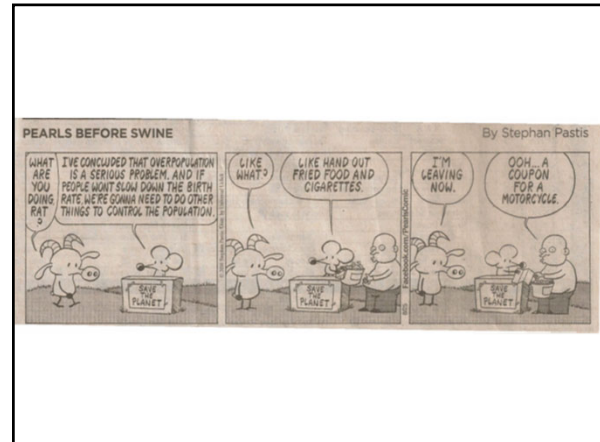


Chapter 2:
Social Sources of
Modern Illness



<https://create.kahoot.it/#login?next=>



What factors have caused the recent increase in infectious diseases (e.g., HIV/AIDS; Ebola, Covid 19)?

- use of antibiotics by doctors have been widespread causing drug-resistant bacteria/micro-organisms
- antibiotics used in animals that people eat
- wild animals in closer contact to humans due to de-forestation
- patients' insistence that they be given antibiotics when they are sick
- dirty needles illegally used
- Globalization (see next slide)

How is globalization affecting rates of disease?

- Western use of antibiotics infiltrating the cultures of Asia, Africa, Latin America
- international corporations destroying forests and causing wild life to be closer to humans
- more people traveling across countries

When considering the social factors related to health and illness a relatively recent theoretical approach focuses on a person's health lifestyle.

What is meant by lifestyle?

What are some lifestyle characteristics that affect health?

- Exercise
- Diet/nutrition
- Sleep
- Hydration
- Stress management
- Use of alcohol
- Smoking cigarettes
- Harmful substances/ recreational drugs
- Social supports
- Joyful activities (e.g. hobbies, passions)

Lifestyle reflects behaviors or habits that have been developed over time.

So what are some healthy or unhealthy behaviors/habits that we might develop over time?

- Healthy Habits:
- Developing a regular exercise routine
 - Eating healthy foods daily
 - Getting adequate sleep on a regular basis
 - Drinking plenty of water daily
 - Meditating or practicing other behaviors on a daily basis that reduce stress
 - Avoiding tobacco and recreational drugs (e.g., fentanyl) and overuse of alcohol

One healthy habit is avoiding high levels of stress.

How does social stress affect health?

- high engagement/use of muscles, nerves
- can eventually wear out the body (excess cortisol)
- can lead to heart disease, diabetes, other illnesses (e.g., cancer)
- On the other hand, stress can keep one safe by helping to respond to a dangerous situation

What causes people to choose the health lifestyle/habits that they have?

People choose what they prefer from the choices they have available to them.

What does this mean?

People choose what they prefer from what is available to them.

In other words, a person's lifestyle is the result of:

- a. The choices available to them
- b. The choices they actually make from the choices available, and
- c. Their past socialization which highly determines what they choose

How does socialization affect the choices a person makes, i.e., a person's preferences?

Socialization: being taught or shown how to behave in a way that is considered acceptable by those doing the teaching or showing.

Who or what socializes people?

Socialization occurs through family, friends, organizations, etc.

What are some examples where friends, family, or organizations have affected a person's health preferences?

(Examples)

- Friends encourage a person to use alcohol, tobacco, recreational drugs, stay up late resulting in little sleep
- A person has bad experiences with medical professionals and, as a result, chooses not to follow their instructions when ill or hurt
- A person has learned from others around them to use food as an escape from stresses so they over eat or constantly eat an unbalanced diet

(Examples)

- A person learns from their parents that it is best to follow the directions for taking medicine
- Various social groups encourage risky behaviors such as using fire arms, motor vehicles, unsafe sex

Again, what causes people to develop the good or bad health habits that they have?

