



HELH 115 - Health and Social Justice Course Outline

Approval Date: 03/11/2021

Effective Date: 08/13/2021

SECTION A

Unique ID Number CCC000623966

Discipline(s) Physical Education

Division Kinesiology & Athletics

Subject Area Health

Subject Code HELH

Course Number 115

Course Title Health and Social Justice

TOP Code/SAM Code 0837.00 - Health Education / E - Non-Occupational

Rationale for adding this course to the curriculum Addition to the health and Kinesiology division

Units 3

Cross List N/A

Typical Course Weeks 18

Total Instructional Hours

Contact Hours

Lecture 54.00

Lab 0.00

Activity 0.00

Work Experience 0.00

Outside of Class Hours 108.00

Total Contact Hours 54

Total Student Hours 162

Open Entry/Open Exit No

Maximum Enrollment 30

Grading Option Letter Grade or P/NP

Distance Education Mode of Instruction On-Campus
Hybrid
Entirely Online

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 0 times

Catalog 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.

Schedule Description

SECTION D

Condition on Enrollment

1a. **Prerequisite(s):** *None*

1b. **Corequisite(s):** *None*

1c. **Recommended:** *None*

1d. **Limitation on Enrollment:** *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

A. Students will identify factors that lead to social injustice in health and well being and develop strategies to improve health inequities.

2. Course Objectives: Upon completion of this course, the student will be able to:

A. Describe disparities in health outcomes in the United States by race, socioeconomic status and gender.

B. Compare and contrast two paradigms that seek to explain these health disparities: individual approach and public health model.

C. Review recent public health literature detailing ways that race, socioeconomic status and gender become embodied in disparate health outcomes.

D. 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.

E. Analyze case studies of prevalent health problems to compare individual behavior change approaches versus public health approaches.

F. Describe strategies or tactics to improve health inequalities, such as advocacy, community organizing, and/or policy change.

G. Outline advocacy skills, such as preparing a policy brief, giving public testimony, community outreach, and/or writing a letter to an editor or politician.

H. Identify, assess and utilize credible information resources on public health current issues, such as the Internet, social media, media outlets, and libraries.

I. Analyze the contribution of environmental conditions to disparate health outcomes, using case studies.

J.

3. Course Content

A. Disparities in health outcomes

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

Internet

1. Social media
2. Media outlets
3. Libraries

J. Topic issues

Public health disaster

1. Reproductive rights
- 2.

4. Methods of Instruction:

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.

Projects: Research and develop a health platform that addresses health inequities.

Online Adaptation: Activity, Directed Study, Discussion, Group Work, Individualized Instruction, Lecture

Explain how the online adaptation of the methods of instruction aligns with the course

outcomes: Online adaptations will meet course learning outcomes and classroom objectives. Students will engage in projects and research papers that will explore health inequities. Discussion boards will focus on race/ethnicity /gender health inequities. Students will meet with public health individuals and or legislators as a problem solving activity. Students will be required to develop an advocacy letter.

6. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Typical classroom assessment techniques

Exams/Tests -- !.Short essay- Describe the prevalence 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.

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.

Letter Grade or P/NP

7. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. 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.

B. Writing Assignments

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

Examine access to affordable health care and it's impact on social and personal health.

C. Other Assignments

Prepare an advocacy platform to address a discussed health inequity.

8. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Budrys, Grace

Title: Unequal Health: How Inequality contributes to Health and Illness

Publisher: Rowman and Littlefield

Date of Publication: 2017

Edition: 3rd

B. Other required materials/supplies.