

HELH-115: HEALTH AND SOCIAL JUSTICE

Effective Term

Fall 2021

BOT Approval

03/11/2021

SECTION A - Course Data Elements
CB04 Credit Status

Credit - Degree Applicable

Discipline

Minimum Qualifications	And/Or
Physical Education (Master's Degree)	

Subject Code

HELH - Health

Course Number

115

Department

Health

Division

KINE

Full Course Title

Health and Social Justice

Short Title

Health and Social Justice

CB03 TOP Code

0837.00 - Health Education

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Addition to the health and Kinesiology division

SECTION B - Course Description
Catalog Course Description

This course provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students will explore the impacts of education, economic status, race and ethnicity and gender impact one's health. basic skills necessary for advocating for health and social justice will be theoretically demonstrated.

SECTION C - Conditions on Enrollment
Open Entry/Open Exit

No

Repeatability

Not Repeatable

Grading Options

Letter Grade or Pass/No Pass

Allow Audit

Yes

Requisites**SECTION D - Course Standards****Is this course variable unit?**

No

Units

3.00

Lecture Hours

54.00

Outside of Class Hours

108

Total Contact Hours

54

Total Student Hours

162

Distance Education Approval**Is this course offered through Distance Education?**

Yes

Online Delivery Methods

DE Modalities	Permanent or Emergency Only?
Entirely Online	Permanent
Hybrid	Permanent

SECTION E - Course Content**Student Learning Outcomes**

Upon satisfactory completion of the course, students will be able to:	
1.	Students will identify factors that lead to social injustice in health and well-being and develop strategies to improve health inequities.

Course Objectives

Upon satisfactory completion of the course, students will be able to:	
1.	Describe disparities in health outcomes in the United States by race, socioeconomic status and gender.
2.	Compare and contrast two paradigms that seek to explain these health disparities: individual approach and public health model.
3.	Review recent public health literature detailing ways that race, socioeconomic status and gender become embodied in disparate health outcomes.
4.	Contrast United States policy on access to health insurance with that of other developed countries, and analyze new health care policies, such as the Affordable Care Act. Analyze the contribution of environmental conditions to disparate health outcomes, using case studies.
5.	Analyze case studies of prevalent health problems to compare individual behavior change approaches versus public health approaches.
6.	Describe strategies or tactics to improve health inequalities, such as advocacy, community organizing, and/or policy change.

7. Outline advocacy skills, such as preparing a policy brief, giving public testimony, community outreach, and/or writing a letter to an editor or politician.
8. Identify, assess and utilize credible information resources on public health current issues, such as the Internet, social media, media outlets, and libraries.
9. Analyze the contribution of environmental conditions to disparate health outcomes, using case studies.

Course Content

1. Disparities in health outcomes
 - a. Socioeconomic status, education level and poverty as determinants of health
 - i. Distribution of educational levels, income and wealth in the United States
 - ii. Policy proposals to address poverty and inequities.
 - b. Race/gender as factors in unequal health outcomes
 - i. Historic origins of race in the United States
 - ii. Research on race as a social construct versus a biological category
 - iii. Policy proposals to reduce racial and gender differentials.
 - c. Infectious and chronic disease and their social determinants
 - i. Health disparities in low-income communities
 - ii. Program and policy development to reduce disease.
 - iii. Information sources and significant organizations
2. Paradigms that seek to explain these health disparities: individual approach and public health model.
 - a. Individual approach
 - i. Public health model
3. Recent public health literature detailing ways that race, socioeconomic status and gender become embodied in disparate health outcomes.
4. United States policy versus other developed countries access to health insurance, including comparative analysis of health insurance across the United States and Internationally
 - a. US health care
 - i. Access to health care
 - ii. Health insurance crisis
 - iii. Recent health care policies, such as the Affordable Care Act and future policy
 - b. Canadian health care
 - c. European health care
 - d. Great Britain health care
 - e. Other international health care models
5. Case studies that analyze the contribution of environmental conditions to disparate health outcomes. Environmental justice, conditions and health outcomes
 - a. Toxic sources in low-income communities
 - i. Inadequate community resources and poor schooling in low-income communities
 - ii. Reducing risks for urban communities through environmental equity strategies
6. Case studies of prevalent health problems to comparing individual behavior change approaches versus public health approaches.
 - a. Violence
 - i. Obesity, nutrition and exercise
 - ii. Drugs
7. Strategies or tactics to improve health policies and outcomes
 - a. Agency and individual responsibility
 - i. Advocacy and community organizing
 - ii. Coalition building
 - iii. Good policy for health
 - iv. Policy change

8. Advocacy skills

Policy brief

1. Public testimony
2. Community outreach
3. Expressing opinions to an editor or politician
 - a. Credible information resources on public health current issues

Internet

1. Social media
2. Media outlets

- 3. Libraries
 - a. Topic issues
- Public Health Disaster
 - 1. Reproductive rights

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Activity	Prepare a socially responsible advocacy platform.
Discussion	Analysis of contributing factors that influence health status in the United States. Examine Social determinants of health and how age/gender/race/ethnicity/economic status impact personal and community health.
Other	Projects: Research and develop a health platform that addresses health inequities.

Online Adaptation

Types	Examples of learning activities
Activity	
Directed Study	
Discussion	
Group Work	
Individualized Instruction	
Lecture	

Instructor-Initiated Online Contact Types

Announcements/Bulletin Boards
 Chat Rooms
 Discussion Boards
 E-mail Communication
 Telephone Conversations
 Video or Teleconferencing

Student-Initiated Online Contact Types

Chat Rooms
 Discussions
 Group Work

Course design is accessible

Yes

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Exams/Tests	Short essay - Describe the prevalent differences and racial disparity for Covid infection rates. Essay - Outline the racial and ethnic differences in maternal and child health care in the United States.
Projects	Research Projects - Scenario and case studies analysis projects. Group Projects - Prepare a policy brief, community outreach and program of advocacy to correct a social health injustice.

Assignments

Reading Assignments

Read case studies and analyze personal and public health approaches.
 Examine historical health care policies and variables such as gender, race, ethnicity, socio-economic status.

Writing Assignments

Analyze implications of health from socio-economic status/race/gender/educational levels.

Examine access to affordable health care and its impact on social and personal health.

Outside-of-Class Assignments

Prepare an advocacy platform to address a discussed health inequity.

SECTION F - Textbooks and Instructional Materials**Material Type**

Textbook

Author

Budrys, Grace

Title

Unequal Health: How Inequality contributes to Health and Illness

Edition/Version

3rd

Publisher

Rowman and Littlefield

Year

2017

SECTION G - Diversity, Equity and Inclusivity**Course Codes (Admin Only)****CB10 Cooperative Work Experience Status**

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

Y - Credit Course

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

No