



The University of Western Ontario
SOCIOLOGY 2180B-001
Development and Health Inequalities
Winter 2019
Monday 2:30-4:20pm, SSC 2032

Instructor: Rachel Margolis, PhD
Office Hours: Tuesday 11am - 12:00pm
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2 seminar hours, 0.5 course

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 (1 hour 50 minute 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. Please note that you do not need to ask me or email me before coming to office hours. You can just show up. If you cannot come to office hours because of a scheduling conflict, you can also email me at: rachel.margolis@uwo.ca and we can make another time to meet.

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

Week	Dates	Topic
1	January 7	Frameworks for Studying Health Inequalities
2	January 14	Mortality and the Epidemiological Transition
3	January 21	Disability and Population Aging
4	January 28	Determinants of Mortality Decline
5	February 4	Health Disparities.
6	February 11	Midterm (In Class)
-	February 18	Reading Week- No class
7	February 25	Health Policy in Poor Countries
8	March 4	Population Growth and Family Planning
9	March 11	Sub-Saharan Africa, and the Double Burden of Disease
10	March 18	Health Policy in Rich Countries, and Health Behaviors
11	March 25	Social Relationships and Health
12	April 1	Family Change and Implications for Population Health

13	April 8	Topics TBD
Exam Period	TBA	Final Exam

Course Readings

Week 1 Frameworks for Studying Health Inequalities

Lee, Ronald D. 2003. The demographic transition: Three centuries of fundamental change. *Journal of Economic Perspectives* 17(4): 167–190.

Week 2 Mortality and the Epidemiological Transition

Lesson 3: Life Tables, by MEASURE Evaluation. Available at:

<https://www.measureevaluation.org/resources/training/online-courses-and-resources/non-certificate-courses-and-mini-tutorials/multiple-decrement-life-tables/lesson-3>

Wilmoth, John. 2000. Demography of Longevity: Past, Present, and Future Trends. *Experimental Gerontology* 35:1111-1129.

Week 3 Disability and Population Aging

Zajacova, Anna & Jennifer Karas Montez. 2017. Physical Functioning Trends among US Women and Men Age 45–64 by Education Level. *Biodemography and Social Biology* 63:1, 21-30

Sanderson, Warren and Sergei Scherbov. 2008. Rethinking age and aging. *Population Bulletin* 63(4): 1–16.

Week 4 Determinants of Mortality Decline

Oeppen, Jim and James W. Vaupel. 2002. Broken limits to life expectancy. *Science* 296(5570): 1029–1031

Caldwell, John C. 1986. Routes to low mortality in poor countries. *Population and Development Review* 12(2): 171–220

Horiuchi, Shiro. 1999. Epidemiological Transitions in Human History.

Week 5 Health Disparities

Elo, Irma T. 2009. Social Class Differentials in Health and Mortality: Patterns and Explanations in Comparative Perspective. *Annual Review of Sociology* 35:553-72.

Case, Anne and Christina Paxson. 2005. Sex Differences in Morbidity and Mortality. *Demography* 42(2):189-214.

McKee, M. and V. Shkolnikov. 2001. Understanding the toll of premature death among men in Eastern Europe. *British Medical Journal* 323(3), 1051–1055

Week 6 Mid-term Exam in Class

Week 7 Health Policy in Poor Countries

Carr, Debra. 2004. Improving the health of the world's poorest people. *Population Reference Bureau Health Bulletin* No. 1.

Three case studies from: Levine, Ruth. 2007. *Case Studies in Global Health: Millions Saved*.

Case #8: Preventing Diarrheal Deaths in Egypt

Case #17: Eliminating Measles in Southern Africa

Week 8 Population Growth and Family Planning

Bongaarts, John and Steven Sinding. 2011. Population policy in transition in the developing world. *Science* 333(6042): 574–576.

Two case studies from: Levine, Ruth. 2007. *Case Studies in Global Health: Millions Saved*.

