CHICANA/O STUDIES 145S: Binational Health (5 units)
UC Davis Quarter Abroad Fall 2017
Oaxaca, Mexico

Monday/Tuesday 11:30am-1:30pm (time variable)

Distinguished Professor Adela de la Torre, Ph.D. adelattore@ucdavis.edu
Professor Yvette G. Flores, Ph.D. ygfloresortiz@ucdavis.edu

Course Description
This course is an examination of health care systems, health status and intervention strategies presented in public health care settings, private clinics and by indigenous healers in Mexico. Analysis of the impact of high-risk diseases as well as prevention, treatment strategies, and cost implications are also an important component of this upper division course. Both biology and Spanish pre-requisites must be met before enrolling in the course.

Topical Outline
This course is designed for bilingual (Spanish-English) students considering careers in medicine or allied health professions and who are interested in improving their cultural competency skills within the Mexican-origin population. The course will be team-taught in Mexico with health professionals and experts in the medical field. Content areas of the course include the following: overview of binational adult and child morbidity and mortality rates, standard practice patterns for disease treatment in Mexico and the US, risk factors associated to selected diseases, and distinct cultural and indigenous practice patterns. A major goal of this course is to provide specific knowledge on the Mexican origin and Mexican indigenous population for future health professionals so that they may systematically understand the unique cultural, linguistic and health needs of this population. In addition, the course should assist students in developing skills that allow them to appropriately interpret standard medical risk factors related to the onset of diseases such as hypertension, diabetes, dengue, tuberculosis, HIV, and specific cancers within this population.

Required Texts
A course reader will be provided with selected readings.

Course Grading and Evaluation
The course will be both lecture and discussion format. A final, a class group research project, preparation for and presentations at schools in Puerto Escondido, and class participation will determine course grades. Class participation grades are determined by attendance at lecture, submission of selected assignments on reading materials, and active participation in discussion.

Assignment Points
Presentations in schools (10 pts. Each week) 20 points
Take Home Final 20 points
Class Group Research Project* 40 points
Class Participation 20 points
Total points possible 100 points
The final grade will be based on the following scale:
A = 90-100; B = 80-89; C = 70-79; D = 60-69; Fail = 59

Take Home Final - Distributed in class November 3, 2017 and due November 24, 2017. Final is to be emailed to dra. Yvette ygfloresortiz@ucdavis.edu by 5 p.m. or turned in at Becari 1 by 5 p.m. Mexico time.

The final should be exactly four pages and double spaced using a 12-point font. Any less or more pages or incorrect use of font will result in point deductions from the final exam grade.

LECTURES: In Oaxaca City, Dra. Magaly Chavez or a Mexican guest will lecture every TUESDAY Monday morning. Dra. De la Torre, Dr. Valdez, or Dra. Flores, will lecture in the afternoon on Mondays and on Tuesday mornings. Student groups will present every Tuesday afternoon. Schedule may change due to field trips.

Group Research Project: Due November 21, 2017 at Becari by 5 p.m.

Students will meet weekly in groups of 3-4 students to analyze a health care or public health issue that they observed in their clinical rotations and/or during their public health brigades, which they would like to further explore. In particular, students are encouraged to assess the cultural differences they have observed in handling these health care/public health issues. One 10-page paper with external source references (these can be web-based and/or interviews) will be submitted during the last week of the course. *This is a group grade and the same grade will be assigned to all members of the group.

Course Requirements:

1. Read the assigned material before lecture.
2. Turn in all assignments on time. No late assignments will be accepted. No exams or any other assignments may be made up.
3. Students are expected to behave in a manner consistent with the University Code of Student Conduct, section 102.13. Disruptive behavior in class will not be tolerated, which includes sleeping, reading newspapers or non-class related materials, and talking. Furthermore, cheating or plagiarism will be penalized to the fullest extent under the student code of conduct. Students who plagiarize will receive a failing grade and will be brought to the Academic Senate Board for expulsion. Specific details regarding conduct appropriate to the University community are published in the Code of Student Conduct available from the office of Students Judicial Affairs located in 3200 Dutton Hall or online at http://www.sja.ucdavis.edu.

Note that both the group paper and final exam are due after we return from Puerto Escondido. You MUST identify a research topic early in the quarter in order to focus your research and to develop a work-plan. The two weeks in Puerto Escondido are very busy. You have to plan ahead in order to complete your work on time.
Dra. Flores will hold office hours in Oaxaca City on Wednesdays 5:00-7:00 p.m. Location TBA and on Fridays 4:00-6:00 (unless there are field trips scheduled) at Becari Language School. In Puerto, Office hours will be on Tuesdays 10:00 am-12:00 noon by the pool. Meetings with groups to plan research projects will be by appointment.