1. they choose what they prefer which is highly influenced by how they were socialized (as just discussed on the previous slides)

and

2. They choose from what is available to them

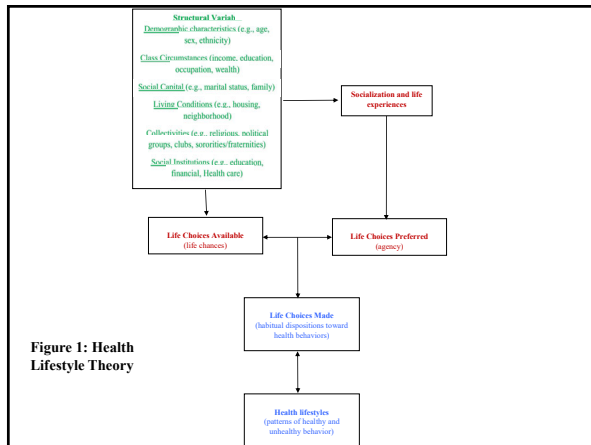
What are some examples of choices not available?

(Examples)

- Wants to eat a healthy diet but can't afford it or lacks transportation to a grocery store or lacks education on what is healthy
- Wants to follow the doctor's advice but lacks insurance to pay for the medical procedure or medications
- Has been taught that living in a clean environment is important to health but they can't afford to rent or buy a clean/healthy place to live

What influences these two factors that are so important to a person's health behaviors and lifestyle?

That is what influences one's personal preferences and available choices ?



Social Structures

1. Social influences
2. Demographic characteristics (age, gender, race/ethnicity)
3. Socioeconomic status (income, education, occupation)
4. Living conditions (home, neighborhood)
5. Collectivities (clubs, religion)
6. Social Institutions (financial, military, education)

Social Influences (not personal income)?

what a person is taught and the amount of available support from others (e.g., emotional, financial, physical supports from a spouse, parent, friends etc)

(examples)

- May not have physical assistance when it is needed, e.g., coming home from hospital and need help with bathing, dressing, cooking, etc.
- Lack emotional and financial support when its needed
- May learn to prefer unhealthy behaviors

Demographic characteristics (age, sex, race/ethnicity). How can these enhance or inhibit choices available?

- Age: example: persons don't have the physical ability to always follow healthy behaviors; different age cohorts socialized differently
- Gender: example: the male gender is sometimes encouraged to do risky/dangerous behaviors; institutional discrimination of females
- Race/ethnicity: example: may experience discrimination in housing or the job market

Socioeconomic Status (income, education, occupation)

(examples of inhibiting or enhancing choices)?

- Can't afford healthy food, healthy place to live, medications, medical specialists
- Haven't learned how to eat healthy, take care of oneself (e.g., bathing, brushing teeth)
- Lack of education and experience can force a person to take "unhealthy" jobs

Social institutions (e.g., education, financial, health care)

(examples)?

- Financial: Institutional discrimination (don't give a mortgage loan to certain groups)
- Education: Place child in "special education" instead of the college track
- Health: Don't check a woman for a heart attack when she has chest pain

- Living Conditions, e.g., condition of one's home, the building they live in, their neighborhood (examples?)
- Collectivities, e.g., religious, political groups, clubs
 - Can socialize people in healthy or harmful ways (examples?)



A second theoretical approach for explaining how social factors affect one's health focuses on three different "levels":

personal,
social, and
environmental.

(This is a different way or theory for looking at or explaining a person's health)

This is referred to as the social ecological perspective.

That is, one's relationship to their physical surroundings at the personal, social, and environmental levels.

