# Master of Science in Global Urban Health

# Module Handbook 2024/2025

## universität freiburg



#### University of Freiburg Centre for Medicine and Society (ZMG)

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#### Core Team of the Master Programme

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## Address of Master GUH:

Bismarckallee 22, 3<sup>rd</sup> floor D-79098 Freiburg In collaboration with: Other University of Freiburg Faculties and Partner Universities in Freiburg Freiburg Protestant University of Applied Sciences Catholic University of Applied Sciences Freiburg Freiburg University of Education

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## 1. Programme

## 1.1 Purpose and characteristics of the MSc Global Urban Health

The following module handbook holds for the postgraduate programme Master in Global Urban Health (MSc GUH) at the University of Freiburg, Germany. After successful completion of this Master's programme, the academic degree Master of Science (abbreviated MSc) is awarded. The internationally oriented, English-language Master's programme offers students a broad interdisciplinary training in the field of urban health. It is designed as an intensive, full-time postgraduate programme and has a focus both on practical interventions and on operational/implementation research. The MSc GUH programme holds an accreditation from the University of Freiburg and the Baden Wuerttemberg Ministry of Science & Arts until 2030.

The MSc Global Urban Health, established at the Faculty of Medicine at the University of Freiburg, together with the University Centre for Medicine and Society: Global Health (ZMG), offers professionals from different backgrounds - medical and social sciences, urban planning, anthropological, psychological and others – the opportunity of a high-quality practice-oriented postgraduate training, which opens career opportunities at national and international level. All major institutions working in development cooperation (such as GiZ, KfW, MsF, Red Cross) and international organizations (including WHO, The Global Fund, World Bank, UNEP, UNICEF, GAVI) require a postgraduate Master Degree in Public Health, International Health, Global Health and related areas. Likewise, academic institutions with emphasis on Public Health, International Health, Global Health, Environmental Sciences, Urban Planning, Health Economy, Health Policy and similar areas will select and maintain staff with a relevant Master training. Ministries of Health, Social Security, Environment, Transport, Public Services and related areas in Low-and Middle- Income Countries (LMICs) prefer staff with post-graduate training for solving the enormous health problems in urban environments. In all professional areas mentioned above a certain amount of research skills is required mainly in the field of Operational/ Implementation Research and Intervention Research – in order to develop innovative evidence-based intervention strategies. Participants coming from research institutions will have the opportunity of strengthening their skills and competences in these areas while the others will learn the basics, which enable them to conduct relevant studies in their professional area with the appropriate tools and/or to assess the relevance and quality of studies conducted by others.

# The overall goal of the intensive MSc programme is to strengthen participants` competence in the following areas:

- To develop analytical and management skills to meet the challenges of urban health
- To identify and quantify biological-psychological-social threats to health and risk factors in urban areas
- To develop knowledge and skills in the field of prevention, control, programme development and implementation, monitoring and evaluation for improving urban health
- To design and conduct research projects in the field of urban health
- To make proactive evidence-based decisions and to gain leadership qualities and effective working skills according to the professional background
- To enhance independent and reflective thinking and inspire an interest for lifelong learning.

## 1.2 Expected learning outcomes

## Knowledge

After the successful completion of the programme, the participant will be able to:

- Understand the current issues and priorities in the field of urban health, social determinants and interconnectivity
- Use relevant research methods and understand how the methods can be applied to address particular research questions
- Apply epidemiological/ statistical and social science research tools to design an operational research study and to analyse and interpret research questions
- Use appropriate skills related to the prevention, control and management of health problems and health services problems related to the challenges of urbanization

## **Cognitive skills**

After the successful completion of the programme, the participant will be able to:

- Analyse, synthesize and evaluate information from a variety of sources in a critical manner
- Apply knowledge in a variety of contexts to analyse and reach evidence-based conclusions on complex situations, health problems and opportunities in the field of urban health
- Put into practice the principles and values of ethical practice with regard to the design and implementation of operational research studies, consent and confidentiality in the collection, analysis, presentation, publication and dissemination of data
- Demonstrate creativity, innovation, inspiration and originality in the application of knowledge

## Practical skills

After the successful completion of the programme, the participant will be able to:

- Formulate research questions, develop an appropriate research strategy and implement a systematic approach to urban health planning and quality management
- Undertake research studies in an ethical and responsible manner and accurately record and store the collected data
- Efficiently and effectively collect, analyse, manage and disseminate data collected in the field
- Inform policy-makers and other actors (including community leaders) about short, medium- and long-term policy options for urban health systems design and preparedness in an increasingly interconnected urban health context in a global environment.



Source: Master GUH records





An infinite number of conditioning factors, or determinants, shapes the "urban setting". Many of them have a direct or indirect health impact. In the diagram 1.2, these have been ordered into different layers, which belong to the global and national level (shaping legislation and depending on macro-economic variables), to the municipal level (where many interventions are being initiated), as well as to the urban environment including individual living conditions and work. Enabling and limiting "intermediary" factors that rest in the community and/or the individual levels are also mentioned. The social and political conditions in the "Urban Global South" and the "Urban Global North" are not stable but in a continuous transformation, a process that appears to be faster in the South compared to the North. These features (see diagram below) will be analysed in the MSc GUH.

## Urban South& Urban North: Social and political characteristics



Source: Eberhard Rothfuss

The Master's programme will facilitate the dialogue and interface between the urban South and the urban North. There are numerous common concerns in urban environments of the South and the North, which have been addressed in different ways due to contrasting economic, political, social and environmental conditions:



Learning from each other does not mean that the same solution can be adopted in every setting, but the wealth of approaches both in poverty-driven, intermediate and better-off settings will stimulate new ideas about what can be done and where more evidence has to be collected. This environment of dialogue, exchange of experiences and networking between South and North will be provided by the MSc GUH.

## 2. Structure and Organization

## 2.1 Interdisciplinarity and collaborating institutions

The Master programme is a truly interdisciplinary undertaking at University of Freiburg; it integrates many disciplines and faculties. The programme is under the responsibility of Faculty of Medicine organized by ZMG, Centre for Medicine and Society. Together with other University of Freiburg centres, the members of the ZMG are closely interlinked in teaching and research.

## **Faculty of Medicine**

There are more than 100 professors at the Freiburg Faculty of Medicine work at 58 institutes, departments and other institutions, located in the heart of Freiburg and at the Medical Centre – University of Freiburg. They carry out first-class research in cooperation with other faculties and research institutions in Freiburg and within national and international networks. The faculty has a long tradition, as medicine was one of the four original faculties when the University of Freiburg was founded in 1457. More than 100 years ago, it was a pioneer in equal rights for women; Germany's first female students of Medicine were enrolled in Freiburg in the winter semester of 1899-1900.

## Centre for Medicine and Society (ZMG)

The Centre was founded in 2014 as a central unit of the University of Freiburg. It is committed to research and training in the field of Global Health, including Planetary Health with a special focus on urban settings. The Centre is responsible, through its Executive Director, for overseeing the implementation and further development of the Master programme which is being organized by the Master Core Team.

## Faculty of Humanities (Philosophical Faculty)

The Faculty includes a number of disciplines which contribute to the teaching of the MSc GUH using the "city" as the connecting concept. External lecturers, with backgrounds in social sciences, broaden the analysis of "urbanity". Examples of specific themes are Health in Megacities; City and the global South; Health governance in cities; and the history of urban epidemics.

## Department of Knowledge Transfer

This department at the Central University Administration and Educational Transfer/ Scientific Continuing Education coordinates the continuing Education Programme at the Ministry including the MSc GUH and publishes an annual report on all the university activities related to continuous education.

## 2.2 Responsible Persons

### **Scientific Advisor**

Prof. Dr. Axel Kroeger Centre for Medicine and Society (ZMG) World Health Organisation (Consultant) Liverpool School of Tropical Medicine (UK) Bismarckallee 22, 3<sup>rd</sup> floor D-79098 Freiburg

### **Coordinator of the Master Programme**

Dr. Sonia Diaz-Monsalve Centre for Medicine and Society (ZMG) Bismarckalle 22, 8<sup>th</sup> floor D-79098 Freiburg

### **Teaching staff**

The teaching staff includes professors and lecturers of the University of Freiburg from a variety of faculties, external lecturers from partner universities and institutions as well as external experts with long-term practical experiences (see list of lecturers in the Annex).

## 2.3. Location

The Master Programme is located at <u>Bismarckallee 22 / D-79098 Freiburg</u>. Classes are held on the 4th floor. Map with precise location of building:



## 2.4 Prerequisites and selection criteria of the MSc GUH

The Master course is open to all professionals in health, social sciences including economics, urban planning and others, holding a higher academic degree with a **minimum 4 years of academic full-time training** (240 ECTS; see below 2.4). Candidates are expected to have at least 1 year of working experience (paid or unpaid) in a relevant field.

