

SOCIAL DETERMINANTS OF POPULATION HEALTH IN CANADA
Fall Term 2021

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Lecture: Zoom Lectures

Mondays 8:30 - 11:20 AM

Office: Online via zoom

Office Hours: By appointment

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Course Description

This course will explore the ways in which societal factors determine why people stay healthy and others become ill. We will examine how these determinants of health influence health. Focus is upon income, stress, early life, education, health care services, social exclusion, social safety net, housing, food security, and Indigenous/First Nations health and poverty.

Course Learning Objectives

- Identify and understand the social determinants of health within the Canadian context
- Compare and evaluate contemporary theoretical and methodological approaches to studying the social determinants of health
- Apply knowledge by synthesizing current research and construct a health narrative connecting empirical evidence to social determinants of health
- Think critically and enhance communication skills by explaining the importance of material conditions and social inequality to health outcomes
- Discuss social determinants of health reflected in public opinion and policy
- Develop professional capacity by proposing policy changes that will improve health outcomes and address inequality

Required Texts

Raphael, D. (ed.) (2017). *Social Determinants of Health: Canadian Perspectives, 3rd edition*. Toronto: Canadian Scholars' Press Incorporated.

Class Format

The course is being delivered through remote online learning. The format consists of weekly 2-hour live group sessions followed by 1-hour of self-study using recommended learning resources. Two-hour live classes will focus primarily on presenting foundational information, and may include presentations with guest speakers, films, video clips and focused scenario-based discussion in groups. The one-hour self-study is in recognition of the minimum amount of time required to review materials related to each unit on a weekly basis.

Course Evaluation – Overview

1. Weekly Chapter(s) Summaries Due for 5 of 12 Classes – 10%
2. Social Determinants Poster Due October 18, 2021– 10%
3. Short Paper Due November 1, 2021 – 10%
4. Term Paper Due November 29, 2021 -35%
5. Final Examination Date TBA - 35%

Course Evaluation – Details

All assignments are to be submitted on Avenue to learn.

1. Chapter Summaries – Due for 5 of 12 Classes (10%)

- In 150 words for your selected week's reading(s) provide the following:
 - the key points from the chapter(s);
 - whether this chapter(s) is consistent with what you believed prior to taking this course; and
 - your reaction to having read it. If there are two chapters for a week, do the summary for either one of the chapters or both.
- You do not need to reference. Please submit to Avenue drop box on the scheduled due date. Early or late summaries are not accepted. Exceptional circumstances will be considered on a case-by-case basis.

2. Social Determinants of Health Poster (10%) – Due November October 18, 2021 at 11:59 pm

- Prepare a poster of a health promotion campaign acknowledging Social Determinants of Health for students at McMaster University. Provide 1-page summary of the poster and a rationale for the location you would place your poster on campus. The poster and 1-page summary is worth 10% and is not eligible for an MSAF. The poster will be marked on content, structure, and style. An outline of the rubric will be available on Avenue to learn.
- The poster is to be submitted on the due date outlined above. The poster is to have a McMaster logo on the top right corner of the poster, and the course title, your name, and the date in the bottom right corner.

3. Short Paper (10%) - Due November 1, 2021 (3 pages)

- Read the articles: "[Canada Supports Rapid Housing Projects in Hamilton](#)" and "[One in seven Canadians experiencing food insecurity during the pandemic: report](#)"
- Prepare a 3-page essay that addresses the following questions:
 - What was the food security situation for vulnerable groups prior to the pandemic (textbook) (25%)
 - How has their food insecurity situations worsened during the COVID-19 crisis? (25%)
 - What was the housing situation for vulnerable groups prior to the pandemic (textbook) (25%)
 - How has their housing situations contributed to COVID-19 rates? (25%)

- The paper will be marked on content, structure, and style. An outline of the rubric will be available on Avenue. The paper is to be submitted on the due date specified in the course outline. The paper is to have a title page with the title of the assignment (Short Paper), the title of your topic, course name and number, instructors name, your name, student number and the date.

