

Las Positas College  
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## Course Outline for HLTH 11

### HEALTH AND SOCIAL JUSTICE

Effective: Fall 2018

#### I. CATALOG DESCRIPTION:

HLTH 11 — HEALTH AND SOCIAL JUSTICE — 3.00 units

This course provides an introduction to the health inequities specifically within the United States that stem from the unequal distribution of power, wealth, education, and services. Students will explore the social determinants of health including socioeconomic status, poverty, racism, violence, and living conditions. Agency, advocacy, community organizing, and policy development will be included.

3.00 Units Lecture

#### **Strongly Recommended**

- Eligibility for ENG 1A -

#### **Grading Methods:**

Letter or P/NP

#### **Discipline:**

- Health

	<b>MIN</b>
<b>Lecture Hours:</b>	54.00
<b>Total Hours:</b>	54.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

**Before entering this course, it is strongly recommended that the student should be able to:**

- A. -Eligibility for ENG 1A
  1. Employ strategies that enable a critical evaluation of a text
  2. Respond critically to a text through class discussions and writing
  3. Use concepts of paragraph and essay structure and development to analyze his/her own and others' essays
  4. Write effective summaries of texts that avoid wording and sentence structure of the original
  5. Respond to texts drawing on personal experience and other texts
  6. Organize coherent essays around a central idea or a position
  7. Apply structural elements in writing that are appropriate to the audience and purpose
  8. Provide appropriate and accurate evidence to support positions and conclusions
  9. Produce written work that reflects academic integrity and responsibility, particularly when integrating the exact language and ideas of an outside text into one's own writing
  10. Utilize effective grammar recall to check sentences for correct grammar and mechanics

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Describe disparities in health outcomes in the United States by race, socioeconomic status, and gender.
- B. Compare and contrast paradigms that seek to explain health disparities (individual approach, public health model, health capability paradigm).
- C. Review recent public health literature detailing ways that the unequal distribution of power, wealth and education, as well as race and gender become embodied in disparate health outcomes.
- D. Contrast United States policy on access to health insurance, providers, and services, to that of other developed countries, and analyze health care policies such as the Affordable Care Act.
- E. Analyze the contribution of environmental conditions to disparate health outcomes using case studies.
- F. Analyze case studies of prevalent health conditions to compare individual behavior change approaches, public health approaches, and the shared health governance approach.
- G. Describe strategies to improve health outcomes such as agency, advocacy, community organizing, and/or policy development.
- H. Demonstrate an advocacy skill such as preparing a policy brief, giving public testimony, community outreach, writing to an editor and/or contacting a politician.
  - I. Identify, assess, and utilize credible sources of public/community health information.
  - J. Communicate orally and in writing utilizing public health specific discipline language.

#### V. CONTENT:

- A. Socioeconomic Status, Educational Level, and Poverty as Social Determinants of Health
  - 1. Brief overview of social gradient in health outcomes between countries.
  - 2. Distribution of educational levels, income, and wealth in the United States
  - 3. Policy proposals to address poverty and inequities.
- B. Race and Gender as Factors in Unequal Health Outcomes
  - 1. Historic origins of race in the United States
  - 2. Research on race as a social construct versus a biological category
  - 3. Policy proposals to reduce racial and gender gaps in health
- C. Access to Health Care, Preventative Services, and Health Insurance
  - 1. Affordable Care Act
  - 2. Comparative analysis of health insurance across the United States and Internationally.
- D. Environmental Justice and Health
  - 1. The "built environment" and "healthy communities"
  - 2. Toxic sources in low income communities
  - 3. Inadequate resources in low income communities
  - 4. Environmental equity strategies
- E. Infectious and Chronic Diseases and their Social Determinants
  - 1. Differences in the incidence, prevalence, mortality, and burden of diseases and other health conditions among specific population groups.
  - 2. Social policies and programs to reduce disease.
  - 3. Information sources and significant organizations including WHO and public health agencies.
- F. Case Studies of health disparities, health inequities, and/or social determinants of health on topics such as:
  - 1. Violence
  - 2. Nutrition, exercise and obesity
  - 3. Drugs
  - 4. Sex and gender
  - 5. Sexual orientation
  - 6. Disability
  - 7. Race and ethnicity
- G. Strategies, Tactics, and Skills to Influence Health Policies and Health Outcomes
  - 1. Agency and individual responsibility
  - 2. Advocacy and community organizing
  - 3. Coalition building
  - 4. Good policy for Health

