

SCHOOL OF NURSING & HEALTH STUDIES



# HEALTH STUDIES MINOR

## LEARNING OBJECTIVES

PREPARING STUDENTS TO IDENTIFY THE VARIOUS FACTORS THAT INFLUENCE HEALTH AND WELLNESS AT INDIVIDUAL, COMMUNITY, AND GLOBAL LEVELS.

In the Health Studies minor offered by the School of Nursing & Health Studies (NHS), students will understand policies and systems that shape our healthcare practices and acquire the skills to understand and critique health research at the population level.

### Key Program Highlights:

- Rooted in public health practice, courses are uniquely designed to allow students to apply a range of skills in public health and allied health careers.
- Students partner with individuals and communities to understand how to improve health outcomes.
- A focus on the advocacy for ethics in healthcare practice and just distribution of healthcare resources.
- An interdisciplinary introduction to both the social and biological predictors of health to help students develop as public health leaders.



*Photo: NHS students discussing nutrition at an assisted-living facility*

### APPLYING TO AN ALLIED HEALTH PROGRAM?

Adding an element of health to your degree plan might mean being more competitive for job opportunities, graduate school, or allied health programs.

For example, UW's School of Medicine's mission is dedicated to improving the **general health and well-being of the public**; and they are committed to excellence in **biomedical education, research, and healthcare**.

These are also objectives within the Health Studies minor.

# MINOR REQUIREMENTS

Students are required to complete a total of 30 credits from the following:

## Core Requirements (10 credits)

- BHS 201 Introduction to Public Health
- BHS 302 Social Dimensions of Health

## Research Requirement (5 credits) – select one

- BHS 300 Principles of Health Research
- BIS 312 Approaches to Social Research
- BES 301 Science Methods and Practice
- BNURS 460 Evidence Based Practice and Nursing Inquiry

## Health Studies Approved Electives (15 credits)

- Of these 15 credits, a minimum of 5 credits must be completed with a BHS or B HLTH prefix
- Visit the [Health Studies Elective Page](#) for a complete list of approved electives



*Photo: NHS students visit Everett Housing Authority to help residents create files of life.*

## READY TO DECLARE?

> Contact your primary major advisor by email or in person to submit a Change of Minor form.

> Follow up with the Health Studies advisor (uwbnhs@uw.edu) if you have any questions moving forward!

## STUDENT SPOTLIGHT

"I really like how the classes are very interactive and how it allows me to learn more about the health aspects happening around different communities. The professors that I have had for my health studies classes are very kind and knowledgeable in the topics they are teaching in their class."

- Elena Pham, a student minoring in Health Studies and majoring in Environmental Studies.



*Photo: NHS students raising awareness to the issue of sexual violence in migrant farm workers.*

## Questions?

NHS Office: UW1-211

Phone: 425-352-5376

Email: uwbnhs@uw.edu