4. Term Paper (35%) - Due November 29, 2021 (10 pages)

- In a ten-page paper, with frequent reference (without copying) to text and class material:
 - Provide a list of three social determinants of health, explain why you think these are important to health, and show how they are linked to income. (20%)
 - Discuss how these four social determinants of health get under the skin to cause disease (income and the three you have chosen) (20%)
 - Identify two groups of Canadians who experience longer life expectancies. Describe their living and working situations. Identify two groups of Canadians who have shorter life expectancies. Describe their living and working situations. (20%).
 - What are the barriers to having the social determinants of health being taken seriously in Canada? How could barriers be overcome? (20%.)
 - What are some things that federal and provincial governments could do to make the distribution of these four social determinants of health more equitable in Canada? (20%).
- **You MUST rely upon text and class material to successfully complete your short papers and final term paper. No outside material should be used.**
- The paper will be marked on content (analytical depth, coverage/breadth, range of references), structure (organization/flow), and style (APA style, spelling, grammar). An outline of the rubric will be available on Avenue.
- The paper is to be submitted on the due date specified in the course outline. The paper is to have a title page with the title of the assignment (Final Term Paper), the title of your topic, course name and number, instructors name, your name, student number and the date.

5. Final Exam (35%) – Date TBD by the Registrar’s Office

- The final exam will cover all course content: 70% will be text-based; 30% class material.
- The final exam will consist of 100 multiple choice questions, and it will be administered on Avenue and scheduled by the Registrar’s Office. It is my intention to do practice questions in class before the test so students have an idea of what to expect.

- **You MUST complete the final exam by yourself, without use of aids, without communicating with other students, or using any other means of gaining an unfair advantage.**

Weekly Course Schedule and Required Readings

Week 1: Monday, September 13, 2021

Topic: Introduction and Overview

Readings:

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

Week 2: Monday, September 20, 2021

Topic: What are the Social Determinants of Health?

Readings:

- Chapter 2: Social Structure, Living Conditions, and Health

Week 3: Monday, September 27, 2021

Topic: Income and Income Distribution

Readings:

- Chapter 3: Precarious Changes
- Chapter 4: Income, Income Distribution, and Health in Canada

Week 4: Monday, October 4, 2021

Topic: Unemployment and Employment Security

Readings:

- Chapter 5: Precarious Work and the Labour Market
- Chapter 6: Health Consequences of Labour Market Flexibility and Worker Insecurity

Reading Week: Monday, October 11, 2021

Happy Thanksgiving Day!

Week 5: Monday, October 18, 2021

Topic: Employment and Working Conditions

Readings:

- Chapter 7: The Unhealthy Canadian Workplace
- Chapter 8: Understanding and Improving the Health of Work

Notes: SDOH Poster Assignment (10%)

Week 6: Monday, October 25, 2021

Topic: Early Childhood Education

Readings:

- Chapter 9: Early Childhood Education and Care as a Social Determinant of Health
- Chapter 10: Early Childhood Education and Health

Week 7: Monday, November 1, 2021

Topic: Education and Literacy

Readings:

- Chapter 11: The State and Quality of Canadian Public Education
- Chapter 12: Literacy and Health Literacy: New Understandings about their Impact on Health

Notes: Short Paper Due (10%)

Week 8: Monday, November 8, 2021

Topic: Food Insecurity and Housing

Readings:

- Chapter 13: Food Insecurity
- Chapter 14: Health Implications of Food Insecurity
- Chapter 15: Housing

Week 9: Monday, November 15, 2021

Topic: Housing and Social Exclusion

Readings:

- Chapter 16: Housing and Health
- Chapter 17: Social Exclusion, & Chapter 18. Social Inclusion/Exclusion: Dancing the Dialectic

Week 10: Monday, November 22, 2021

Topic: Health of Indigenous Peoples and Taking Action I

Readings:

- Chapter 19: The Health of Indigenous Peoples
- Chapter 20: Follow the Money: How Business and Politics Define Our Health

Week 11: Monday, November 29, 2021

Topic: Taking Action II

Readings:

