



**Atta ur Rehman School of Applied Biosciences (ASAB)**  
**National University of Sciences & Technology**

**Course Title:** Population Health and Environment.

**Course Code:** ABS-960

**Course Description:**

The course will investigate how human populations grow and change and the interrelationships between global and local populations, health, development, and the natural environment. It provides an overview of basic demographic data and social science theory of how and why populations change and applies these foundations to understand how population, health, and environment impact one another at multiple scales from local to global.

**Learning Objectives:**

This course is designed to encourage discussion around issues pertaining to population and health in developed and developing countries.

1. An understanding of the demographic and geographical perspectives in the study of health.
2. To provide the empirical knowledge and theoretical background to examine the distribution and determinants of health and mortality in global populations
3. To assess health policy in at national, state and regional levels which can impinge upon the health and well-being of sub-groups of the population.
4. An ability to research issues relating to health and develop high quality written skills.
5. To interpret health and disease patterns and consider interventions to address health problems for future planning–solving skills.

**Course Outcomes:**

By the end of the course, the students will be able to:

- Gain environmental consciousness along with information about the tasks of environmental health.
- Evaluate the relations among environment, human, and health.
- Define the concepts related to environmental issues.
- Define effects reasons of environmental health and the precautions which should be taken.
- Interpret the relationship between pollution and human health.
- Understand the theories, concepts, and skills required to assess population health.

**Course Contents:**

- Introduction - Data sources and measurement
- Epidemiological Population Transitions
- Global Health Trends and challenges
- Reproductive Health
- Ageing in Developing Countries
- GIS and Health
- Social Inequality and Health
- Health Provision in Pakistan
- Health workforce
- Urban versus rural health outcomes
- Health interventions
- Childhood obesity
- Migration and Health
- Health and Housing
- Population, Health and the Environment

- Globalisation and Health
- Health policy
- Population and health research issues

**Recommended / Reference Books:**

- Decomposing Gaps in Healthy Life Expectancy (2020).  
[https://link.springer.com/chapter/10.1007/978-3-030-37668-0\\_7](https://link.springer.com/chapter/10.1007/978-3-030-37668-0_7)
- Demography of Aging. L. Martin and S. H. Preston, editors with introduction. National Academy Press. Washington, D.C. 1994. 411pp.
- C. Jagger, E.M. Crimmins, Y. Saito, R. Yokata, H. Van Oyen, J.M. Robine (Eds.). International Handbook of Health Expectancies. Springer; Dordrecht, Netherlands, 2019. (aquí hi ha el book chapter que et comenta el Sergi)
- R. Rogers and E. M. Crimmins (Eds). International Handbook of Adult Mortality, Springer; Dordrecht, Netherlands, 2011.
- S. Preston, P. Heuveline and M. Guillot. (2000) Demography: Measuring and Modeling Population Processes, <https://www.wiley.com/en-us/Demography+%3A+Measuring+and+Modeling+Population+Processes-p-9781557864512>
- E. M. Crimmins, S. H. Preston, and B. Cohen (Eds). International Differences in Mortality at Older Ages: Dimensions and Sources, Panel on Understanding Divergent Trends in Longevity in HighIncome Countries; National Research Council, 2010.