

Improving Health Outside the Hospital Walls

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Course Description

Medical care alone is insufficient to improve health and well-being. Social factors, such as poverty and adverse childhood experiences, and behavioral factors, such as tobacco use and sugar consumption, are equally if not more critical to our health. Addressing these factors can yield substantial improvements in health that can reduce need for medical care. In this course, you'll hear from UCSF faculty who are conducting cutting-edge research to identify social and behavioral factors that affect health and effective strategies for addressing these needs. Come see what UCSF faculty are doing to advance health outside the walls of our hospitals and clinics.

LECTURE SCHEDULE - THURSDAYS 7:00pm – 8:30pm UCSF Parnassus Campus Room: N-225 – School of Nursing Building			
Date	Title	Speaker(s)	Location
February 13	Sugar Consumption	Laura Schmidt, PhD <i>Professor, Philip R. Lee Institute for Health Policy Studies and Department of Anthropology, History and Social Medicine, UCSF</i>	N-225
February 20	Housing and Homelessness	Joshua Bamberger, MD, MPH <i>Associate Director, UCSF Benioff Homelessness and Housing Initiative and Adjunct Professor, Department of Family and Community Medicine, UCSF</i>	N-225
February 27	Adverse Childhood Experiences <i>A special faculty panel discussion on the three different initiatives at UCSF aimed at addressing adverse childhood experience that affect people's well-being throughout their lifespan.</i>	<u>Moderator</u> Moshen Malekinejad, MD, Dr.PH <i>Assistant Professor, Philip R. Lee Institute for Health Policy Studies and Institute for Global Health Studies, UCSF</i> <u>Panelists</u> Joyce Dorado, PhD <i>Professor of Psychiatry Director, UCSF Healthy Environments and Response to Trauma in Schools</i> William Martinez, PhD <i>Assistant Professor of Psychiatry Director, Child and Adolescent Services, UCSF</i> Melanie R. Thomas, MD, MS <i>Assistant Professor of Psychiatry Director, Solid Start, Zuckerberg San Francisco General</i>	N-225

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Date	Title	Speaker(s)	Location
March 5	Tobacco Control	Stanton A. Glantz, PhD <i>Truth Initiative Distinguish Professor of Tobacco Control, Department of Medicine and Director, UCSF Center for Tobacco Control Research and Education</i>	N-225
March 12	Food Insecurity	Hilary Seligman, MD, MAS <i>Associate Professor of Medicine and of Epidemiology and Biostatistics UCSF Philip R. Lee Institute for Health Policy Studies</i>	N-225
March 19	Paid Family Leave	Rita Hamad, MD, PhD <i>Assistant Professor of Family and Community Medicine UCSF Philip R. Lee Institute for Health Policy Studies</i>	N-225

Download lecture slides from the Mini-Medical School website: <https://osherminimed.ucsf.edu/>