

HED 0113 - HEALTH DISPARITIES AND EQUITIES

Catalog Description

Advisory: Eligibility for ENGL C1000

Hours: 54 lecture

Description: This course will examine personal and social determinants of health through the examination of the role individuals play in their own health and wellbeing, along with the impact of environmental, social, structural, and cultural factors that play a role both in individual and community and public health. Health disparities and inequities in sexually diverse, gender, racial, and minority populations will be explored, and culturally competent ideas to bridge the health equity gap and improve population health will be developed. (CSU)

Course Student Learning Outcomes

- CSLO #1: Define important concepts such as culture, diversity, health disparities, health equities, and cultural humility and understand how they intersect with individual and community health status.
- CSLO #2: Apply research methods to identify the relationships between the social determinants of health and culture, race, gender, and sexual orientation.
- CSLO #3: Describe the challenges to achieving cultural competency, social inclusion, and social justice, and identify ways to contribute to social justice that bridge the health equity gaps and improve health within local communities, nations, and/or the world.

Effective Term

Fall 2025

Course Type

Credit - Degree-applicable

Contact Hours

54

Outside of Class Hours

108

Total Student Learning Hours

162

Course Objectives

1. Identify and describe the social determinants of health and their individual, interactive, and combined influences on individual and community and public health.
2. Define important concepts, such as culture, diversity, health disparities, health equities, health inequalities, and cultural competency, and understand how they intersect with individual and population health status.
3. Explore the discipline of Social Epidemiology that focuses particularly on the effects of social-structural factors on states of health and

assumes that the distribution of advantages and disadvantages in a society reflects the distribution of health and disease.

4. Examine the life course, the social gradient and health, and the complex relationship between income, labor market disadvantage, unemployment, job security, and population health status.
5. Examine institutions of health, health education, and healthcare services with specific emphasis on access, affordability, diversity, equity, cultural competence, and gender, race, ageist, and sexual orientation biases.
6. Analyze health from a psychosocial perspective on social support, social patterning, social cohesion and inclusion in school, the workforce, and community.
7. Examine the relationship of etiology and stigma, poverty, social exclusion, race, and immigration and minority status as major social determinants of health that drive morbidity, mortality, and health disparities.
8. Analyze how housing conditions, neighborhoods, transportation, food security/insecurity, and social patterning behaviors affect population health status.
9. Explain how politics that govern social policy and practices affect population health.
10. Apply research methods that are useful in identifying and understanding the relationships between the social determinants of health and culture, race, gender, and sexual orientation.
11. Examine case studies and describe the challenges to achieving cultural competency, social inclusion, and social justice, and identify ways to contribute to social justice that bridge the health equity gaps and improve health within local communities, nations, and/or the world.
12. Apply concepts of social determinants to health promotion, community organizing, social inclusion, and public health interventions

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Social and Behavioral Sciences
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
 - Cal-GETC 4 - Social and Behavioral Sciences
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable
- UC Transferable

Methods of Evaluation

- Classroom Discussions
 - Example: Instructor-led small group discussion on topics such as the prevalence of health conditions in specific communities.
- Objective Examinations
 - Example: Objective quizzes will be used for foundational learning. For example, What are the areas identified as social determinants of health? Provide an example of each.
- Projects
 - Example: Students will be asked to create a health promotion presentation to specifically address the prominent health issues of college student demographics. A rubric will provided outlining

to key components such as data, contributing factors, prevention, treatment, and resources.

Repeatable

No

Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. The instructor will provide an introductory lecture outlining heart disease as one of the leading causes of death in the United States. This will include the physiological impacts on the body and the relation to morbidity and mortality rates. Students will then participate in small group discussions on how the social determinants of health contribute to the development of heart disease and its disparate impact in communities. The instructor will then ask leading questions for future lessons to get students to start thinking about possible strategies for interventions.

Distance Learning

1. The instructor will provide a short video lecture outlining heart disease as one of the leading causes of death in the United States. This will include the physiological impacts on the body and the relation to morbidity and mortality rates. Students will then participate in a discussion board where they are to discuss how the social determinants of health contribute to the development of heart disease and its disparate impact in communities. The instructor will then ask leading questions for future lessons to get students to start thinking about possible strategies for interventions.

Typical Out of Class Assignments

Reading Assignments

Read selected materials and discuss social gradient and health, and the complex relationship between income, labor market disadvantage, unemployment, job security, and population health status. Read the chapter in the textbook on the social determinants of health and be prepared to discuss their individual, interactive, and combined influences on individual, community, and public health. Read and define important concepts such as culture, diversity, health disparities, health equities, health inequities, and cultural humility, and discuss how they intersect with individual and population health status.

Writing, Problem Solving or Performance

Students will define the following concepts in public health: culture, diversity, health disparities, health equities, health inequities, and cultural humility, and explain how they intersect with individual and population health status. Students will examine case studies and describe the challenges to achieving cultural competency, social inclusion, and social justice, and identify ways to contribute to social justice that bridge the health equity gaps and improve health within local communities, nations, and/or the world.

Other (Term projects, research papers, portfolios, etc.)

Students will select a topic and modality to demonstrate application of concepts of social determinants of health to health promotion, community organizing, social inclusion, public health interventions.

Required Materials

- Social Determinants of Health: A Comparative Approach
 - Author: Davidson, A.
 - Publisher: Oxford University Press
 - Publication Date: 2019
 - Text Edition: 2nd
 - Classic Textbook?:
 - OER Link:
 - OER:
- Health Disparities in the United States, Social Class, Race, Ethnicity, and the Social Determinants of Health
 - Author: Barr, D.
 - Publisher: Hopkins Press
 - Publication Date: 2019
 - Text Edition: 3rd
 - Classic Textbook?:
 - OER Link:
 - OER:
- Health Equity: A Solutions-Focused Approach
 - Author: K. Bryant Smalley, Jacob C. Warren, M. Isabel Fernandez
 - Publisher: Springer Publishing Company
 - Publication Date: 2024
 - Text Edition: 2nd
 - Classic Textbook?: No
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.