The medium of instruction is English. Proficiency in reading and speaking English is required – **minimum English required level is B2.** Accepted certificates: Cambridge FCE, (CAE (C1) and CPE (C2)), IELTS Academic (5.5-6.5 points), PTE Academic (59-75 points), TOEFL iBT (72-94 points "Internet" / min. 567 points "Paper"); the certificate is valid for 2 years, TOEFL Essentials (8-9,5 points); the certificate is valid for 2 years, OOPT (60-79 points), telc B2-C1 University, TOEIC (min. 785 points "listening/reading", 160 points "speaking" and 150 points "writing"), UNIcert II or III.

For exceptions and more information regarding language certificates recognised by the University of Freiburg, please refer to <u>https://www.studium.uni-freiburg.de/en/student-services/language-certificates/language-certificates</u>

Approximately 20 participants will be accepted each year, drawn from a wide range of countries and disciplines. We aim to achieve a balance in gender, age, discipline and between participants from industrialized and LMICs (Low- and Middle- Income Countries).

## 2.5 European Credit Transfer System (ECTS)

ECTS is a learner-centred system for credit accumulation and transfer, based on the principle of transparency of the learning, teaching and assessment processes. Its objective is to facilitate the planning, delivery and evaluation of study programmes and student mobility by recognizing learning achievements and qualifications and periods of learning. http://ec.europa.eu/education/library/publications/2015/ects-users-guide en.pdf

According to the European Credit Transfer and Accumulation System (ECTS), one Credit Point corresponds to an average workload of 25-30 hours. In Continuing University Education of the University of Freiburg, one Credit Point corresponds to an average workload of 30 hours (student effort). MSc students follow 37 CP (ECTS) of taught modules plus 23 CP (ECTS) in the Research Project module, **total 60 CP (ETCS)**.

The programme consists of 40 working hours per week (including theory and self-study). The proportion of self-studies is the following: Core module 36.4%; Communicable Diseases Module 35%; Planning Module 30%; Environment Module 25%; Non Communicable Diseases Module 40%; Mental Health Module 35%; Migration Module 30%.

## 2.6 General Information on Structure

The MSc GUH is a modular programme consisting of three major parts:

Core Module: Research	Advanced	Advanced	Advanced	Research Project
Concepts & Methods	Module I	Module II	Module III	and Thesis
16 ECTS	7 ECTS	7 ECTS	7 ECTS	23 ECTS (3+3+17)

Duration and ECTS: See duration of the core module and advanced modules in table 2. Language: English Participants: 20

#### Study performance

The various elements of a module are made up from formal contact time (lectures, tutorials, discussions, practical exercises, excursions and others), assessment (preparing and completing assignments and examinations) and self-studies.

### **Examination – Grading System**

To pass examinations associated with the different modules participants need to achieve at least the grade 4.0 (sufficient). The final grade is calculated from the grade for the taught modules (core module and advanced modules 1 to 3 where the arithmetic mean of the core and advanced modules represent the overall grade for taught modules) and the master module (oral examination and master thesis). The taught courses count for 60% and the master module for 40% of the overall grade. Grades are awarded according to the German grading scale (1-5) specified on Table 1 below.

ECTS system German Grading System		Definition
А	1 (1-1,3)	excellent
В	2 (1,7-2,3)	good
С	3 (2,7-3,3)	satisfactory
D	4 (3,7-4,0)	sufficient
F	5 (>4,0)	fail

Table 1: Grades according to the German and ECTS grading system and their definition.

#### **Examination – Regulations and Assessments**

Examinations (PL, Prüfungsleistungen in German) are marked as described in the table below. In case a student fails the exam, a repeat exam will be held 4 to 8 weeks after having received the information about the failure. In case PowerPoint presentations are the form of assessment, the repeat exam will be some homework on a similar topic to be submitted 4 to 8 weeks after having received the information on failure.

The description of the exams (PLs) is given after the presentation of each submodule, together with the relative weight (as percentage of the total of 60 ECTS) of each. The additional requirements for passing a module (SL, Studienleistung) are presented in the table below.

## **Overview of marked examination types (Prüfungsleistungen)**

Modules	Examinations Type	ECTS- Points	Duration/Extent
Core Module – Research Concepts & Methods			
Qualitative and quantitative methods and findings of social and public health research (Qualitative research methods; Health economics)	Written Exam	10	2 x 2 h
Statistics	Written Exam	3	1,5h
Epidemiology	Written Exam	3	2h
	Total	16	
Advanced Module 1: Communicable Diseases and Qua	lity Assured Health Pro	grammes	
Communicable diseases and outbreaks in urban environments Needs assessment, planning tools and quality assurance in health systems for the urban poor	Oral Presentation and Written Essay	7	10 Minutes presentation (25%) and 10 pages essay (75%)
	Total	7	
Advanced Module 2: Environmental Management and Diseases in urban areas	Control of Non-Comm	unicable	
Environmental determinants of health in urban areas Social determinants and behavioural risk factors of Non-Communicable diseases	Oral Presentation with Discussion	7	10 minutes presentation including Discussion (80%) & documentation (20%)
	Total	7	
Advanced Module 3: Migration, Violence and Mental H	lealth Issues Among th	e Urban Poor	
Mental health in urban environments Migration and violence in urban settings	Poster presentation & written concept paper	7	10 minutes presentation (50 %) & concept paper (50%)
	Total	7	
Master Module: Research Project	T		
Research Design	Protocol	3	No word count
Oral Exam	Oral Examination	3	30min
Master Thesis		17	4.000 words recommended for core part
	Total	23	
	Grand-total	60	

Table 2: Duration of core module and advanced modules

\*For more details on each of the assignment methods and weighting factors, refer to the Modules' descriptions in the second part of the Handbook.

#### **Overview of unmarked assessments (Studienleistungen)**

(In all courses attendance and active participation is mandatory, cf. § 9 Abs 2 Study-Regulations)

#### MODULE HANDBOOK Master in Global Urban Health (MSc GUH)

Modules	Examinations Type	Duration / Extent
Qualitative and quantitative methods and findings of	MCQs answered and	15 questions
social and public health research	checked individually	
(Qualitative research methods; Health economics)		
Statistics	2 Home exercises	4 pages
	Analysis Exercise with	10 minutes
Epidemiology	presentation	presentation
Advanced Module 1: Communicable Diseases and Qua	lity Assured Programmes in U	Irban Settings
· · · · · · · · · · · · · ·		
Communicable diseases and outbreaks in urban	MCQs answered and	20 questions
environments	checked individually	
Needs assessment, planning tools and quality	Presentations of policy	2 x 10 minutes incl.
assurance in health systems for the urban poor	briefs & indicator exercise	discussion
Advanced Module 2: Environmental Management and	<b>Control of Non-Communicab</b>	le Diseases in Urban
Areas		
Environmental determinants of health in urban areas	Measurement &	10 minutes incl.
	presentation of air quality	discussion
	in small groups	
Social determinants and behavioural risk factors of	Presentation of different	10 minutes incl.
Non-Communicable diseases	views of drug licensing	discussion
Advanced Module 3: Migration and Mental Health Issu	ies Among the Urban Poor	
Mental health in urban environments	Oral presentations about	10 minutes incl.
Migration and violence in urban settings	excursions clinic and	discussion
	refugee institutions	
Master Module: Research Project		
Research Design Assessment before submission of the	Oral presentation &	10 minutes
protocol to the Ethical Committee	Written Assignment	7 pages
	Whiten Assignment	, hages

For being awarded credit points requirements are the following:

- Students take active part in each course/seminar/hands-on of the module and in its course.
- Complete self-studies: 36.4%; Comm. Diseases 35%; Planning tools 30%; Environment 25%; Non-Comm. Diseases 40%; Mental Health 35%; Migration 40%.
- Completing the examinations during and after the sub-modules, presentation at seminars and participation at discussions.

Methodologies: In the morning sessions usually formal teaching (lectures) and group work; in the afternoon usually exercises, excursions, group work and self-study. Participation in the modules is mandatory and a maximum of 15% absence is allowed which can be extended to 30% (§9 of the Study and Examination Regulations). The postgraduate programme M.Sc. Global Urban Health starts in the winter semester (last week of September). The courses offered within this programme are repeated annually. This full-time programme leads participants to a Master degree usually in one year (for more details see the document "Study- and Examination Regulations").