Course Schedule

WEEK 1  ORIENTATION WEEK

September 16-22  Orientation meeting with Dra. de la Torre, Nicolas Penco (CFHI), and Local Coordinator and Medical Director, Dra. Magaly Chavez (no clinical rotations this week)

Students will organize their clinical schedules, be introduced to the classroom setting, determine language course selection, and have an overview of cultural issues specific to the region and the patient population.

WEEK 2  HEALTH CARE SYSTEM IN MEXICO AND THE US: IMPLICATIONS FOR CHICANA/OS AND LATINA/OS

Reading Assignment: Reader Weeks 1-2 readings

September 25  Mexican Health Care System – Dra. Magaly Chavez

September 26  Chicanos/Latinos in the US Health Care System – Dra. de la Torre

WEEK 3  INTEGRATION OF TRADITIONAL MEDICINE IN THE U.S. HEALTH CARE SYSTEM AND DISEASES IMPACTING CHICANA/OS AND LATINA/OS IN THE U.S. AND MEXICO

Reading Assignment: Reader Week 3 readings

October 2  Integration of Traditional Medicine in the Mexican Health Care System – Dra. Magaly Chavez

October  Cultural Issues Impacting Latino Health – Dra. Flores

Saturday – Sunday, October 7-8 Tour Sierra Norte (Capulalpam)

Una noche de cabanas de Ixtlan de Juarez (comida on Saturday and desayuno on Sunday are included).

Activities include: upon arrival, orientation to Capulalpam and lecture on traditional medicine, visit to traditional medicine clinic, lunch, and recreational activities
Weather permitting we will have a fogata in the evening
Sunday after breakfast we will have a guided hike to identify local habitat, impact of climate change on forests and efforts to protect the environment

**WEEK 4**

**NUTRITION AND OBESITY IN THE U.S. AND MEXICO**

Reading Assignment: Reader Week 4 Nutrition and Obesity readings

October 9  

**Nutrition, Malnutrition and Obesity in Children in Oaxaca and in Mexico** – TBA

*The Obesity Epidemic in the United States* — Dra. Flores

October 10  

**Prevention of Overweight, Obesity and Diabetes** – the U.S. Context  
Dra. Flores

**WEEK 5**

**CHICANO/A LATINO/A MENTAL HEALTH IN THE U.S. AND MEXICO**

Reading Assignment: Reader Week 4 Mental Health readings

October 16  

**Treatment of Psychological and Psychiatric Issues in Mexico** – TBA

October 17  

**Mental Health Issues Among Chicano and Latino Adults: The US Context**  
Dra. Flores

**WEEK 6**

**DEATH AND DYING IN MEXICAN CULTURE**

Reading Assignment: Reader Week 5 readings

October 23  

**Mexican Views on Death and Dying** –

October 24  

Celebration of Day of the Dead Apolo Bonilla and guests

**WEEK 7**

**TRADITIONAL MEDICINE: CURANDERISMO, FOLKLORE PRACTICES, AND HEALING** Day of the Dead Celebrations
October 29-31  See chi 21S Syllabus for specific activities

Tapete and Altar Training

Departure for Puerto Escondido by bus [details to be provided in Oaxaca]

See Cehi 21S syllabus for details of Puerto Escondido activities weeks 8 and 9

WEEK 8  REPRODUCTIVE HEALTH

Preparation of activities for school presentation
Work in groups and consult with Dra. Saucedo and UCD faculty as needed

WEEK 9  TROPICAL MEDICINE AND PUBLIC HEALTH IN MEXICO: CHAGAS, MALARIA, AND DENGUE

Participation in health brigades and preparation for school presentations
Work in groups and consult with Dra. Saucedo and UCD faculty as needed

November 19, 2017  Return to Oaxaca city – details will be provided in Oaxaca

WEEK 10  SOCIAL ISSUES AND DOMESTIC VIOLENCE IN MEXICO

Reader Assignment: Reader Week 9 readings

November 20  Domestic Violence in Mexico  – Dra. Magaly

November 21  Binational Issues in Domestic Violence – Dra. Yvette

GROUP RESEARCH PAPER DUE

November 24  FINAL EXAM DUE

November 18  Group papers due 5 p.m. at Becari #1

WEEK 11  THE FUTURE OF MEXICAN PUBLIC HEALTH AND HEALTH POLICY AND BINATIONAL HEALTH

Reading Assignment: Reader Week 10 readings

November 27  Concluding Comments on Binational Health – Dra. de la Torre y Dra. Magaly
November 28  

**Wrap up and Evaluations**

**Despedida**

*Schedule of speakers and activities is subject to change. Departure times, packing lists, and other details will be provided in Oaxaca City.*