Introduction

This course is an overview of Latina/o health issues focusing on the following areas:

1. Epidemiology of disease within the Latino population
2. Health factors and behaviors that impact health status
3. Health care access and its impact on health status
4. Cultural and gender issues the influence Latina/o health status
5. Public policies that impact access and delivery of health care services for underserved Latina/os

Chicana/o Studies 21S is a 4-unit course satisfying the Social Cultural Diversity General Education requirement.

Required Texts

5. Reader compiled by the instructors and available for purchase in Oaxaca; readings will be organized by week.

Course Grading/Evaluation

The course will be both lecture and discussion format. A midterm, a final, and class participation will determine course grades. Class participation grades are determined by the following components: attendance at lecture, group discussion assignments on the readings, and active participation in discussion.

Assignment Points
Take-home midterm Questions 40 points
Take-home final 40 points
Class Participation 20 points
Total points possible  100 points

A final grade will be based on the following scale:

A=90-100; B=80-89; C=70-79; D=60-69; Fail =59

There will be one midterm exam worth 40 points The midterm will consist of one essay question that will be distributed at the beginning of each week 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 first week and second week of the program and Dr. Flores will present these questions during week 3 and 4 of the quarter. This will afford you the opportunity to work closely with each faculty member as you respond to each question. You will be graded on your ability to correctly answer and support your answer to these questions with material from class lectures and readings. No make-ups will be given unless there is a written medical excuse.

Take-Home Final – Distributed in class on November 13, 2015 and due November 28, 2015. Final is to be emailed to Dra. Yvette by 5 p.m. Mexico time. Dra. Adela will be available to discuss the final in person during the last week of the quarter, and I will be available prior to that. The final exam (non-cumulative) will be in the same format as the midterm.

LECTURES: In Oaxaca City, Dra. Magaly Chavez or a Mexican guest will lecture every Monday 9-11 a.m. Dra. De la Torre or Flores, will lecture in the afternoon on Monday afternoons and on Tuesday mornings. Student groups will present every Tuesday afternoon. Schedule may change due to field trips.

Participation

The final grade will be determined by active participation in lecture that indicates the student has read all the assigned material before class and is actively present at each lecture. Since discussion will be in Spanish and all students must participate in order to increase their fluency in the material, the instructor will require each student to respond to questions at each lecture based on the readings and their observations from lecture and their clinical rotation.

In order to facilitate participation students will be assigned to a group where they will be responsible for presenting in Spanish assigned reading material. The team or assigned group will develop a learning strategy to present the material in class and encourage group participation. The best strategies developed by participants in previous years include quiz games such as jeopardy, chutes and ladders, and other game formats where fellow students are quizzed on terms/concepts. The professor will meet with each group the week prior to the presentation to review the learning strategy. One half of your participation grade will be based on the group learning strategy used in class discussion.
Each student will work in an assigned group and will work with this assigned group throughout the quarter. You will be expected to reflect on key elements of the readings and relate them to your observations in your clinical rotations as well as your daily interactions with community members in Oaxaca. If a student misses a class without permission from the instructor, the student will lose points on his/her active participation during that day.

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 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 on-line at http://www.sja.ucdavis.edu.
4. Students are not to leave the home stays or engage in late night arrivals. Students must spend the night with their host families. Failure to do so may result in dismissal from the program.

Course Schedule*

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  
INTRODUCTION TO THE MEXICAN HEALTH CARE SYSTEM  
LATINO HEALTH IN A BINATIONAL CONTEXT

Reading Assignment: Sana Sana, Intro and chapters 1-3; week 1-2 readings

September 21  
Building a model to understand Latina/o Health Care: The intersection of Public Health and Medical Care – Dr. De la Torre

September 22  
Mexican Health Care System- Dra. De la Torre

Group 1 Leads Discussion 1-3 p.m.  
Dra. De La Torre departs and Dra. Valdez arrives

Week 3  
BINATIONAL HEALTH

Reading Assignment: Speaking from the Body, Introduction; Sana Sana chs. 2-4; week 3 readings

September 28  
Integration of traditional medicine in the Mexican Health Care System – Dr. Magaly Chavez  
The U.S. Health care system: implications for Chicanos and Latinos – Dra. Valdez

September 29  
Health care status of Mexicans and other Latinos in the U.S. – Dra.. Valdez 10-12

Group 2 Leads Discussion - 1-3 p.m.

