Course Description

This course is designed to introduce students to the study of factors that influence the health of populations. In the first part of the course, we will focus on how to interpret common measures of population health, such as life expectancy at birth and measures of morbidity and disability. Next, population health will be considered from a comparative and historical perspective. We will study the principal factors driving the massive health improvements of the past century, as well as some of the obstacles that have recently emerged. Then we will consider the factors underlying the major health disparities across countries and regions and health disparities among individuals that are associated with their gender, level of educational attainment, occupation, and race/ethnicity. The next section will address major health policy issues in developing countries, with reference to the effectiveness of health interventions for improving the health of a population. Attention is paid to dilemmas facing countries with extremely limited resources. Last, we turn to current health issues in highly developed countries such as obesity, smoking, diet, and exercise. We will also discuss social relationships and health and the ways in which we affect each other’s health.

Prerequisite(s): None

Antirequisite(s): The former SOC 2279A/B

Learning Outcomes

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

1. Characterize measures of population health to capture infant and child health, adult health, disability, and mortality.
2. Calculate basic measures of a life table and interpret them.
3. Recognize and critique different types of studies used to understand the factors contributing to changes in health over time and differences in health across subpopulations.
4. Communicate the results of figures, graphs, and tables of results that we discuss in class.
5. Identify the major health policy issues in countries with high and low resources.

Required Texts

Readings will be posted on the course website. See schedule and readings below. There are no required texts to buy for this course. Please make sure you are enrolled on the course website through owl.
Method of Evaluation

The course is based on class lectures and readings. You are expected to do the assigned readings and to come to class. Lectures cover material that is not discussed directly in the course readings, but for which you are responsible. Conversely, you also are responsible for the material covered in the readings even if the material is not reviewed in class.

The mid-term and final examinations will include both multiple choice, short answer questions, and short essays. Some of these questions will involve calculating and interpreting measures of population health and communicating the results of figures, graphs and tables. You should bring a basic or scientific calculator to both exams.

Evaluation Breakdown

Your final grade will be determined as follows:

- Midterm exam (2-hour exam held in-class): 45%
- Final exam (3-hour exam during exam period, scheduled by the Registrar’s Office): 55%

This exam will be cumulative, covering all material throughout the semester.

How to Contact Me

You can come to office hours with any questions about the material. You can also email me at: rachel.margolis@uwo.ca

How to get important course information: For information about the course, please read the course outline carefully. Also, check your email and course website for announcements.

Overview of Course Schedule

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<th>Dates</th>
<th>Topic</th>
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<td>January 8</td>
<td>Frameworks for Studying Health Inequalities</td>
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<td>2</td>
<td>January 15</td>
<td>Mortality and the Epidemiological Transition</td>
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<td>Disability and Population Aging</td>
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<td>Determinants of Mortality Decline</td>
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<td>Health Disparities</td>
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<td>Health Policy in Poor Countries</td>
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<td>8</td>
<td>March 5</td>
<td>Population Growth and Family Planning</td>
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<td>March 12</td>
<td>Sub-Saharan Africa, and the Double Burden of Disease</td>
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<td>10</td>
<td>March 19</td>
<td>Health Policy in Rich Countries, and Health Behaviors</td>
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<td>11</td>
<td>March 26</td>
<td>Social Relationships and Health</td>
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<td>April 2</td>
<td>Family Change and Implications for Population Health</td>
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<td>April 9</td>
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Course Schedule and Readings

Week 1 Frameworks for Studying Health Inequalities


Week 2 Mortality and the Epidemiological Transition


Week 3 Disability and Population Aging


Week 4 Determinants of Mortality Decline


Weeks 5 Health Disparities


Week 6 Mid-term Exam in Class.
Week 7 Health Policy in Poor Countries

- Case #15: Preventing Iodine Deficiency Disease in China
- Case #8: Preventing Diarrheal Deaths in Egypt
- Case #17: Eliminating Measles in Southern Africa

Week 8 Population Growth and Family Planning

- Case #13: Reducing Fertility in Bangladesh
- Case #2: Preventing HIV/AIDS and Sexually Transmitted Infections in Thailand

Week 9 Sub-Saharan Africa, and the Double Burden of Disease

Week 10 Health Policy in Rich Countries, and Health Behaviors


Week 11 Social Relationships and Health


Week 12 Family Change and Implications for Health


Week 13 Special Topics – Readings TBA
Important Policies

Policies for Assignment Deadlines

There will be one makeup date set by the Department for students needing to write a make-up exam (with approved accommodation from your academic counseling office). During the winter term 2018, this date is Friday March 2nd, from 12pm-2pm. This makeup exam may or may not be in the same format as the original exam.