#### VI. METHODS OF INSTRUCTION:

- A. **Audio-visual Activity** -
- B. **Lecture** -
- C. **Discussion** -
- D. **Research** -
- E. **Student Presentations** -
- F. **Projects** -

#### VII. TYPICAL ASSIGNMENTS:

- A. Participate in lecture/discussions
  - 1. Students will work in small groups to summarize the health disparities presented in a case study
- B. Reading
  - 1. Read Chapter 3 - What We Mean by Social Determinants of Health by V. Navarro in Donohoe.
  - 2. Read Chapter 6 - Homelessness in the United States: History, Epidemiology, Health Issues, Women, and Public Policy in Donohoe.
- C. Written assignment supported by credible source of information highlighting a health disparity
- D. Course Project
  - 1. Working individually or in a small group, research health outcomes for a vulnerable population such as maternal/infant/early life and identify health disparities. Present finding in a research paper or presentation.

#### VIII. EVALUATION:

##### A. **Methods**

- 1. Exams/Tests
- 2. Quizzes
- 3. Research Projects
- 4. Papers
- 5. Oral Presentation
- 6. Projects
- 7. Group Projects
- 8. Class Participation
- 9. Class Work
- 10. Home Work

##### B. **Frequency**

- 1. Minimum of two exams/tests/quizzes.
- 2. Minimum of one research assignment, including requirement to utilize credible sources
- 3. Final exam, final research paper, or presentation.
- 4. Regular/weekly participation in class discussions, class work, and assignments.

#### IX. TYPICAL TEXTS:

- 1. Ruger, Jennifer. *Health and Social Justice*. 1st ed., Oxford University Press, 2010.
- 2. Hofrichter, Richard. *Health and Social Justice: Politics, Ideology, and Inequalities in the Distribution of Disease*. 1st ed., Jossey Bass - Wiley, 2003.
- 3. Donahoe, Martin. *Public Health and Social Justice - A Jossey Bass Reader*. 1st ed., Jossey Bass - Wiley, 2013.
- 4. Marmot, Michael, and Richard Wilkinson. *Social Determinants of Health*. 2nd ed., Oxford University Press, 2008.
- 5. Rose, Patti. *Health Disparities, Diversity, And Inclusion: Context, Controversies, and Solutions*. 1st ed., Jones & Bartlett Learning, 2018.
- 6. Budrys, Grace. *Unequal Health: How Inequality Contributes to Health or Illness*. 3rd ed., Rowman & Littlefield, 2017.
- 7. American Public Health Association (APHA) "Better Health through Equity: Case Studies in Reframing Public Health Work. Washington, DC:." 2015.
- 8. American Public Health Association. Health Disparities: The Basics. Get the Facts Fact Sheet. Accessed 2017: [https://www.apha.org/~media/files/pdf/factsheets/hlthdisparty\\_primer\\_final.ashx](https://www.apha.org/~media/files/pdf/factsheets/hlthdisparty_primer_final.ashx)
- 9. Office of Disease Prevention and Health Promotion. Healthy People 2020: Disparities. Available:

<https://www.healthypeople.gov/2020/about/foundation-health-measures/Disparities>

10. California News Reel, Unnatural Causes. Video Documentary Series

11. Office of Disease Prevention and Health Promotion. Healthy People 2020: Health Disparities Data - Go to DATA2020. Available:  
<https://www.healthypeople.gov/2020/data-search/health-disparities-data>

**X. OTHER MATERIALS REQUIRED OF STUDENTS:**

A. Internet access.