Saturday - Sunday October 2-3- Tour Sierra Norte (Capulalpam)  
una noche de cabinas de Ixtlan de Juarez (comida on Saturday and desayuno on Sunday are included).
Week 4  NUTRITION AND THE OBESITY EPIDEMIC

Assigned readings:  *Sana Sana*, chapters 2-5; *Speaking from the Body*, chs. 5, 9, 10-12, Reader – week 4 readings

**October 5**  Nutrition, malnutrition and obesity in Oaxaca and in Mexico – Dra. Magaly Chavez 9-11

The obesity epidemic in the United States — Dra. Valdez 12-2 p.m.

**October 6**  Prevention of overweight, obesity and diabetes – psycho-social, nutritional and cultural approaches in the U.S. Context – Dra. Valdez 10-12

*Group 3 Leads discussion*

**October 8**  Activity: Cocina Light – Mexican cooking class -- TBA

Week 5  DEATH AND DYING – BINATIONAL PERSPECTIVES

**Reading assignment**  week 5 readings

**October 12**  Mexican views on death and dying – Dra. Magaly Chavez 10-12

Death and dying in the US context – Dra. Valdez 12-2

**October 13**  *Group 4 leads discussion*

**Dra. Valdez departs and Dra. Flores arrives**

Week 6  Chicana/o Latina/o Mexican mental health

**Reading assignment:**  *Alma mente y Corazon* Intro, chs. 1-4  
*Speaking from the Body*, chs. 1, 2,3, 4, 6,7, 8;  
*week 6 readings.*

**October 19**  Guest speaker: Treatment of psychological and psychiatric problems in Mexico

**October 20**  Mental health issues among Chicanos and Latinos: the US context,  
Dra. Yvette Flores
Group 5 leads discussion

Week 7  Celebrating Dia de los Muertos*

Assigned readings: week 7 readings

October 26  Platica de talleres y altares time: TBA [probably evening]

October 27  Ocotlan, Toyotepec, Santo Tomas Time: TBA

Group 6 leads discussion 1-3 p.m.

Training on making tapetes – TBA

October 28  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 30  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 in Oaxaca City.

October 31  Concurso de altares y tapetes Volunteers will be needed to present altar at the Panteon Municipal.

Tour of Atzompa cemetery

Weeks 8-9  PUERTO ESCONDIDO FIELD TRIP IN TROPICAL MEDICINA Host: Dra. Saucedo -- CFHI PUERTO ESCONDIDO MEDICAL DIRECTOR

November 2  departure for Puerto Escondido

Instructions will be provided in Oaxaca

Students will depart by bus on Monday November 2. Details to be provided in Oaxaca City.

On Monday, November 3 students will arrive to Puerto Escondido and move into shared rooms. A welcoming activity is planned; details forthcoming. Dra. Saucedo will provide a group orientation on Monday eve. Location TBA. In Puerto Escondido classes will be held in the evening on Mondays and Tuesdays. Wed-Fri. public health activities will take place during the day.
Week 8  REPRODUCTIVE HEALTH

Reading Assignment: Selections from Reader Week 8.

Nov 3-4  Dra. Saucedo

November 4  Group 7 presents in the afternoon. Location TBA

Week 9  TROPICAL MEDICINE AND PUBLIC HEALTH STRATEGIES

Overview of Tropical Medicine in Mexico

Reading assignment: selections from reader week 9

Nov 9-10  Chagas and Malaria
Dra. Saucedo
Malaria, Chagas, Dengue Brigade (In Groups TBA)

November 15, 2015 Return to Oaxaca city – details will be provided in Oaxaca

Week 10  DOMESTIC VIOLENCE: BINATIONAL PERSPECTIVES

Reading Assignment: Selections from Reader Week 10

November 16 and 17 Domestic Violence in Mexico and the US –
Dra. Yvette

November 17  Group 7 presents
Discussion of final
Dra. De La Torre returns; Dra. Flores departs

WEEK 11  REFLECTIONS AND WRAPPING UP

Nov 23  The Future of Mexican Health Policy Issues - Dra. Magaly 10-12

Nov 24-26 Concluding Comments on the Future of Chicana/o and Latina/o Health Issues -- Dra. De la Torre
Evaluations
Tour of Yugul and Fiesta of Maiz
November 27  Final Exam Due / journals turned in
Despedida

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