The weighting factors for each component of the programme are in the following table:

Weighting Factors					
		ECTS	%		
	Qualitative Research	5	8%		
	Health Economics	5	8%		
Core Module (26%)	Statistics	3	5%		
	Qualitative ResearchQualitative ResearchHealth EconomicsStatisticsEpidemiologyAdvanced Module 1 (12%)Advanced Module 2 (12%)Environmental DeterminantsNon-Communicable DiseasesAdvanced Module 3 (12%)Mental HealthMigrationResearch Project (38%)Oral examResearch Study	3	5%		
	Communicable Diseases	2	4%		
Advanced Module 1 (12%)	NAPTs	5	8%		
	Environmental Determinants	3,5	6%		
Advanced Module 2 (12%)	Non-Communicable Diseases	3,5	6%		
Advanced Module 3 (12%)	Mental Health	3,5	6%		
	Migration	3,5	6%		
	Research Design	3	5%		
Research Project (38%)	Oral exam	3	5%		
	Research Study	17	28%		
	Total	60	100%		



Source: Master GUH records

## 3 Module Overview and Timetables

## 3.1 Modules Overview

**Core Module** 

### **Research Concepts and Methods**

**Description:** Research methods, epidemiology/ statistics/ social sciences methods, health services, and other general issues of health and risk factors in urban settings

Convener: Axel Kroeger



Advanced Modules

Module 1: Communicable Diseases and Quality Assured Programmes in Urban Settings

1.1 Communicable diseases and outbreaks in urban environments

**Conveners:** Axel Kroeger, Hartmut Hengel

1.2 Needs assessment, planning tools and quality assurance in health systems for the urban poor

**Convener:** Sonia Diaz-Monsalve

Module 2: Environmental Management and Control of Non-Communicable Diseases (NCDs) in Urban Areas

2.1 Environmental determinants of health in urban areas: magnitude, measurement and interventions

Convener: Armin Schuster

2.2 Social Determinants and behavioural risk factors of NCDs in urban environments.

Convener: Eva Maintz

Module 3: Migration, violence and mental health among the urban poor

3.1 Mental Health in urban environments.

Convener: Stefanie Harsch

3.2 Migration and violence in urban settings.

Convener: Stefanie Harsch

# Research Project

Convener: Axel Kroeger

	Structure of the Master's Programme						
Weeks		Modules	Topic Areas				
		Introduction					
1			Epidemiology				
2	~	Research Concepts & Methods (16 ECTS)	Statistics				
3	ths	(12 weeks, Sept.23 - Dec.13, 2024)	Qualitative Studies				
4	nor		Social Science Methods				
5	ц С		Economical Appraisals				
6	ile (		Urbanisation				
7	Core Module (3 months)	Research Methods	Health Systems				
8	Σ		Urban Planning				
9	Ore	Special Topics	Traditional Medicine				
10	0		Social Mobilisation				
11			Pro-social behaviour				
12			Excursions				
		Christmas Holidays (Dec.14, 2024	4 - Jan.5, 2025)				
		1. Communicable Diseases & Quality Ass	sured Programmes (7 ECTS)				
13		1.1 Communicable D					
14		(2 weeks, Jan. 6 -17,					
15	ks)	1.2 Quality in Urban Health	Programmes				
16	rea	(2 weeks, Jan.20 - 31	•				
17	d gr	Revision + Assessments (1 weel	k, Feb.3 - 7, 2025)				
	onths, including breaks)	2. Environmental Management and Cont	trol of NCDs in Urban Areas				
18	incl	2.1 Environmental Dete	erminants				
19	hs,	(2 weeks, Feb.10 - 21	l, 2025)				
20	ont	2.2 Non-Communicable Diseases in	u Urban Environments				
21	2	(2 weeks, Feb.24 - Mar	r.7, 2025)				
22	es (6	Revision + Assessments (1 week,	Mar.10 - 14, 2025)				
	Advanced Modules (6	3. Migration, Violence and Mental Health	Among Urban Poor (7 ECTS)				
23	Š	3.1 Mental Hea	lth				
24	ed	(2 week, Mar.17 - 28	· ·				
	anc	3.2 Migration					
25 -26	βdv	(2 weeks: Mar 31 – Apr	.11, 2025)				
27-28	Easter Holidays (2 weeks, Apr.14 - Apr.25, 2025)						
		Revision + Assessments (1 week, A					
		Overall Course Assessment. Core Mode					
Possare	Final examination including External examiner (May 2025)           Research Project (23 ECTS) - 15 weeks, including: Protocol Development, Oral Exam, Thesis						
		it and implementation					
Graduation							

## 3.2 Master Thesis Timeline

Activity	Date
1. "Introduction to the Research Project"	October 2024
2. "The Research Protocol: Process and Pitfalls"	09 October 2024
3. "Research Objectives & Methods"	09 October 2024
4. Selection of Topics & Objectives; Identify Supervisor	End of October 2024
5. Interaction with supervisor (advice)	Continuous
6. Presentation of Research Objectives & Methods	27 November 2024
7. Presentation of the Draft Proposal	February 2025
8. Protocol Submission to ERC University Ethics Committee	17 March 2025 by 7 am
<ol> <li>Oral Exam (include questions on the Master thesis and key messages for each module available on ILIAS)</li> </ol>	22-23 May 2025
10. Implementation of the research protocol	From June 2025 onwards
11. Submission of Thesis	04 September 2025
12. Graduation	12 September 2025

\*The Master team will provide the exact timeline details and the beginning of each cohort. Please check also the Master's Thesis Guidelines.

## 3.3 General Programme timetable

23/09/2024	Start of the Programme
23/09/2024 - 13/12/2024	Core Module: Research Concepts and Methods
15/12/2024 - 05/01/2024	Christmas Holidays
	Advanced Modules
06/01/2025 - 17/01/2025	1.1 Communicable Diseases and Outbreaks in Urban Environments
20/01/2025 - 31/01/2025	1.2 Needs Assessment, Planning Tools and Quality Assurance in Health Systems for the Urban Poor
03/02/2025 - 07/02/2025	Revision + Assessments of Module
10/02/2025 - 21/02/2025	2.1 Environmental Determinants of Health in Urban Areas
24/02/2025 - 07/03/2025	2.2 Social Determinants and Behavioural Risk Factors of Non-Communicable Diseases
10/03/2025 - 14/03/2025	Revision + Assessments of Module
17/03/2025 – 28/03/2025	3.1 Mental Health in Urban Environments
31/03/2025 - 11/04/2025	3.2 Migration and Violence in Urban Settings
14/04/2025 – 25/04/2025	Easter Holidays
28/04/2025 - 02/05/2025	Revision + Assessments of Module
05/05/2025 – 23/05/2025	Overall Course Assessment Including Oral Examination
05/05/2025 - 04/09/2025	Research Project and Submission of Thesis
Mid-September 2025 (Dates to be confirmed)	Marking of Thesis and Overall Marking
12/09/2025	Graduation

## 4 Module Descriptions

## 4.1 Core Module - Research Concepts and Methods

Module Name: Research Concepts and Methods					
General Content: Research methods; Epidemiology; Statistics; Social	Duration:				
Science Methods, Health Services and other general issues of health and	12 weeks				
risk factors in urban settings.					
risk factors in urban settings. <b>Module Convener:</b> Axel Kroeger Lecturers: T. Anna; M. Arndt; T. Becker; M. Boatca; M. Catherine; E. Celik; S. Diaz-Monsalve; H. Grundmann; M. Haug; K. Heanle; A. Kroeger; V. Labonte (Cochrane); P. Maier; T. Rivera; G. Schiff; F. Wittenzellner					
External Experts: E. Alfonso-Sierra; O. Horstick; R. Korinthenberg; A. Kräme	r; D. Niermann; E.				

Rothfuss

## Description:

The Research Concepts and Methods Module has different teaching blocks:

- The basic knowledge of epidemiology, statistics, research design (qualitative and quantitative studies, economic appraisals), research implementation and analysis will be taught and practiced.
- Concepts of Global Health applied to cities and urban living will be explored including the rural-urban interface, the challenges of megacities, characteristics of middle-sized cities.
- A better understanding of demographic, social, psychological, cultural and environmental determinants of urban health will be generated or strengthened.
- Processes of urbanization will be illustrated from a historical perspective.
- The role of formal and non-formal health care systems and health programs as well as health policy and governance aspects will be analysed and linked to Urban Health.
- The importance of research ethics will be underlined.
- The written and oral assessment of the different components of the Research Concepts and Methods Module are integrated (see coloured parts in the timetables).

## Learning Objectives:

At the end of the module, participants will be able to:

- Define key terminology, concepts and different perspectives of Global Health and urban health including Global Health concepts applied to the city and North-South interface.
- Analyse urban health and risk factors from different perspectives: Social sciences view (historical, political, behavioural and others), biological-medical view, health systems view (governance, financing, equity, access issues and others).
- Measure and analyse health, disease, risk factors, economic issues, health services and social phenomena.
- Summarize major health interventions in urban areas, particularly of LMICs (Low-and Middle- Income Countries), as well as the role of international organizations.

- Start writing a research protocol under the supervision of a tutor paying attention to ethical issues.
- Describe the main aspects for responding effectively to global and urban health challenges through improved health governance, international agreements (SDGs and others) and other forms of international cooperation.

