Paper 2 – Due May 14

The second paper is an argumentative essay on a specific public health topic chosen by the student. An argumentative essay is a type of essay where one tries to convince the reader to agree with their position on a topic. In this essay, the student boldly states their position and how to address it, and then tries to persuade the reader to agree with their position by using scientific evidence to support it. A few examples of argumentative essays could be “Childhood Vaccinations should be made mandatory in the United States”, “Health care is a basic human right, not a privilege” or “Illicit drug control policy is most effective when a public health approach is taken.”

How can you tell if your topic is argumentative/debatable? You cannot argue a statement of fact, you must base your paper on a strong position. Ask yourself...

- How many people could argue against my position? What would they say?
- Can it be addressed with a simple yes or no? If so, develop a stronger argument.
- Can I base my argument on scholarly scientific evidence, or am I relying on religion, cultural standards, or morality? (you MUST be able to stand on a scientific base!)
- Have I made my argument specific enough?



Note about all assignments: Late assignments will be marked down with 1 point off. Assignments more than 3 days (72 hours) late will not be accepted.

Final Exam = 30%

The final exam will have both essay and multiple-choice questions about the topics being discussed in the readings, lectures and site visits.

Grading scale

Your performance in this course will be graded in accordance with the CIEE course grading scale and rubric adopted for all CIEE courses, which will be posted in the Canvas course page under Files.

Attendance and Class participation

Each student is expected to attend all sessions of the course and to participate actively in class discussion and during field trips. Attendance will be taken every week by the course instructor. Participation will be assessed according to the CIEE Amsterdam attendance policy:

1x absence = ok

2x absence = extra assignment (1 page in consultation with the professor)

3x absence = 1 point off final grade

4x absence = fail the course

- If a student comes in 15-30 minutes late to class, this counts as a ½ absence.
- At all times the student needs to inform the professor before the start of class in case of an absence. Failure to notify the teacher regarding an absence in advance will result in an extra assignment.

Students who make active connections to the concepts from the reading materials in class discussions, students who actively ask questions, and students who actively reflect on out-of-class experiences in class will receive extra points for participation. Participation points will be deducted when students do not participate in class or who have not read the materials before coming to class.

Important: please note that in case you cannot attend a graded examination or assignment (e.g. midterm exam, final exam, presentation, graded fieldtrip) because of illness, it is required to hand in a written doctor's note with your teacher.

Weekly Schedule

Black = Lectures

Red = Guest speaker

Blue = Site visits

Subject	Meeting times (TBD)	Type of class	Location	Homework
Introduction and History of Public health in the Netherlands				
		<ul style="list-style-type: none"> Introduction to Dutch public health History of Dutch public health 	Binnenkant 29	Healthcare in the Netherlands
Structure of the Dutch health system				
		<ul style="list-style-type: none"> Guest Speaker Dr. Robert Vonk: Public health in transition: politics, costs and health insurance matters The General Practitioner and Primary and secondary healthcare 	Binnenkant 29	Reading: The Dutch health care performance report: seven years of health care performance assessment in the Netherlands
End of life care				
		<ul style="list-style-type: none"> Euthanasia, physician assisted suicide and palliative care 	Binnenkant 29	Reading: Lancet euthanasia 1 and 2
Nutrition				
		<ul style="list-style-type: none"> Nutrition and promoting healthy eating 	Binnenkant 29	Reading: Profiling Healthy Eaters The Wheel of Five fact sheet
Drugs, alcohol and tobacco use and student presentations				
		<ul style="list-style-type: none"> Tobacco use Student presentations 	Binnenkant 29	Reading: To what extent and why adolescents do or do not support future tobacco control measures: a multimethod study in the Netherlands
		<ul style="list-style-type: none"> Alcohol and Illicit drug use Student Presentations 	Binnenkant 29	How does legal regulation of cannabis compare to that of other illicit drugs? The merit of health arguments in the legalization debate
Sexual Health				
		<ul style="list-style-type: none"> Guest speaker: Jane Ayal Public Health nurse from P&G 292 – a health clinic for Amsterdam's sex workers 	Binnenkant 29	Reading: Investing in very young adolescents' sexual and reproductive health

		<ul style="list-style-type: none"> Sexual health in the Netherlands 		
Paper 1 Due				
Antibiotics and prescription drugs				
		<ul style="list-style-type: none"> Guest speaker: Menno van Woerkom Medication in the Netherlands: prescription drugs Mid-point review 	Binnenkant 29	Reading: Reduction of antibiotic use in animals "let's go Dutch"
Maternal and child health and long term care				
		<ul style="list-style-type: none"> Maternal, infant and child health The role of the municipal health service (GGD) 	Binnenkant 29	Reading: The National Immunization Programme in the Netherlands Brochure GGD
Homeless health issues				
		<ul style="list-style-type: none"> Social relief system for homeless Site visit: Amsterdam Underground 	Begin at Binnenkant 29 for brief lecture, then walk together to site visit. Walking tour ends at Prins Hendrikkade 50, Amsterdam Please dress appropriately for the weather conditions as the city walking tour will take place rain or shine ☺. Don't forget to wear comfortable shoes like sneakers etc.	Reading: Predicting homeless people's perceived health after entering the social relief system in The Netherlands
Ethnicity & health and psychiatry				
		<ul style="list-style-type: none"> Ethnicity and health Psychiatry 	Binnenkant 29	Readings: Cornerstones of mental health Ethnic differences in the association between cardiovascular risk factors and psychological distress in a population study in the Netherlands
Paper 2 Due				
Elderly and long term care				

		<ul style="list-style-type: none"> • Site visit: Nursing home Dr. Sarphatihuis • The aging population 	Begin at CIEE office, end at Binnenkant 29	Reading: Long-term care policy: What the United States can learn from Denmark, Sweden, and the Netherlands
Review				
		<ul style="list-style-type: none"> • Exam review and prep • Kahoot session 	Binnenkant 29	
Final exam				
		<ul style="list-style-type: none"> • Exam 	Binnenkant 29	

Readings

The course will use a compilation of articles and statistics taken from academic articles and government reports (together referred to as the course reader). The articles will be posted on Canvas.

Required reading:

- Healthcare in the Netherlands
- Brochure GGD
- The national immunisation programme in the Netherlands (Comprehensive summary)
- Lancet euthanasia 1 and 2
- How does legal regulation of cannabis compare to that of other illicit drugs? The merit of health arguments in the legalization debate
- To what extent and why adolescents do or do not support future tobacco control measures: a multimethod study in the Netherlands
- Ethnic differences in the association between cardiovascular risk factors and psychological distress in a population study in the Netherlands.
- Profiling Healthy Eaters
- Investing in very young adolescents' sexual and reproductive health
- Cornerstones of mental health
- Reduction of antibiotic use in animals “let’s go Dutch”
- Predicting homeless people’s perceived health after entering the social relief system in the Netherlands
- Long-term care policy: What the United States can learn from Denmark, Sweden, and the Netherlands