- Chapter 21: Oppressions and Access to Health Care: Deepening the Conversation
- Chapter 22: Public Policy Priority

Notes: Final Term Paper Due (35%)

Week 12: Monday, December 6, 2021

Topic: Taking Action III & Final Exam Review

Readings:

- Chapter 23: Public Policy, Gender, and Health
- Chapter 24: Surmounting the Barriers: Making Action on the Social Determinants of Health a Public Policy Priority

Course Policies

Submission of Assignments

Detailed instructions and a grading rubric for the writing assignments will be reviewed in class and posted on the Avenue to Learn Content Page. Please submit all assignments electronically in a WORD document to the appropriate Avenue to Learn drop box no later than 11:59 pm on the appropriate due date provided in the course outline. All assignments should be double-spaced with one-inch borders in 12-inch Times New Roman font. Please include a list of references and a title page in APA format.

If a student disagrees with their mark, students can request for their assignment to be re-graded. Please note, there is no guarantee of a higher grade than the original grade received.

Grades

Grades will be based on the McMaster University grading scale:

| MARK | GRADE |
|-------------|--------------|
| 90-100 | A+ |
| 85-90 | A |
| 80-84 | A- |
| 77-79 | B+ |
| 73-76 | B |
| 70-72 | B- |
| 67-69 | C+ |
| 63-66 | C |
| 60-62 | C- |
| 57-59 | D+ |
| 53-56 | D |
| 50-52 | D- |
| 0-49 | F |

Late Assignments

Late assignment penalties are 5% per day late and these days include weekends. Failure to adhere to these guidelines will be reflected in the mark for the assignment. Instructions on the assignments will be reviewed in class. No assignments will be accepted 1 week after the due date. Please refer to assignment instructions for details. Any late assignments will receive a grade only, no comments will be provided.

Course Modification

The instructor reserves the right to modify elements of the course during the term. If any modification becomes necessary, reasonable notice and communication with the students will be given with explanation and the opportunity to comment on changes. It is the responsibility of the student to check his/her McMaster email and course websites weekly during the term and to note any changes.

Accessing and Recording Lectures

The course is being delivered through remote online delivery. This course is designed for students to participate in online course activities during the time scheduled by the Registrar's Office. However, the course design also allows for flexibility in how and when students access course lectures.

The remote online delivery format for this course involves lectures live-streamed Mondays from 8:30 AM to 11:20 AM using a Zoom meeting link available weekly on Avenue. While it is strongly recommended that students attend the live-streamed lectures. Please note that:

- Lecture recordings should be used for educational purposes only and as a means for enhancing accessibility;
- Students do not have permission to duplicate, copy and/or distribute the recordings outside of the class.

Technology: Live-stream lectures are delivered using the Zoom video-conferencing application. While using Zoom, students have the option to:

- Keep their video camera turned off for privacy. Use of the camera by students is not required, however is encouraged.
- Use the microphone or chat to ask questions.
- Use the Zoom telephone access number to listen to the lecture using their phone rather than using Zoom on a computer (for students who may have limited access to a computer or issues with internet connectivity or bandwidth)

University Policies

Academic Integrity

You are expected to exhibit honesty and use ethical behaviour in all aspects of the learning process. Academic credentials you earn are rooted in principles of honesty and academic integrity. **It is your responsibility to understand what constitutes academic dishonesty.**

Academic dishonesty is to knowingly act or fail to act in a way that results or could result in unearned academic credit or advantage. This behaviour can result in serious consequences, e.g. the grade of zero on an assignment, loss of credit with a notation on the transcript (notation reads: “Grade of F assigned for academic dishonesty”), and/or suspension or expulsion from the university. For information on the various types of academic dishonesty please refer to the [Academic Integrity Policy](https://secretariat.mcmaster.ca/university-policies-procedures-guidelines/), located at <https://secretariat.mcmaster.ca/university-policies-procedures-guidelines/>

The following illustrates only three forms of academic dishonesty:

- plagiarism, e.g. the submission of work that is not one’s own or for which other credit has been obtained.
- improper collaboration in group work.
- copying or using unauthorized aids in tests and examinations.