## Contents:

1) Concepts and challenges in Global Urban Health:

- Key terminology and conceptual frameworks
- Theory of the city and urban society
- Determinants of health

2) Research Methods and Evidence Base for Global Urban Health:

- Principles of epidemiological study designs (details on the next page) \*
- Basic statistical and epidemiological concepts
- Qualitative research and other social sciences research tools
- Critical appraisal skills
- Systematic literature reviews
- Translating research into policy
- Principles and rules of research ethics

3) Governance in Global Urban Health:

- History (from rural to urban; from Primary Health Care to SDGs)
- Key stakeholders in the Global Urban Health Arena
- Issues of governance

4) Health Systems in Global Urban Health:

- Key elements of health systems
- Economic appraisals. Performance based funding
- Policy responses for promoting equity, quality and sustainability
- Health systems research

## Learning Methods:

The following learning methods are applied in this module:

- Formal lectures, interactive lectures with discussions
- Group exercises
- Outdoor practical exercises
- Home assignments and/or self-directed studies

\* The module includes field trips as well as study tours to the World Health Organization (WHO), The Global Fund, GAVI and the UN Development Programme (UNDP) in Geneva, Swiss Tropical Institute, Basel.

## Module Assessment:

Main assessment tool is written exams, lasting 1,5 to 2h each and oral presentation on the Research Protocol.

This module's final grade encompasses of the average of the following 4 marks:

- 1. Combined **mean mark** (overall weight 16%) of the following written examinations: Inclass written examination on **quality research methodologies** (week 5) and in-class written examination (short answer questions) on **economic appraisals** (Week 10)
- 2. Mark of the in-class written examination on **statistical tools** (short answer questions/ calculations related to terminology, concepts) overall weight 5%
- 3. Mark of the in-class written examination on **epidemiological methods** (including sampling) overall weight 5%

The total weight for the **Core Module is 26%**.

This means that the mark of the core module contributes 26% to the total mark of the MSc.

The **Research Protocol** and its Presentation will take place in January/February and the mark will be attached to the Master Module (see details section 4.3 below – date to be confirmed) –overall weight 5%.

Recommended Reading for Urban Health:

- Kraemer A, Hossain Khan M, Kraas F (eds). (2011). Health in Megacities and Urban Areas. Heidelberg, London, New York. doi 10.1007/978-3-7908-2733-0.

- W. H. Baumgartner, E. (2016). Creative Inequality in the Mid- Sized University City – Sociospatial Reflections on the Brazilian Rural-urban Interface.

- International Council for Science (ICSU) (2011). Report of the ICSU Planning Group on Health and Wellbeing in the Changing Urban Environment: A Systems Analysis Approach. Paris[www.icsu.org].

## Recommended reading for Epidemiology and Statistics:

- Kirkwood BR, Sterne JAC. (2003). Essential Medical Statistics. 2nd edition, Blackwell Science.

- Porta M. (2008). A Dictionary of Epidemiology. 5th edition.

- Leon Gordis (2008), Epidemiology. Saunders-Elsevier.

- Hennekens CH, Buring J, Mayrent SL (ed.) (1987). Epidemiology in Medicine. Boston/Toronto.

- WHO-TDR Implementation Research Toolkit. Workbook. TDR-WHO, Geneva 2018.

## Compulsory reading for Qualitative Studies:

- Bernard, H. Russell (2011). Research Methods in Anthropology. Qualitative and Quantitative Approaches. 5th edition, Lanham. Chapter 12: "Participant Observation", pp. 256-290.

- Gobo, G. (2008). Doing Ethnography. Los Angeles. Chapter 11: "Ethnographic Interviewing," pp.190-200.

- O'Reilly, K. (2005). Ethnographic Methods. London, New York, Routledge. Chapter 3: "Ethical ethnography," pp. 59-69.

## General structure of the epidemiology sessions

The sessions will be structured into 4-hour units, separated by two breaks of about 15 minutes each. Usually, the first part will be lecture-based and the two following parts will be practical exercises. Session 8 will not have a lecture but a presentation of all student groups of their study design.

Additionally, in week 7 and 8 there will be complementary sessions in the second half of the week with practical indoor and outdoor exercises on sampling, household surveys and questionnaire design. Also, the lectures and exercises on demographic health and

health services indicators in week 3 will be complementary to the epidemiological and statistical sessions.

In addition, there will be a seminar series on Applied Statistics.

## Learning objectives

After this module, students will be able to:

- Understand the difference between association and causation.
- Use and calculate measures of disease frequency, of effect, and of population impact.
- Differentiate systematic errors and where they come from in epidemiological studies.
- Explain bias in epidemiological studies and suggest measures to minimize its impact.
- Apply the concept of effect modification and indicate examples.
- Use the basic epidemiological study types.
- Understand what type of systematic error each study type is prone to and how to avoid it.
- Design an epidemiological study and for which problem which design is most appropriate.
- Identify the merits and limitations of a scientific paper.
- Apply ethical issues when developing research proposals.

### Content:

- 1. Introduction to Epidemiology, Measures of Disease Frequency
  - Basic concepts: Outcome, Exposure, Intervention
  - Association and Causation
  - Prevalence and Incidence
  - Risk Rate and Odds Rate
- 2. Measures of effect and Population Impact
  - Risk Ratio and Odds Ratio
  - Population Attributable Risk, Population Attributable Risk Ratio
  - Number needed to treat, Number needed to harm
- 3. Confounding/Interaction
  - Bias (Selection Bias, Information Bias)
- 4. Disease Dynamics
  - Study Designs 1 (Cross Sectional/ Surveys, Ecological Study, Sampling)
  - Study Designs 2 (Case Control Study, Cohort Study)
  - Study Designs 3 (Intervention study)
- 5. Practical Study Design
  - Introduction to Statistical Software

	Week 1					
	Mon – 23/09/24	Tue – 24/09/24	Wed – 25/09/24	Thurs – 26/09/24	Fri – 27/09/24	
Morning 09:00 – 11:00	Introduction to Freiburg and the course (Kroeger, Diaz, Henneke, Boatca)	Introduction to Student Life (Catherine)	Introduction to myAccount / Eduroam / HISinOne (Catherine, Gaalova)	Introduction to the Core Module: Concept of Global Health and Introduction to Urban Health (Kroeger)	<b>09.00-10.00</b> Global health: Principles and Ethical values (Victor)	
11:00 - 13:00	Administrative Coordination (Gaalova)	Life in Freiburg/Germany (Gaalova)	Introduction to ILIAS (Sassiat)	Urban Epidemics in History (Grundmann)	<b>10.00- 13.00</b> Gardening Excursion (Schiff)	
Afternoon 14:00-16:00		Poster Preparation		Poster Presentations (students)	Self-Study	
			Week 2			
	Mon – 30/09/24	Tue – 01/10/24	Wed -02/10/24	Thurs – 03/10/24	Fri – 04/10/24	
Morning 09:00 – 13:00	Epidemiology (1) (Tapiwa)	Statistics (1) (Catherine)	The Research Project (Kroeger) The art of PowerPoint presentations (Diaz- Monsalve)	Public Holiday	Informal Economy, Urbanisation and Health (Celik)	
Afternoon 14:00-16:00	Self-Study	Self-Study	Self-Study		Self-Study	

	Week 3					
	Mon – 07/10/24	08/10/24	Wed – 09/10/24	Thurs – 10/10/24	Fri – 11/10/24	
Morning 09:00 – 13:00	Epidemiology (2) (Tapiwa)	Statistics (2) (Catherine)	The Research Protocol: Process and Pitfalls (Diaz- Monsalve) Research Objectives & Methods (Kroeger)	Gender and SRHR in International Negotiations (Boehm) Urban financing, urban development. (Meyer)	Self-Study	
Afternoon 14:00-16:00	Self-Study	Self-Study	Self-Study		Inauguration Ceremony Uniseum	
			Week 4			
	Mon – 14/10/24	Tue – 15/10/24	Wed – 16/10/24	Thurs – 17/10/24	Fri – 18/10/24	
Morning 09:00 – 13:00	Epidemiology (3) (Tapiwa)	Statistics (3) (Catherine)	Qualitative Research (Niermann)	Qualitative Research (Niermann)	Citizenship, race and global inequalities (Boatca)	
Afternoon 14:00-16:00	Self-Study	Self-Study	Qualitative Research (Niermann)	Self-Study	Self-Study	

			Week 5		
	Mon – 21/10/24	Tue – 22/10/24	Wed – 23/10/24	Thurs – 24/10/24	Fri – 25/10/24
Morning 09:00 – 13:00	Epidemiology (4) (Tapiwa)	Statistics (4) (Catherine)	Qualitative Research (Haug)	Urban Development and Planning (Fuenfgeld)	9.00-10.30 Assessment Qualitative Research 11:00-13:00 Sustainable Development Goals (SDGs) (Horstick)
Afternoon 14:00-16:00	Self-Study	Self-Study	Gender and Diversity (Wittenzellner)	Self-Study	Self-Study
			Week 6		
	Mon – 28/10/24	Tue – 29/10/24	Wed – 30/10/24	Thurs – 31/10/224	Fri – 01/11/24
Morning 09:00 – 13:00	Epidemiology (5) (Tapiwa)	Statistics (5) (Catherine)	Introduction to Indicators (Diaz) Issues regarding the Research proposal (Kroeger/ Diaz)	Urban History/ Urbanisation and demographic change (Arndt)	Public Holiday
Afternoon 14:00-16:00	Self-Study	Self-Study	Research Ethics: principles and rules (Korinthenberg)	Referencing (Rivera)	

