

Social Determinants of Health

Third Edition

By Dennis Raphael

Instructor's Manual

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OTHER RECOMMENDED TEXTS

INTERNET SOURCES

ALSO BY DENNIS RAPHAEL

Chapter 1: Social Determinants of Health: Key Issues and Themes

by Dennis Raphael

LECTURE SUGGESTIONS

1. Living Conditions and Health (20–50 minutes)

At the beginning of class, ask students to brainstorm and write down the ways in which living conditions can influence health.

Next, review this concept as a class.

Finally, ask students to share whether or not they would change their initial response, why, and how so.

2. Understanding Social Determinants of Health (10 minutes)

Have each student write down a definition of *the social determinants of health* in one or two sentences.

Students should then share their definition with their neighbour and, together, pairs should revise their definitions.

Next, as a class, share and discuss the various definitions and come up with a definition that you will employ for the remainder of the course. (See pages 8–11.)

3. Disease and Income (15–20 minutes)

Poor men and women are at a greater risk of dying each year from diseases like heart disease and stroke than their wealthy counterparts. Divide students into small groups. Have each group discuss why the mortality rate of people with heart disease and stroke is related to differences in income. Regroup as a class to share insights.

4. 16 Social Determinants of Health (10–15 minutes)

Divide students into groups to discuss the 16 social determinants of health. Encourage students to share their own experiences in relation to each of the key social determinants.

ASSIGNMENT SUGGESTIONS

Critical Thinking Essays

Provide students with a statement or question that relates to each chapter's subject matter. Ask students to spend 10–15 minutes writing a response essay.

Chapter 1 Sample Topics:

- Define the “traditional approach” to disease prevention. Compare and contrast the social determinants of health approach with the traditional approach.
- Describe the various contemporary approaches to social determinants of health (p. 8–11). Isolate the ways in which they specifically address *social* determinants.
- Describe the importance of a life course approach to health.

Take Home Assignments

A. The study of the social determinants of health deals with two key problems:

1. What are the societal factors that shape health and help explain health inequalities?
2. What are the societal forces that shape the quality of these societal factors?

Choose a journal article, book chapter, or other peer-reviewed resource that examines the social determinants of health (hint: see the end of Chapter 1 for recommended resources). Summarize what your selected resource argues about each of the two questions. Be sure to include specific examples.

B. There are three frameworks by which social determinants influences health: materialist, neo-materialist, and psychosocial comparison. Choose one of the sixteen social determinants of health listed in Chapter 1 of your text and write a 5–10 page research paper that analyses that issue and applies one of the three frameworks toward understanding its influence on health. Chapter 2 considers these models in further detail.

C. Find a recent Canadian news article (published in the last five years) that covers a health-related story. Summarize the health issue and highlight how it is portrayed. What can you glean about how that particular health issue is viewed in our society? What do you think is missing from the article (if anything)? Is there any evident bias? If so, what is it?

D. Summarize the five key themes in the current study of the social determinants of health outlined in Chapter 1.