If a student misses a make-up exam due to sickness or another documented reason, then the weight of the mid-term will be added to the weight of the final exam. To get accommodation, the student needs to tell the professor about the accommodation within 48 hours of the scheduled exam. In case of lack of justification for the absence, a grade of zero will be attributed to the exam.

Academic accommodation will NOT be granted automatically on request. In cases where there is no approved justification for the absence, the student will receive a grade of zero on the exam. You must demonstrate by documentation that there are compelling medical or compassionate grounds before academic accommodation will be considered. For personal illness, if you should consult Student Health Services regarding your illness or personal problem, you should request a Student Medical Certificate from the physician. If you were seen by an off-campus doctor, obtain a certificate from his/her office at the time of your visit. The off-campus medical certificate form must be used and can be found at: http://counselling.ssc.uwo.ca/docs/procedures/medicalNote.pdf

Notes stating “For Medical Reasons” are not considered sufficient.

For any other circumstance, if you are not sure what documentation to provide, ask your Academic Counselor. If your documentation is judged sufficient, the academic counselor will issue a Recommendation for a Special Examination. Once you have this form, contact your instructor as soon as possible to make arrangements. Even if approved from your home faculty Academic Counselor, there is no guarantee that you will be allowed to write the makeup final exam. You need permission from your home Faculty Counselor, your instructor, and the Department Chair. Failure to follow this procedure may result in an examination grade of zero. You must ensure that the Special Examination form has been signed by the instructor and Department Chair and that the form is returned to the Academic Counseling Office for approval without delay. Make-up final examinations, if permitted, will be written within one month of the end of the exam period.

Book airline flights after you know the dates of your final examinations so they do not conflict with any exams.

A Note on Plagiarism

Students must write their assignments in their own words. Whenever students take an idea from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major scholastic offence (the Scholastic Offence Policy can be viewed in the Western Academic Calendar).

Plagiarism Checking: All required papers may be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database.
for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between The University of Western Ontario and Turnitin.com (www.turnitin.com).

Policies on Examinations
Scientific and basic calculators will be allowed during examinations. Graphing calculators, smart watches, and cell phones are not permitted during the exam.

Students asking for their exams to be re-graded need to ask within 2 weeks of receiving the mark. In this case, the whole exam will be re-graded.

Policy on Laptops and other Electronics/Phones in Class
Laptops are permitted in class for course materials only. Be sure that all cell phones are turned off at the beginning of class.

Policy on Accommodation for Medical Illness
Western’s policy on Accommodation for Medical Illness can be found at www.uwo.ca/univsec/pdf/academic_policies/appeals/accommodation_medical.pdf.

Students must see the Academic Counselor and submit all required documentation in order to be approved for certain accommodation: http://counselling.ssc.uwo.ca/procedures/medical_accommodation.html

Accessibility Options
Please contact the course instructor if you require material in an alternate format or if you require any other arrangements to make this course more accessible to you. You may also wish to contact Services for Students with Disabilities (SSD) at 519 661-2111 x 82147 for any specific question regarding an accommodation. Information regarding accommodation of exams is available on the Registrar’s website: www.registrar.uwo.ca/examinations/accommodated_exams.html

Scholastic Offences
The goal for the course is to learn basic demographic methods and internalize how demographers think about measuring population change. The assignments are a key part of learning how the methods work. It will be helpful to talk about the methods with classmates and this is strongly encouraged. However, it is important to do the problem sets without collaboration. This will help to learn the material and prepare for exams.

Scholastic offences are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following web site: www.uwo.ca/univsec/pdf/academic_policies/appeals/scholastic_discipline_undergrad.pdf

Mental Health
Students who are in emotional/mental distress should refer to Mental Health@Western (http://uwo.ca/health/mental_wellbeing/index.html) for a complete list of options how to obtain help.