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			Week 7		
	Mon – 04/11/24	Tue – 05/11/24	Wed – 06/11/24	Thurs – 07/11/24	Fri – 08/11/24
Morning 09:00 – 13:00	Epidemiology (6) (Tapiwa)	Statistics (6) (Catherine)	Sampling; sampling exercises (Kroeger)	Household interview surveys (Kroeger) Mensa Survey	Overcoming difficulties by Humor (Haenle)
Afternoon 14:00-16:00	Self-Study	Self-Study	Outdoor practical exercise	Group analysis of exercises	Self-Study
			Week 8		
	Mon – 11/11/24	Tue -12/11/24	Wed – 13/11/24	Thurs – 14/11/24	Fri – 15/11/24
Morning 09:00 – 13:00	Epidemiology (7) (Tapiwa)	Statistics (7) (Catherine)	Household interview surveys (Kroeger)	Group presentation: assessment of sampling exercise & survey analysis (Kroeger) (Course work)	BASEL excursion
Afternoon 14:00-16:00	18:00 Planetary Health Lecture	<b>14:00-16:00</b> Questionnaire analysis (by group; support by Catherine)	<b>14:00-16:00</b> Questionnaire analysis (by group; support by Catherine)	Self-Study	Self-Study

			Week 9		
	Mon – 18/11/24	Tue – 19/11/24	Wed – 20/11/24	Thurs – 21/11/24	Fri – 22/11/24
Morning 09:00 – 13:00	Epidemiology (8) (Tapiwa)	Statistics (8) (Catherine)	Economic appraisal (Alfonso)	Economic appraisal (Alfonso)	Evidence Based Health Care, systematic reviews; literature search (Labonté)
Afternoon 14:00-16:00	Self-Study	Self-Study	Economic appraisal (Alfonso)	Self-Study	Self- Study
			Week 10		
	Mon – 25/11/24	Tue – 26/11/24	Wed – 27/11/24	Thurs – 28/11/24	Fri – 29/11/24
Morning 09:00 – 13:00	Epidemiology (9) (Tapiwa)	Statistics (9) (Catherine)	Students' Presentations of Research Objectives & Methods	Assessment Economic appraisal	City and global South, a social-science view (Rothfuß)
Afternoon 14:00-16:00	18:00 Planetary Health Lecture	Self-Study	Students' Presentations of Research Objectives & Methods (Cont.)	Self-Study	Self-Study

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			Week 11		
	Mon – 02/12/24	Tue – 03/12/24	Wed -04/12/24	Thurs –05/12/24	Fri – 06/12/24
Morning 09:00 – 13:00	Statistics (10) Review Statistics (Catherine) Review sampling, household surveys, Alternative medical systems (Kroeger)	Health Systems Analysis/Health Services Research (Körner)	Caring for the homeless: The Freiburg experience (Becker)	Epidemiology (10) Review Epidemiology (Tapiwa)	Urban Financing / Urban Development (Meyer) *ONLINE*
Afternoon	Self-Study	Self-Study	Self-Study	Self-Study	Self-Study
			Week 12		
	Mon – 09/12/24	Tue – 10/12/24	Wed – 11/12/24	Thurs – 12/12/24	Fri – 13/12/24
Morning 09:00 – 13:00	Assessment Statistics	Self-Study	Self-Study	Self-Study	Assessment Epidemiology
	18:00 Planetary Health Lecture				

## 4.2 Advanced Modules 1-3

Advanced Module 1: Communicable Diseases and Quality Assured Progra Settings	ammes in Urban
General Description: This first advanced module consists of two sub-modules: The first sub-module focuses on pathogens, transmission dynamics and early outbreak detection of communicable diseases as well as disease control strategies and epidemic responses including social mobilization and inter- sectoral approaches for vaccination programmes, antimicrobial resistance management and special challenges like sanitation systems in urban areas. The second submodule provides technical skills for designing, implementing, evaluating and promoting the quality of health systems in urban contexts as well as assuring, monitoring and evaluating quality using concrete examples and case studies. Current challenges such as the unequal distribution of health care professionals result from a lack of delivery of quality health services and care to under-served regions of the world. These critical shortages, inadequate skills, and uneven geographic distribution of health professionals pose major barriers to achieving the preferred state (i.e. quality) of the global health care system. Together the two sub-modules will link crucial basic knowledge of endemic/epidemic disease control with knowledge about practical strategies to improve health services with the existing resources in low-and middle- income countries. It will help participants to apply tools and models for quality improvement through teamwork and creative approaches.	<b>Duration:</b> 4 weeks total

#### Assessment

Main assessment tools for both sub-modules are: Oral Presentation and written assignment. Oral presentation with 10 minutes duration.

The module's **assessment mark** consists of the marks of both sub-modules together:

- 1. **Oral presentation after the CDs module** at the end of module 1.1, you will have randomly selected a communicable disease in a city of your choice; you will describe the characteristic of the pathogen, the transmission route and the disease as far as this understanding is important for the prevention and control of the disease. You will do a PowerPoint presentation of a max. of 10 minutes Overall Weight 4%.
- Written essay after completing Module 1.2 on planning, you will be able to do a proper situational analysis of "your" disease and formulate the operational plan (see below for more details). Critically present and analyse the current situation of your urban district and develop your plan for the next year. The essay should not have more than 3,000 words – Overall Weight 8%.

(NB. Total weight for Advanced Module 1 = **12 (4%+8%).** This means that the mark of the module contributes 12% to the total mark of the MSc)

Sub-Module 1.1: Communicable Diseases and Outbreaks in Urban Enviro	onment
Module conveners: Hartmut Hengel, Axel Kroeger	

Module conveners. Hartmat hengel, Aker Ribegel	
Lecturers: H. Grundmann; G. Häcker; H. Hengel; W.V.Kern; A. Kroeger;	Duration:
M.Panning; S. Rieg; D. Wagner; O. Wegehaupt	2 weeks
External Experts: T. Callejas (WHO); B. Lange (Hannover); C. Lengeler	
(Basel)	

## Learning Objectives:

At the end of the module participants will be able to:

- Recognize the magnitude and transmission dynamics of communicable diseases in urban environments.
- Explain principles of early identification, management and control of communicable diseases in urban environments.
- Interpret key indicators related to the control of communicable diseases in urban environments.
- Develop a proactive and creative approach in controlling infectious diseases.
- Implement in their work environment epidemiological investigations and formulate strategies for effective control of communicable diseases with community involvement.
- Understand the role of different national and international institutions as well as of different professionals and apply the concept of inter-sectoral collaboration in their work environment.

## Learning Methods:

The following learning methods are applied in this sub-module:

- Formal lectures, interactive lectures with discussions
- Group exercises
- Home assignments and/or self-directed studies
- Field trip to Diagnostic Laboratory

## Contents:

- 1) Understanding communicable diseases in urban environments
  - Pathogens and transmission routes
- 2) Transmission dynamics and outbreak detection
  - Disease surveillance and burden
  - Vector surveillance
  - Dengue fever: transmission dynamics and interventions
  - Tuberculosis: transmission risk in crowded environments and vulnerable populations
  - Urban malaria: determining the magnitude and interventions
  - HIV-AIDS and other sexually transmitted infections
  - Covid-19
- 3) Establishing disease control and epidemic response
  - Social mobilization
  - Vaccination programs
  - Resistance management

**Assessment: Oral presentation:** at the end of module 1.1, you will have randomly selected a communicable disease. You will choose a context (city or country), describe the characteristic of the pathogen, the transmission route and the disease as far as this understanding is important for the prevention and control of the disease. The oral PowerPoint presentation has a duration of 10 minutes – Overall Weight 4%

## **Recommended Reading:**

- Connolly MA (ed.). 2005. Communicable Disease Control in Emergencies. A Field Manual. WHO Geneva.

- Detels R, Gulliford M, Abdool Karim Q, Tan CC (eds). 2015. Oxford Textbook of Global Public Health. London.

- Heymann DL (ed.). 2015. Control of Communicable Diseases Manual. Washington D.C.

- Gould IM, van der Meer JWM (eds.). 2008. Antibiotic Policies: Fighting Resistance. New York, London.

- WHO/TDR 2016. Technical handbook for dengue surveillance, dengue outbreak prediction/detection and outbreak response (Model contingency plan),

http://www.who.int/tdr/publications/year/2016/tech handbook dengue/en/

\*An online learning course on Pandemics is offered to students later in the year, within the topics of the History of pandemics, surveillance and preparedness as well as epidemiology and transmission.