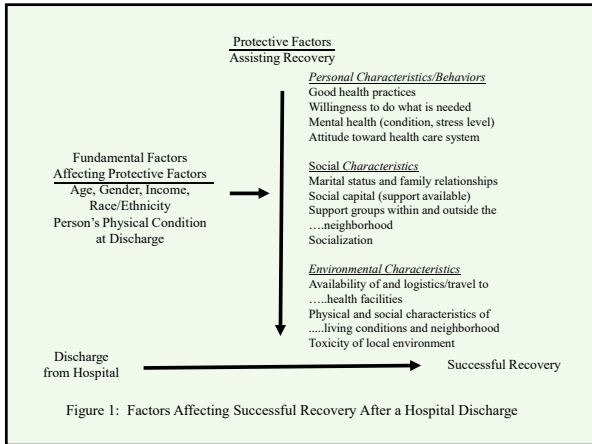
What would be some personal factors affecting one's health?

- **Demographic** characteristics (age, sex, race, ethnicity) exercise
- **Lifestyle** (risky behaviors such as heavy drinking, smoking; healthy behaviors such as exercise, diet, personal hygiene, adequate sleep, exposure to stress)

What would be some **social factors** affecting one's health?

- **Socioeconomic Status** (family income, socialization by family/friends, etc., occupation)
- **Social Capital** (amount of available social support from others)

- What non-medical, environmental characteristics affect a person's health?
- **Built Environment** (condition of buildings, sidewalks, parks, cleanliness of home)
 - **Toxic Exposure** (near sources of pollution such as busy highways; stationary sources such as industry, asphalt plant)
 - **Service Environment** (closeness to medical facilities, healthy food stores, few liquor stores)
 - **Social Characteristics**: organized groups, social cohesion, social capital, SES of neighborhood, crime, overcrowding, social norms, segregation, medical errors



- What are some examples of medical errors and their causes that negatively affecting health?
- **how drugs are prepared for use** (when a medicine must be diluted the proper ratios get confused)
 - **drugs with similar names** too easily mixed up
 - **difficult to identify causes of errors** due to **desire to protect doctors**
 - the "**medical culture**" keeps doctors from identifying/reporting medical errors?

Extra Credit:

In groups of 2 or 3:

Rank the top five non-medical factors that affect a person's health. Explain why your top choice is at the top. Why the second most important is ranked so high. Same for other factors listed.

There is not a "correct" answer but be sure to justify your choices and rankings.

When thinking of globalization and health care in other countries, where would you guess the U.S. ranks internationally in terms of health care, e.g., mortality (deaths per 1000), life span (length of life), etc.?

<http://www.youtube.com/watch?v=yVgOI3cETb4>

How Laughing at Yourself Can Change the World | Brad Jenkins | TEDxCapeMay (start of Obamacare, 17:11)

https://www.youtube.com/watch?v=E3S_-5-FHQ

Social Determinants of Health - an introduction 6:30

<https://www.youtube.com/watch?v=8PH4JYf4Ns>

YouTube on health care, ranked 37 (5 minutes)

<http://www.youtube.com/watch?v=yVgOI3cETb4>

How to make diseases disappear | Rangan Chatterjee | TEDxLiverpool (medicine needs to address the cause not just the symptoms)

<https://www.youtube.com/watch?v=gaY4m00wXpw>

Determinants of Health – A practical approach!

<https://www.youtube.com/watch?v=zSguDQRjZv0>

(6:27 minutes)

Social Determinants of Health (10:04 minutes)

<https://www.youtube.com/watch?v=I7iSYi3ziTI>

Social Determinants of Health: Claire Pomeroy at TEDxUCDavis (speaker experienced low status and how it affects people: start at 6:20 – 15:00)

<https://www.youtube.com/watch?v=qykD-2AXKIU>

Social Determinants of Health - an introduction

<https://www.youtube.com/watch?v=8PH4JYf4Ns>

40

YouTube on health care, ranked 37 (5 minutes)

<http://www.youtube.com/watch?v=yVgOI3cETb4>

How to make diseases disappear | Rangan Chatterjee | TEDxLiverpool (medicine needs to address the cause not just the symptoms)

<https://www.youtube.com/watch?v=gaY4m00wXpw>