

HSS1101 C

Determinants of Health

**Interdisciplinary School of Health Sciences,
Faculty of Health Sciences**

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Outline



- Exam format and logistics
- Content to be covered
- Reminders

Exam Format & Logistics

- Date: December 16
- Location: SCS 2 (Sports Complex)
- Time: 9:30-11:30 AM
- 150 multiple choice questions
 - 5 choice responses (a-e)
 - approximately 1 minute per question
- Scantron mark is the final mark

Coverage

- **Need to know:** content presented in lecture (on slides and any recurring discussion topics), including guest lectures
- **Do not need to know:** statistics, In the News, videos, diagrams/charts, HSS1101 General Student Survey results
- Greater emphasis on material not yet tested on – Lectures after Environmental Determinants of Health

Old Material

- Definitions and concepts relating to health (Sept 13)
- Calculating quality of life (Sept 13)
- Applying Knowledge of the Determinants of Health (Sept 16 & 20)
- What is Stress? (Sept 23-30)
- Overweight and Obesity (Oct 11)

Old Material

- Social determinants of health definition, social environment definition (Oct 14 & 18)
- Place of residence as a social determinant of health (Oct 14 & 18)
- Socio-economic status as a social determinant of health (Oct 14 & 18)
- Health inequalities and inequities (Oct 14 & 18)

Old Material

- Physical environment definition and difference between natural and built environment (Nov 1 & 4)
- How does factors in the natural environment impact asthma, birth defects, cancer ? (Nov 1 & 4)
- How does the environment impact obesity through physical activity and nutrition? (Nov 1 & 4)

New Material

- November 11-15 : Health Care System
- November 18-22 : Health interventions
- November 25-29 : Measures of health (Indicators)
- December 2 : Life Course Approach to Aging

November 11-15 : Health Care System

- The Canadian Health Care System (Nov 11)
 - Provincial/Territorial responsibilities vs Federal responsibilities
 - Canada Health Act : 5 pillars
 - Provincial/Territorial Roles in Health
- Review on “Shifting Gears on Healthcare” (Nov 15)

November 11-15 : Health Care System

- Challenges to Health Care Reform (Nov 15)
- Physician remuneration : fee-for-service vs capitation (Nov 15)
- What is health care system “sustainability” and what are the current issues and challenges? (Nov 15)

Nov 18: Health Interventions – Food & Beverage Marketing Guest Lecture

- Food intake in Canadian children
 - Does not meet nutritional requirements for children age 4-18
 - Deficiencies in consumption of fruit, vegetables, and dairy
 - Snacks account for a significant proportion of diet
 - Significant proportion of calories come from non-recommended foods (little nutrient value/empty calories)

Nov 18: Health Interventions – Food & Beverage Marketing Guest Lecture

- Major challenge and concern is the increasing rates of overweight and obesity in children in Canada and around the world
- Food and beverage marketing to children is one of the many factors that impacts overweight and obesity in children
- What is marketing to children? 4 Ps (Product, Price, Place, Promotion)

Nov 18: Health Interventions – Food & Beverage Marketing Guest Lecture

- Where and how are children targeted? (see lecture slides)
- Why do companies advertise to children? (see lecture slides)
- What is the relationship between obesity, food intake, and food marketing in children? (see lecture slides)

Nov 18: Health Interventions – Food & Beverage Marketing Guest Lecture

- What is the difference between food marketing policies in Ontario and Quebec? (see lecture slides)
- Does the difference in policies have an impact on food consumption in children? The answer appears to be NO.
 - Self-regulation doesn't work in the case for Ontario
 - children were exposed to more marketing
 - Quebec children did not appear to consume much less than Ontario children – laws not reinforced

Nov 18 – General Health Interventions Lecture (Thy Dinh)

- Definitions:
 - Intervention
 - Intervention strategy
 - Policy
 - Regulation
 - Public health laws

Nov 22: Chronic and Infectious diseases

- Chronic diseases
 - Definition
 - CVD : types, risk factors, angioplasty vs bypass surgery
 - Diabetes : definition, types, risk factors
 - Cancer: definition, risk factors, detection methods and treatments

Nov 22: Chronic and Infectious diseases

- Infectious diseases
 - Definitions
 - Conditions required for disease to occur and risk factors
 - Routes of invasion
 - STDs
 - Immune system
 - Vaccination

Nov 22: Chronic and Infectious diseases

- Infectious diseases
 - Applications and Trends: IT
 - Applications and trends: The Media and Information on Health – Vaccine Example
 - Applications/Trends: Harm Reduction

Nov 22: Youth Programming (Big Brothers Big Sisters)

- See notes on Virtual Campus

Nov 25-29: Health Indicators

- Definition of Health Indicators
- Why do we need health indicators and who uses them?
- Examples of :
 - Health status indicators
 - Non-medical determinants of health indicators
 - Health system performance indicators
 - Community and Health System Characteristics (omit inflow/outflow)

Nov 25-29: Health Indicators

- Types of data used for measuring health indicators
- Ways to integrate health indicators
- The ethical issues in presenting and using health indicators
- Characteristics of a good health indicator

Dec 2: Life-course Approach to Aging

- What is aging?
- Describe the age-related characteristics
- What is normal aging?
- Describe the biological theories of aging
- What are the physical changes associated with aging?
- What are the mental changes associated with aging?

Dec 2: Life-course Approach to Aging

- What are some health challenges experienced by older Canadians?
- What is dying?
- Are Canadian's comfortable with discussing death and dying?

Dec 2: Life-course Approach to Aging

- Why should an individual discuss his/her wishes regarding death and dying with family members and health professionals earlier on?
- What is social death?
- What is the “right-to-die” debate?
- What is dyathanasia and euthanasia?
- What is the best way to experience a productive, full and satisfying life in old age?

Reminders!

- Absolutely no cheating
 - Sharing answers, looking off of another persons responses
 - Using technology e.g. cellphone or other electronics
 - Will receive a mark of 0 and disciplinary action

Reminders!

- On your writing surface
 - Student card (will be checking in and out)
 - One beverage
 - Writing utensils – pencil for scantron only – no guarantee of extra scantron sheets for spoiled sheets
 - All bags with electronics placed at back of room
 - absolutely no cellphones in pockets/on person

Reminders!

- Time
 - We have the room for 3 hours but you only have 2 hours to complete the exam
 - If more than 50% of the class remains in the room after 2 hours, the time will be extended to another 30 minutes
 - A cushion time of at least 30 minutes is required to collect all exams and to ensure everyone has signed out

Reminders!

- Review of Midterms and Exams
 - Midterms can only be reviewed up until December 15 with the teaching assistants
 - Exams may be reviewed with the professor after marks are posted up until mid-January

GOOD LUCK!