Case #13: Reducing Fertility in Bangladesh

Case #2: Preventing HIV/AIDS and Sexually Transmitted Infections in Thailand

Cleland, John and Susan C. Watkins. 2006. The Key Lesson of Family Planning Programmes for HIV/AIDS control. *AIDS*. 20:1-3.

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

Dean, T. J., A. Creese, and T. Prentice. "The Double burden: emerging epidemics and persistent problems." *The World Health Report 1999*. Chapter 2: "The Double Burden: Emerging Epidemics and Persistent Problems" Pages 13-27.

Deaton, Angus. Chapters 3 and 7 in "The Great Escape: Health, Wealth and the Origins of Inequality." Princeton University Press. 2015.

Chapter 3: Escaping Death in the Tropics.

Chapter 7: How to Help those Left Behind.

Week 10 Health Policy in Rich Countries, and Health Behaviors

Clement, Fiona, M. et al. 2009. Using Effectiveness and Cost-effectiveness to Make Drug Coverage Decisions: A Comparison of Britain, Australia, and Canada. *JAMA* 302(13):1437-1443.

Olshansky, Jay et al., 2005. A Potential Decline in Life Expectancy in the United States in the 21st Century. *New England Journal of Medicine* 352(11).

Preston, Samuel H. 2005. Deadweight? The Influence of Obesity on Longevity. *New England Journal of Medicine* 352(11):1135-37.

Week 11 Social Relationships and Health

Umberson, Debra and Jennifer Karas Montez. 2010. Social Relationships and Health: A Flashpoint for Health Policy. *Journal of Health and Social Behavior* 51(2):S54-S66.

Holt-Lunstad, Julianne, Timothy B. Smith and J. Bradley Layton. 2010. Social Relationships and

Mortality Risk: A Meta-analytic Review. *PLOS Medicine*. 7(7).

Christakis, Nicholas A. and James H. Fowler. 2007. The spread of obesity in a large social network over 32 years. *New England Journal of Medicine* 357: 370–379.

Kolata, Gina. 2011. Catching obesity from friends may not be so easy. *New York Times*, August 8, 2011. URL <http://www.nytimes.com/2011/08/09/health/09network.html>

Week 12 Family Change and Implications for Health

Verdery, Ashton M., and Rachel Margolis. 2017. Projections of white and black older adults without living kin in the United States, 2015 to 2060. *Proceedings of the National Academy of Sciences* 201710341.

Pantell, Matthew, et al. 2013. Social Isolation: A Predictor of Mortality Comparable to Traditional Clinical Risk Factors. *American Journal of Public Health* 103(11).

Week 13 Topic TBD

Important Policies

Missed Exams:

Make-up exams and extensions for assignment deadlines will be granted with approved documentation only. If you have a conflict with one of the exam dates, it is your responsibility to discuss it with the Academic Counseling office as soon as possible, but no later than one week before the regularly scheduled exam and provide documentation of the conflict. If approved, you will be allowed to schedule a make-up exam.

If you miss an exam (this includes make-up exams) due to illness or for any other unforeseen reason, please notify me **within 24 hours** of the missed exam. No documentation is required when you notify me, but I need to know that you missed the exam within 24 hours. You then must provide notification and documentation to your Academic Counselor **within 48 hours**. If your problem is medical in nature, you should be seen by your doctor on the date of the exam or on the date an assignment is due. If your Academic Counselor agrees that your reasons are legitimate and are supported by your medical doctor's documentation, you will be allowed to write a make-up exam (or hand in your assignment at a later date).

Make-up Exams:

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). This makeup exam may or may not be in the same format as the original exam. During the winter term 2019, the date for the make-up midterm is March 8th at 12pm, and the make-up final is May 10 at 12pm.

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. In cases where there is no approved justification for the absence, the student will receive a grade of zero on the exam.

Other information on exams:

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

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.

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).

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 Counsellor 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

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.