CHICANA/O STUDIES 145S: Binational Health (5 units)
UC Davis Quarter Abroad Fall 2015
Oaxaca, Mexico

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

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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 midterm, a final, a class group research project, 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
<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
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<tbody>
<tr>
<td>Take Home midterm</td>
<td>20</td>
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<tr>
<td>Take Home Final</td>
<td>30</td>
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<tr>
<td>Class Group Research Project*</td>
<td>40</td>
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<tr>
<td>Class Participation</td>
<td>10</td>
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<td><strong>Total points possible</strong></td>
<td><strong>100 points</strong></td>
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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 Midterm
There will be one midterm worth 20 points. The midterm will consist of one essay question that will be distributed at the beginning of week 2 and which will be due at 5 PM on the Friday of this week. Each response should be no longer than 3 pages. Dr de la Torre will provide the first question during the second week and Dr. Flores will present her question during week 4 of the quarter. No make-ups will be given, unless there is a written medical excuse. You will be graded on your ability to correctly answer and support your answer to the questions with material from class lectures and readings.

Take Home Final - Distributed in class November 10, 2015 and due November 27, 2015. Final is to be emailed to dra. Yvette vgfloresortiz@ucdavis.edu by 5 p.m. Mexico time.

The final exam (non-cumulative) will be in the same format as the midterm. If you cannot take the final, you should drop this class. The final should be exactly four pages and double spaced using an 11 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 Monday morning. Dra. De la Torre 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 20, 2015 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 14-15  Week 1  Emotional Intelligence and Oaxacan Culture

Reading Assignment: Don Miguel Ruiz, week 1 readings (reader)

September 13-19  Orientation meeting with Nicolas Penco (CFHI), Local Pre-Hispanic Culture and Practices: Framing the Oaxaca Context

Director, Dr. Magaly Chavez- Description of Clinical Rotations (no clinical rotations this week)

Students will organize their clinical rotations, be introduced to the classroom setting, determine language course level at the Escuela Becari, and have an overview of cultural issues specific to the region and the patient population

Monday September 14  Platica de Oaxaca – Pre-Hispanic Culture: Historical Context & Contemporary Influence

Hotel Quinta Real

Wednesday September 16  tour of clinics

Thursday September 17  Tour of Azomba Ruins and Barro Verde

Friday September 18  Tour of Monte Alban
WEEK 2
HEALTH CARE SYSTEM IN MEXICO AND THE US:
IMPLICATIONS FOR CHICANA/OS AND LATINA/OS

Reading Assignments: Reader Weeks 1-2 readings

September 21  Mexican Health Care System – Dra. Magaly Chavez
September 22  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

September 28  Integration of Traditional Medicine in the Mexican Health Care System – Dra. Magaly Chavez
September 29  Cultural Issues Impacting Latino Health – Dra. Valdez

Saturday – Sunday, October 3-4: Tour Sierra Norte (Capulalpam)
Una noche de cabanas de Ixtlan de Juarez (comida on Saturday and desayuno on Sunday are included).

WEEK 4
NUTRITION AND OBESITY IN THE U.S. AND MEXICO

Reading Assignment: Reader Week 4 Nutrition and Obesity readings

October 5  Nutrition, Malnutrition and Obesity in Children in Oaxaca and in Mexico – TBA
The Obesity Epidemic in the United States – Dra. Valdez

October 6  Prevention of Overweight, Obesity and Diabetes – the U.S. Context – Dra. Valdez

WEEK 5
DEATH AND DYING IN MEXICAN CULTURE

Reading Assignment: Reader Week 4 readings

October 12  Mexican Views on Death and Dying – Dra. Magaly Chavez
October 13  
Death and Dying in Mexican Culture – Guest Lecturer TBA

WEEK 6  
CHICANO/A LATINO/A MENTAL HEALTH IN THE U.S. AND MEXICO

Reading Assignment: Reader Week 5 Mental Health readings

October 19  
Treatment of Psychological and Psychiatric Issues in Mexico – TBA

October 20  
Mental Health Issues Among Chicano and Latino Adults: The US Context – Dra. Flores

WEEK 7  
TRADITIONAL MEDICINE: CURANDERISMO, FOLKLORE PRACTICES, AND HEALING

Reading Assignment: Reader Week 7 readings

October 28  
Tapete and Altar Training TBA

October 30  
Field trip to Mercado de Abastos (Meet at Becari Language School at 9 a.m. Each discussion group will be responsible for purchasing specific items for the altar)

October 31  
Set up altar for Dia de los Muertos  
Cemetery tours – on this day, students are expected to tour altars and tapetes on their own time. There will be a structured evening tour hosted by Apolo Bonilla in Oaxaca City.

November 2  
Departure for Puerto Escondido by bus on Monday November 3rd  
Instructions and details will be provided in Oaxaca

On Monday, November 2 students will in Puerto Escondido and move into shared rooms. A welcoming activity is planned; details forthcoming. Dra. Saucedo will provide a group orientation on Monday evening. Classes will be under the palapa on the second floor. In Puerto Escondido classes will be held in the evening on Mondays and Tuesdays location TBA. Wednesday through Friday public health activities will take place during the day.

WEEK 8  
REPRODUCTIVE HEALTH

Reading Assignment: Reader Week 7 readings

November 3  
Reproductive Health in Mexico – Dra. Saucedo
November 4    Midwife Mock Training at Casamar (3 hours) – TBA

Welcome to Puerto Escondido Beach Activity

November 5    Visit to parteras

November 6    Presentation to local schools

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

Reading Assignment: Reader Week 8 readings

November 9    Overview of Tropical Medicine in Mexico – Dra. Saucedo and Sr. Norberto

November 10    Chagas, Malaria, and Dengue – Dra. Saucedo and Sr. Norberto

November 11-12    Malaria, Chagas, and Dengue Brigades (In Groups TBA) 8 AM

November 13    Presentation to local school

November 15, 2013    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 16    Domestic Violence in Mexico – Dra. Magaly

November 17    Binational Issues in Domestic Violence – Dra. Yvette

Final exam distributed November 18th

November 20    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 23 -28
Concluding Comments on Binational Health – Dra. de la Torre y Dra. Magaly

Tour of Yugul and Fiesta of Maiz

Wrap up and Evaluations

November 28

Final Exam Due 5 p.m.
email to Dra. Yvette ygfloresortiz@ucdavis.edu

Despedida

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