	Timetable M	Nodule 1.1: Commun	icable diseases in url	oan environments	
			Week 1		
	Mon – 06/01/25	Tue – 07/01/25	Wed – 08/01/25	Thurs – 09/01/25	Fri – 10/01/25
Morning (9.00-10.45 11.00- 13.00)	PUBLIC HOLIDAY	Introduction to the Module (Kroeger) Transmission routes (Kroeger) Water & Sanitation (Kroeger) Comprehensive surveillance. (Kroeger)	Urban epidemics: Outbreak prediction, alarm signals and response (Kroeger) Special infectious diseases: Rabies (Panning)	Important pathogens and infections for urban planning: Influenza and other viruses (Hengel) Important pathogens and infections for urban planning: Tuberculosis (Lange/Wagner)	Malaria (Hetzel)
Afternoon		14.00 – 15.30 The Covid pandemic: super spreading and over dispersion (Wegehaupt)	Self-Study	Special infectious diseases: STIs other than HIV (Rieg)	Visit to diagnostic lab (Panning & Häcker)
			Week 2	L	1
	Mon – 13/01/25	Tue - 14/01/25	Wed – 15/01/25	Thurs – 16/01/25	Fri – 17/01/25
Morning (9.00-10.45 11.00- 13.00)	HIV/AIDS pandemic (Callejas, WHO)	Antimocrobial resistance as a global threat (Grundmann) Vaccination strategies (Hengel)	More on emerging viral diseases (Panning) Important pathogens and infections for urban planning: Salmonella and other water/food-borne pathogens (Häcker)	Important pathogens and infections for urban planning: air-borne & infections other than influenza (Kern) Important pathogens & infections: miscellaneous vector-borne infections (Kern)	Assessment: PowerPoint presentations
Afternoon	Group Work on HIV/AIDS (Callejas, WHO) 18:00 Planetary Health Lecture (Compulsory session)	Managing quantitative research results 1. (Byrne)	Preparation for ppt	Preparation for ppt	

Sub-Module 1.2: Needs assessment, planning tools and quality assurance in hea	Ith systems for the urban
poor	,,
Module convener: Sonia Diaz- Monsalve Lecturers: S. Diaz-Monsalve; A. Kroeger; A. Maun External Experts: V. Doyle (Liverpool); M. Otmani (WHO)	Duration: 2 weeks
Learning Objectives:	I
<ul> <li>At the end of the module participants will be able to:</li> <li>Apply the elements of planning and quality assurance in health program and gender planning.</li> <li>Initiate the process of monitoring through defined indicators for their or data collection, data analysis, interpretation and dissemination.</li> <li>Use the information as a quality assurance tool to aid local decision maki</li> <li>Encourage an interdisciplinary approach and teamwork in solving probl health service delivery.</li> <li>Create a "culture of quality", sensitive to clients' needs (urban poor/disp</li> </ul>	wn institutions, including ng. ems related to quality of
Contents:	
<ol> <li>Concepts, QA models and management tools:         <ul> <li>Key terminology and conceptual frameworks and models</li> <li>QA cycle</li> <li>Management tools</li> <li>Applying tools at local urban level;</li> <li>Nine epidemiological questions</li> <li>Risk approach</li> <li>Causal Models</li> <li>Identifying areas for quality improvement and measuring progress at urb</li> <li>Developing and monitoring defined indicators</li> <li>Sources of Information, how to analyse, present data and disseminate i actors</li> <li>Barriers and enabling factors when establishing QA systems</li> <li>Digital Medicine</li> <li>Primary Health Care</li> <li>Samin Planning reservations ender enderts</li> </ul> </li> </ol>	
6) Social Planning recognizing gender aspects Learning Methods:	
<ul> <li>The following learning methods are applied in this sub-module:</li> <li>Formal lectures, interactive lectures with discussions</li> <li>Group exercises</li> <li>Home assignments and/or self-directed studies</li> </ul>	
Module Assessment:	
<ul> <li>Details on Essay (covering 1.1 and 1.2):</li> <li>Situational analysis of your chosen disease and formulate the operational plan write an essay about the following case study:</li> <li>You are the health manager of an urban district. Take the communicable disease and work through the following questions: <ol> <li>Describe the health risks, health services and health in your district in a property.</li> </ol> </li> </ul>	e of your choice (see 1.1)
summary.	

2. How would you improve the health and health services situation of your district?

## 3. How would you reduce health inequalities?

### 4. How would you show to the political actors that you are a "good" manager?

#### **Recommended Readings:**

- Diaz S., Kroeger A. Needs Assessment and Planning Tools. A Workbook. (will be provided on ILIAS)

Green A. 2009. An Introduction to Health Planning for Developing Health Systems. 4th edition. Oxford.
Massound M R et al (2016). How do we learn about improving health care: a call for a new epistemological paradigm. International Journal for Quality in Health Care, 2016, 1–5 doi: 10.1093/intqhc/mzw03

- Tulloch O (2015) What does 'adaptive programming' mean in the health sector, ODI, UK. https://www.odi.org/publications/10228-adaptive-programming-health-sector

- Donabedian, A. (1992) The Lichfield Lecture. Quality assurance in health care: consumers' role. Quality & Safety in Health Care, 1, pp. 247-251. http://qualitysafety.bmj.com/content/1/4/247.full.pdf+html

- Further reading materials to be presented at the beginning of the module.

		Wee	k 1		
	Monday 20.01.25	Tuesday 21.01.25	Wednesday 22.01.25	Thursday 23.01.25	Friday 24.01.25
Morning 09:00-13:00	Introduction to the NAPTs module Needs assessment and planning tools (1) (Diaz, Kroeger)	Needs assessment and planning tools (2) (Diaz, Kroeger)	Needs assessment and planning tools (3) (Diaz, Kroeger)	Self-study	Improvement Science and Team work (Maun)
Afternoon 14:00- 16:00	Continued (Diaz, Kroeger)	Self-study	Continued (Diaz, Kroeger)	Primary Health Care (Maun)	Self-Study
		Wee	k 2		I
	Monday 27.01.25	Tuesday 28.01.25	Wednesday 29.01.25	Thursday 30.01.25	Friday 31.01.25
Morning 09:00- 13:00	Core concepts & models for QA and improvement Defining the role of the client in QA (Doyle)	Case study: embedding quality in community health services in Kenya (Doyle)	Summary of SQALE Programme Communication approaches for QA (Doyle)	Social Planning & Qualitative research (Otmani)	Recognition of gende issues in planning (Otmani)
Afternoon 14:00-16:00	Continued (Doyle)	Continued (Doyle)	Self-study	Continued (Otmani)	Self-study
	18:00 Planetary Health Lecture (Compulsory session)		1	1	1

Duration: 4 weeks total s, of each submodule
s, of each submodule
s, of each submodule
eas
Duration: 2 weeks
d stressors.
systems and describe
s. agents. fferent settings.
d s.
1) Concepts and challenges in environment and urban health:

- Key terminology and conceptual frameworks and models
- Sustainable development
- Current debates in environment and human health
- Regional concepts of environmental protection
- Urban Geography

2) Key environmental and human challenges in urban health:

- Environmental pollution (air, water and soil)
- Noise
- Housing conditions
- Microclimate in urban environments and climate change
- Biodiversity, climate change and resilience
- Climate change and health
- Human health policies

3) Measuring environmental factors and health effects:

- Environmental pollution (air, water): Measurement and health effects
- Noise: Measurement and health effects
- Environment-related syndromes (MCS, IEI, SBS, CFS, CS, BS)

4) Interventions at micro and macro level:

- Healthy housing
- Indicators for healthy housing
- Fauna and Flora in urban environments
- Recycling

# Learning Methods:

The following learning methods are applied in this sub-module:

- Formal lectures, interactive lectures with discussions
- Group exercises
- Home assignments and/or self-directed studies

\* The module includes field trips to Forchheim (Water purification plant), Vauban and St. Peter

# **Recommended Reading:**

- WHO. 2012. Measuring Health Gains from Sustainable Development. Public Health and Environment Department (PHE), WHO. Geneva. http://www.who.int/hia/green\_economy/en/index.html

- WHO. 2011. Health in the Green Economy: Health Co-benefits of Climate Change Mitigation-housing Sector. PEH, WHO. Geneva.

- Rothenberg R, Stauber C, Weaver S, Dai D, Prasad A and Kano M. 2015. Urban Health Indicators and Indices Current Status. *BMC Public Health*, 15, 494.
- Schwela D. 2000. Air Pollution and Health in Urban Areas. Rev Environ Health, 15 (1-2), 13-42.