Authenticity / Plagiarism Detection

Some courses may use a web-based service (Turnitin.com) to reveal authenticity and ownership of student submitted work. For courses using such software, students will be expected to submit their work electronically either directly to Turnitin.com or via an online learning platform (e.g. A2L, etc.) using plagiarism detection (a service supported by Turnitin.com) so it can be checked for academic dishonesty.

Students who do not wish their work to be submitted through the plagiarism detection software must inform the Instructor before the assignment is due. No penalty will be assigned to a student who does not submit work to the plagiarism detection software. **All submitted work is subject to normal verification that standards of academic integrity have been upheld** (e.g., on-line search, other software, etc.). For more details about McMaster's use of Turnitin.com please go to www.mcmaster.ca/academicintegrity.

Courses with an On-line Element

Some courses may use on-line elements (e.g. e-mail, Avenue to Learn (A2L), LearnLink, web pages, capa, Moodle, ThinkingCap, etc.). Students should be aware that, when they access the electronic components of a course using these elements, private information such as first and last names, user names for the McMaster e-mail accounts, and program affiliation may become apparent to all other students in the same course. The available information is dependent on the technology used. Continuation in a course that uses on-line elements will be deemed consent to this disclosure. If you have any questions or concerns about such disclosure please discuss this with the course instructor.

Online Proctoring

Some courses may use online proctoring software for tests and exams. This software may require students to turn on their video camera, present identification, monitor and record their computer activities, and/or lock/restrict their browser or other applications/software during tests or exams. This software may be required to be installed before the test/exam begins.

Conduct Expectations

As a McMaster student, you have the right to experience, and the responsibility to demonstrate, respectful and dignified interactions within all of our living, learning and working communities. These expectations are described in the [Code of Student Rights & Responsibilities](#) (the "Code"). All students share the responsibility of maintaining a positive environment for the academic and personal growth of all McMaster community members, **whether in person or online**.

It is essential that students be mindful of their interactions online, as the Code remains in effect in virtual learning environments. The Code applies to any interactions that adversely affect, disrupt, or interfere with reasonable participation in University activities. Student disruptions or behaviours that interfere with university functions on online platforms (e.g. use of Avenue 2 Learn, WebEx or Zoom for delivery), will be taken very seriously and will be investigated. Outcomes may include restriction or removal of the involved students' access to these platforms.

Academic Accommodation of Students With Disabilities

Students with disabilities who require academic accommodation must contact [Student Accessibility Services](#) (SAS) at 905-525-9140 ext. 28652 or sas@mcmaster.ca to make arrangements with a Program Coordinator. For further information, consult McMaster University's [Academic Accommodation of Students with Disabilities](#) policy.

Requests For Relief For Missed Academic Term Work

[McMaster Student Absence Form \(MSAF\)](#): In the event of an absence for medical or other reasons, students should review and follow the Academic Regulation in the Undergraduate Calendar “Requests for Relief for Missed Academic Term Work”.

Academic Accommodation For Religious, Indigenous or Spiritual Observances (RISO)

Students requiring academic accommodation based on religious, indigenous or spiritual observances should follow the procedures set out in the [RISO](#) policy. Students should submit their request to their Faculty Office *normally within 10 working days* of the beginning of term in which they anticipate a need for accommodation or to the Registrar's Office prior to their examinations. Students should also contact their instructors as soon as possible to make alternative arrangements for classes, assignments, and tests.

Copyright And Recording

Students are advised that lectures, demonstrations, performances, and any other course material provided by an instructor include copyright protected works. The Copyright Act and copyright law protect every original literary, dramatic, musical and artistic work, **including lectures** by University instructors

The recording of lectures, tutorials, or other methods of instruction may occur during a course. Recording may be done by either the instructor for the purpose of authorized distribution, or by a student for the purpose of personal study. Students should be aware that their voice and/or image may be recorded by others during the class. Please speak with the instructor if this is a concern for you.