#### MODULE HANDBOOK Master in Global Urban Health (MSc GUH)

Timetable Module 2.1: Environmental determinants of health in urban areas (in yellow: Breisacher Str. 115b)						
Week 1						
	Mon – 10/02/25	Tue - 11/02/25	Wed – 12/02/25	Thu – 13/02/25	Fri – 14/02/25	
Morning 09:00 – 13:00	Introduction to the Module Environmental determinants of health in urban areas Introduction to students presentations for the following week (Schuster)	Urban climate & micro- climate (Christen)	Water & sanitation in urban LMICs (Alabaster)	Planetary Health (Weydmann)	Sustainability rediscovered (Brundiers)	
Afternoon 14.00-16.00	Rosenmontag and Self-Study	Indoor and ambient air pollution Introduction to Waste Water Treatment Plant Excursion (Schuster)	14:00–16:00 Urban planning in Freiburg: Excursion to Vauban (Ries)	13.15–15.00 Climate change and health (Zacher)	Self-Study	
			Week 2			
	Mon – 17/02/25	Tue – 18/02/25	Wed – 19/02/25	Thu – 20/02/25	Fri – 21/02/25	
Morning 09:00 – 13:00	Q&As for Students Presentations on Friday (Schuster) Contribution of environmental factors to cancer risk (Nazarenko)	Geography of Global Change (Fuenfgeld)	Urban development and planning (Fuenfgeld)	9.00–11.00 at Breisacher Str. 115b Measuring environmental determinants of health: practical aspects (Schuster)	Assessment: PowerPoint presentations (Schuster, Kroeger)	
Afternoon 14.00-16.00	Self-Study	14:00–16:00 Waste Water Treatment Plants: Excursion to AZV-Plant in Forchheim (Schuster)	Self-Study	Self-Study		

Sub-Module 2.2: Social Determinants and Behavioural Risk Factors of Non-Com	municable Diseases
Module convener: Eva Maintz Lecturers: P. Henneke; P. Gelius; U. E. Lamy; M. Müller; D. Radicke; K.O. Schwab External Experts: J. Alvarado; P. Philipsborn (Münich); Steiger Stiftung;	Duration: 2 weeks
<ul> <li>Learning Objectives:</li> <li>At the end of the module, participants will be able to:</li> <li>Describe main health conditions &amp; risk factors of diseases defined as Non-Control</li> </ul>	nmunicable Disease

 Describe main (NCDs).

- Critically assess the relationship between the burden of NCDs and inequalities existing in urban and rural areas including political, social, environmental and economic inequalities.
- Use different research methods and sources of information (including epidemiological data) when assessing, designing and implementing NCDs prevention projects/programmes and/or research.
- Practice an interdisciplinary approach (political science, public health, environmental health and marketing) when implementing NCDs prevention projects/programmes and/or research.
- Understand different prevention approaches (environmental change or behavioural change) in different target audiences and at different levels.
- Assess different aspects that influence policy and response strategies a global and local levels to tackle the burden of NCDs.

- 1) Concepts of NCDs in Global Urban Health:
  - Key terminology
  - Burden of NCDs
- 2) Determinants of NCDs:
  - Social inequalities & Risk factors
  - Political, economic challenges of NCD management
  - The global food system and healthy diets
  - Environmental factors
- 3) Prevention and control measures of NCDs:
  - Healthy and sustainable diets
  - Enhancing physical activity
  - Surveillance of child growth and development, detecting growth and developmental disorders
  - Treatment measures of NDCs in a public health perspective
  - Psychological frameworks in social marketing to promote behaviour change
  - Concepts of emergency rescue services
- 4) Political frameworks and action plans
  - Global strategies & national programs
  - Intersectoral approach
  - Community based initiatives

# **Recommended Reading:**

- Magnusson, R. (2007) Non-Communicable diseases and global health governance: enhancing global processes to improve health development. *Globalization and Health*, 3:2.
- Swinburn et al. (2019) The Global Syndemic of Obesity, Undernutrition and Climate Change: The Lancet Commission report. *Lancet*, 393: 791-846.
- Willett W, Rockström J, Loken B, et al.: Food in the Anthropocene: The EAT–Lancet Commission on healthy diets from sustainable food systems. The Lancet 2019; 393(10170): 447–92.
- World Health Organization. (2013). Global action plan for the prevention and control of noncommunicable diseases 2013-2020. World Health Organization. <u>https://apps.who.int/iris/handle/10665/94384</u>

	Timetable Modu	le 2.2: Non-Comr	nunicable Diseases	and Risk Factors	
First Week	Mon 24.02.2025	Tue 25.02.2025	Wed 26.02.2025	Thu 27.02.2025	Fri 28.02.2025
Morning 9:00 – 13:00	9:00 – 9:20 Introduction to the Module (Maintz) 9:30 – 13:00 Cardiovascular Disease (Radicke) Lifelong Treatment and its Ethical and Environmental Implications (Müller)	Chronic Non- Transmissible Lung Disease and Tobacco Control: What we know, where are we now and what is next? (Alvarado)	Public Health Nutrition (Philipsborn)	Enhancing Healthy Environments for Healthy Behaviours (Philipsborn) Physical Activity and Health (Gelius)	Increasing daily movement by providing walkable environments - a Freiburg Case Study (Jehle)
Afternoon 14.00 – 16.00	Self-Study	Self-Study	Self-Study	Self-Study	
Second Week	Mon 03.03.2025	Tue 04.03.2025	Wed 05.03.2025	Thur 06.03.2025	Fri 07.03.2025
Morning 9:00 – 13:00	Diabetes - Obesity from a paediatric perspective (Schwab)	Diet, secondary plant compounds and cancer prevention (Lamy)	Pre- and Perinatal Risk Factors and Importance of Family Planning for Public Health (Henneke/Alam)	Global Aspects of Emergency Rescue Services (Steiger Stiftung day)	Assessment: PowerPoint presentations
Afternoon 14.00 – 16.00	Self-Study	Self-Study	Self-study	Self-Study	

### Advanced Module 3: Migration, Violence and Mental Health Issues among the Urban Poor

# **General Description:**

The first part describes and discusses; the global burden of mental illnesses, awareness- raising interventions at community level, diagnosis at primary healthcare level and the management of treatment and care of affected patients in resource poor settings. Particular attention is given to psychosomatic problems due to factors such as rural-urban migration, disintegration of families, increasing population density and other phenomena of urbanization.

The second part of the module focusses on different aspects and influencing factors of migration illustrated with practical examples from Freiburg and beyond. Strategies for managing and preventing of specific problems such as children without parents, adolescents and intercultural conflicts and violence among heterogeneous groups will be discussed.

#### **Assessment Advanced Module 3:**

The modules' assessment tools consist of a **poster presentation** (10-minute oral presentation) and a **concept paper** (written assignment). The final mark for the module will be considered with the average mark of the two assessments (50% of the mark for the Concept Paper and 50% of the mark for the Poster).

Students will develop a concept paper for seed money as a written assignment. The student has to write a short proposal for a one-year pilot project on community mental health for a migrant population. A poster will be prepared on the same topic as the concept paper.

Further details on the concept paper and the poster will be given during the module.

Total weight of Module 3 = **12%**. This means that the mark of the module contributes 12% to the overall mark of the MSc.

### Sub-Module 3.1: Mental health in urban environments

Module convener: Stefanie Harsch	Duration:
Lecturers: S. Harsch; Heldberg; P. Scheib; S. Schmidt; Z. Temesvary	2 weeks
External Experts: J. Hillebrecht; N. Ko (South Korea); P.König; T. Mahjoub; B.Simon;	
E. Steisslinger; A. Pinel; A. Whittal; D. L. Wolfski (Münich)	

### **Learning Objectives:**

At the end of the module, participants will be able to:

- Describe the burden of disease related to mental health.
- Recognize bio-psycho-social factors of urban health across the lifespan and in different cultural contexts.
- Identify psychosomatic problems and practice professional communication techniques.
- Use an interdisciplinary approach when designing and implementing mental health projects/programmes.
- Develop and implement mental health programmes in urban settings particularly for vulnerable populations such as displaced populations and migrants.

**Duration:** 4 weeks total

1) Global Burden of Mental Health:

- Prevalence of disorders across the lifespan
- Treatment gap
- Criticism and challenges in Global Mental Health

2) Factors underlying mental wellbeing and mental disorders ("Bio-Psycho-Social Systems Model"):

- Physical factors
- Psychological factors
- Social Factors (i.e. the critical role of families, migration)

3) Factors impacting mental wellbeing, mental distress and response to mental health problems

- Life phase specific tasks and factors
- Lifestyle choices (eating habits, physical exercise, sleep, social network)
- Culture
- Trauma
- Aging societies

4) Interventions at micro and macro levels

- Community- based mental health interventions
- Professional communication to aid recognition and treatment of psychosomatic problems
- Anti-stigma activism and public engagement
- Digital mental health interventions
- Key elements to consider when preparing a community mental health care plan/ project

# Learning Methods:

The following learning methods are applied in this sub-module:

- Interactive lectures with discussions
- Group exercises
- Home assignments and/or self-directed studies

\* The module includes field trips to Glotterbad Rehabilitation Centre in the Black Forest.

# **Recommended Reading:**

Patel, V., Saxena, S., Lund, C., Thornicroft, G., Baingana, F., Bolton, P., ... & UnÜtzer, J. (2018). The Lancet Commission on global mental health and sustainable development. The Lancet, 392(10157), 1553-1598.
Patel V, Prince M. 2010. Global Mental Health. A New Global Health Field Comes of Age. JAMA, 303(19),

1976-1977. doi:10.1001/jama.2010.616.

- World Health Organization. Department of Mental Health and Substance Abuse, 2021. Mental health atlas 2020. World Health Organization

- APA. (2013). Diagnostic and statistical manual of mental disorders; DSM-5. Washington, DC: American Psychiatric Publishing.

	Timetable Module3.1: Mental Health in Urban Environments					
Week 1	Mon 17.03.25	Tue 18.03.25	Wed 19.03.25	Thu 20.03.25	Fri 21.03.25	
Morning 9:00 – 13:00	Introduction to the Module & Assessment instructions (Harsch)	Mit Sicherheit Verliebt - A Sexual/Reproductive Health Education project (Hempen) 09:15- 10:00 Explanation on the assessment project poster (Harsch)	Mental Health Promotion in Schools (Harsch)	Mindfulness Based Programs in Mental Health – The Power of Doing Less (Schmidt)	Excursion to Glotterbad Clinic (Menne)	
Afternoon 14.00 – 16.00	Self-study	15:00-17:00 Mental Health & Sports (Steisslinger)	Self-study	Self-study	Self-study	
Week 2	Mon 24.03.25	Tue 25.03.25	Wed 26.03.25	Thur 27.03.25	Fri 28.03.25	
Morning 9:00 – 13:00	9:00 -11:00 Eating Disorder in Asia (Ko) 11:00-13:00 Migration and Mental Health (Temesvary)	Mental Health among the poor in Dominican Republic (König) 11:00 -13:00 Mental health in modern jobmarket (Whittal)	Trauma, PTSD and Psychological First-Aid for people facing Humanitarian Crisis (Heldberg)	Aging Cities and Mental Health (Wolski)	Mental Health Support for Refugees (Hillebrecht) 12:00 – 13:00 Mental Health recap and movin forward (Harsch	
Afternoon	Self-study	Self-study	15:00 - 17:00 (Online) Mental health and the elderly new	Self-study	Self-study	

Sub-Module 3.2: Migration and violence in urban settings				
Module convener: Stefanie Harsch				
Lecturers: P. Jung; S. Harsch; R. Hofman; A. Scherr Duration:				
External Experts: M. Maclaren; M.Massaro; F.Regina; N.Schirilla; H. Serra; E. Tambini	2 weeks			
Stollwerck; J. Wägerle, L. Wall				
Learning Objectives:				

- At the end of the module, participants will be able to:
- Understand the key aspects of the relationship between migration, politics, inequalities and health related issues at global, regional, national and local levels.
- Differentiate the terms of migration in terms of motives and dynamics.
- Recognize the interplay of migration with social mobility, poverty, violence, identity, gender, urban space and health.
- Apply relevant interdisciplinary interventions to deal with migration and mental health challenges in countries.

1) Concepts, history and challenges of global migration:

- Key terminology, definition of "migrants", "forced migration ", "refugee ", displace populations.
- Migration flows and processes (including economic, demographic, ideological and ethnographic approaches)
- Brain drain and migration in the public health arena
- 2) Institutional frameworks: Models for primary mental care in urban settings:
  - State Policy, legal and institutional framework
  - International frameworks for migrant / refugee care and Violence Protection- Trauma therapy for migrants
  - Structures for addressing Trauma in migrant and refugee populations

# 3) The effects of migration:

- Change in fertility, mortality and other health indicators
- Culture and Identity
- Mental health and well-being
- Violence and its determinants

4) Interventions at macro and micro level:

- Options for intervention
- Raising public awareness
- Addressing irregular/forced migration
- Challenges on health (particularly mental health) problems of migrant and refugee populations

# **Recommended Reading:**

- Bommes M, Thränhardt D. 2010. National Paradigms of Migration Research. 1st edition. (IMIS-Schriften Bd. 13). Osnabrück. Introduction pp. 9-38.
- Caglar A, Glick Schiller N (eds). 2010. Locating Migration: Rescaling Cities and Migrants. Ithaca.
- Düvell F, Triandafyllidou A, Vollmer B. 2009. Ethical Issues in Irregular Migration Research in Europe. *Population Space and Place* 16.3, 227–239.
- Genova, N de. 2009. Conflicts of Mobility, and the Mobility of Conflict: Rightlessness, Presence, Subjectivity, Freedom. *Subjectivity*, 29.1, 445–466.
- Lipphardt A, Schwarz I. 2015. Follow the People! Examining Migration Regimes through Emerging Trajectories of Unauthorized Migrants. In: Andreas Pott et al. (ed.) *Migration Regimes. Approaches to a Key Concept*, pp... Wiesbaden.
- Zetter R. 2014. Protection in Crisis: Forced Migration and Protection in a Global Era. Download: http://www.migrationpolicy.org/research/protection-crisis-forced-migration-and-protection-global-era
- Castles S. 2017. Towards a Sociology of Forced Migration and Social Transformation. (will be provided at Online-Platform ILIAS). Betts A. What History Can Teach Us About the Worst Refugee Crisis Since WWII. September 2015 (http://www.huffingtonpost.com/entry/alexander-betts-refugeeswwii\_55f30f7ce4b077ca094edaec).

Timetable Module 3.2: Migration in Urban Environments					
Week 1	Mon 31.03.25	Tue 01.04.25	Wed 02.04.25	Thur 03.04.25	Fri 04.04.25
Morning 9:00 – 13:00	Migration and Global Health Module (Harsch)	Causes, reasons and forms of forced migration (Scherr)	Migration: National and International Policy Frameworks (Maclaren)	Closing the Gap Working Example: Project Developing and Planning Workshop (Serra)	Asylum & Violence Protection Standards in German refugee camps (Wall) *Lunch in the Camp 13:00-14:00
Afternoon 14.00 – 16.00	Self-Study	Human Rights and Ethical Considerations in the context of health care for migrant populations (Schirilla)	Self-Study	Self-Study	The Refugee Experience (Wall)
Week 2	Mon 07.04.25	Tue 08.04.25	Wed 09.04.25	Thur 10.04.25	Fri 11.04.25
Morning 9:00 – 13:00	Primary Health Care for Migrants: A Life Course Perspective (Jung)	Climate change and migrant's health (Hofmann)	Female reproductive health of migrants in Germany (contraception, abortion, STDs) (Wägerle)	Migration in religious/biblical perspectives (Murthy) Chronic Disease & Migration (Niteka) Migration & Health Recap (Harsch)	Migration and Human Trafficking- A best practice example: Supporting female victims of sexual exploitation (Fuchs– FreiJa) Migration and Sex Work Facts and Fiction (Massaro-PINK)
Afternoon 14.00 – 16.00	Self-Study	Self-Study	Self-Study	Self-Study	Self-Study

Poster presentation and submission of concept papers on Tuesday, 15.04.2025

# 4.3 Research Project

	The Research Project - Overview	
Conveners: Axel Kroeger		Duration: 4 months
Descriptions		

### **Description:**

The research project offers the opportunity to apply the methods and skills acquired during the programme to a concrete Research project. First information and possible topics of the research project will be introduced during the core module at the beginning of the course (possible topics, arrangements, requirements, marking) and will be followed throughout the whole course. By this way, the participants have sufficient time to choose a theme and to become familiar with the field. The students also get the opportunity to propose own topics and research ideas, for example questions from their individual professional background. Each student will be guided by a personal supervisor who will determine or help to define the research question and accompany and support the project throughout the whole process. The students will have three months for the preparation, data collection, analysis and writing. The format and the regulations for subsequent marking of the Master's thesis are described in the Master Thesis guidelines.

The supervisors come mainly from the Faculty of Humanities (for social sciences subjects), Faculty of Medicine (for subjects with a focus on health) and Economics and Behavioural Sciences (cost analysis, economic analysis and behavioural change). There are also external supervisors from other countries and Universities, such as Bonn, Berlin Charite, Munich (Germany), Penn State University (USA); Gothenburg (Sweden); Basel (Switzerland); South Korea and WHO senior officers.

### Weight of the Research Project:

The mark for the research project includes:

- The mark of the Final Oral examination done in May Oral PowerPoint presentation and questions regarding the thesis and the course content with maximum duration of 30 minutes with questions Overall weight 5%;
- **Research Design** Overall weight 5% This is the research protocol presented to ERC and includes also a PowerPoint presentation in January or February.
- Final mark of the Master Thesis Overall weight 28%.

The total weight of the research project is 38. This means that the marks of the research project (including thesis, oral exam and research design) contributes 38% to the total mark of the MSc.

- The oral exam in May has a weighting factor of 5. The marking of the research proposal submitted to the ethics committee has a weighting factor of 5 and the Master's Thesis Overall weight 28%.

### Regarding the assessment of the master thesis:

Check the Master Thesis guideline for the MSc GUH Programme and Thesis timeline on pg. 18.

### **Recommended Reading:**

Reading materials will be discussed with the thesis tutor of each individual student. \*More information available in the Master Thesis Guidelines.

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# Annex

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