Extreme Circumstances

The University reserves the right to change the dates and deadlines for any or all courses in extreme circumstances (e.g., severe weather, labour disruptions, etc.). Changes will be communicated through regular McMaster communication channels, such as McMaster Daily News, A2L and/or McMaster email.

Faculty of Social Sciences E-mail Communication Policy

Effective September 1, 2010, it is the policy of the Faculty of Social Sciences that all e-mail communication sent from students to instructors (including TAs), and from students to staff, must originate from the student's own McMaster University e-mail account. This policy protects confidentiality and confirms the identity of the student. It is the student's responsibility to ensure that communication is sent to the university from a McMaster account. If an instructor becomes aware that a communication has come from an alternate address, the instructor may not reply at his or her discretion.

Course Schedule:

| Week | Date | Topics and Required Readings | Assignment Due Dates |
|-------------|--------------|--|---|
| 1 | September 13 | <ul style="list-style-type: none"> • Introduction, Course Overview, Initial Discussion • Chapter 1. Social Determinants of Health: Key Themes and Issues | Chapter Summary Due |
| 2 | September 20 | <ul style="list-style-type: none"> • What are Social Determinants of Health? • Chapter 2. Social Structure, Living Conditions, and Health | Chapter Summary Due |
| 3 | September 27 | <ul style="list-style-type: none"> • Income and Income Distribution • Chapter 3. Precarious Changes: A Generational Exploration of Canadian Incomes and Health • Chapter 4. Income, Income Distribution, and Health in Canada | Chapter Summary Due |
| 4 | October 4 | <ul style="list-style-type: none"> • Unemployment and Employment Security • Chapter 5. Precarious Work and the Labour Market • Chapter 6. Health Consequences of Labour Market Flexibility and Worker Insecurity | Chapter Summary |
| | October 11 | Reading Week – Happy Thanksgiving Day! | None |
| 5 | October 18 | <ul style="list-style-type: none"> • Employment and Working Conditions • Chapter 7. The Unhealthy Canadian Workplace • Chapter 8. Understanding and Improving the Health of Work | <ul style="list-style-type: none"> • Chapter Summary Due • SDOH Poster Due |
| 6 | October 25 | <ul style="list-style-type: none"> • Early Childhood • Chapter 9. Early Childhood Education and Care as a Social Determinant of Health • Chapter 10. Early Childhood Education and Health | Chapter Summary Due |
| 7 | November 1 | <ul style="list-style-type: none"> • Education and Literacy • Chapter 11. The State and Quality of Canadian Public Education • Chapter 12. Literacy and Health Literacy: New Understandings about their Impact on Health | <ul style="list-style-type: none"> • Chapter Summary Due • Short Paper Due |

| Week | Date | Topics and Required Readings | Assignment Due Dates |
|------|-------------|---|--|
| 8 | November 8 | <ul style="list-style-type: none"> • Food Insecurity/Housing • Chapter 13. Food Insecurity • Chapter 14. Health Implications of Food Insecurity • Chapter 15. Housing | Chapter Summary Due |
| 9 | November 15 | <ul style="list-style-type: none"> • Housing/Social Exclusion • Chapter 16. Housing and Health • Chapter 17. Social Exclusion • Chapter 18. Social Inclusion/Exclusion: Dancing the Dialectic | Chapter Summary Due |
| 10 | November 22 | <ul style="list-style-type: none"> • Indigenous Health and Taking Action 1 • Chapter 19. The Health of Indigenous Peoples • Chapter 20. Follow the Money: How Business and Politics Define Our Health | Chapter Summary Due |
| 11 | November 29 | <ul style="list-style-type: none"> • Taking Action II • Chapter 21. Oppressions and Access to Health Care: Deepening the Conversation • Chapter 22. Public Policy, Equality and Health | <ul style="list-style-type: none"> • Chapter Summary Due • Term Paper Due |
| 12 | December 6 | <ul style="list-style-type: none"> • Taking Action III • Chapter 23. Public Policy, Gender, and Health • Chapter 24. Surmounting the Barriers: Making Action on the Social Determinants of Health a Public Policy Priority | Chapter Summary Due |