CHICANA/O STUDIES 21S: Chicana/o and Latina/o Health Care Issues (4 units)
Fall 2018 Oaxaca, Mexico
Monday/Tuesday 9-11:00 AM

Professor Yvette G. Flores, Ph.D. (ygfloresortiz@ucdavis.edu)
Guest Professor: Queta Valdez, M.D. (quetavaldez@yahoo.com.mx)
*schedule of speakers and activities is subject to change. Departure times, packing lists, and other details will be provided in Oaxaca City.

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 20 points
Take-home final 30 points
Class Participation/group presentations 30 points

Altar/tapete building activities 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

Take-Home Midterm – distributed in class September 25, and due October 13, 2018. Midterm is to be emailed to Dra. Yvette Flores by 5 p.m. or submitted at Becari 1 by 5 p.m.

There will be one midterm exam worth 20 points. No make-ups will be given unless there is a written medical excuse. The midterm will consist of two essay questions. You will be graded on your ability to correctly answer and support your answer to these questions with material from class lectures and readings.

Take-Home Final – Distributed in class on November 5, 2018 and due November 26, 2018. Final is to be emailed to Dra. Yvette by 5 p.m. Mexico time. 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 Tuesday 9 a.m. - 12 p.m. Dr. Flores, will lecture on Mondays 9-1 Student groups will present every Tuesday afternoon. Dra. Valdez will lecture October 22 & 23 and November 5.

Dra. Floess will be the lead faculty in Oaxaca for the duration of the program. Dra. Valdez will arrive in mid October and will lead the altar and tapete preparation, as well as lecture on reproductive health in Puerto Escondido and lead the student school-based activities there due to her expertise in “educación-entretenimiento.” She will depart from Puerto Escondido on November 16, 2018.

*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 on Tuesday afternoons 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 ORIENTATION WEEK
Reading Assignment: Don Miguel Ruiz, week 1 readings (reader)

September 16-21 Orientation meeting with CFHI staff, Local Coordinator and Medical Director, Dr. Magaly Chavez
(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 17 Platica de Oaxaca – sus costumbres Hotel Quinta Real
Monday September 17  Emotional Intelligence and Cultural Understanding
Dra. Flores

Tuesday September 18  TBA

Wednesday September 19  tour of clinics-9 AM Becari 1

Thursday September 20  Tour of Monte Alban-8:30 Becari 1

Friday September 21  Hierve el Agua, Mitla and El Tule tours
8:30 AM Becari 1

Week 2  INTRODUCTION TO THE MEXICAN HEALTH CARE SYSTEM- LATINO HEALTH IN A BINATIONAL CONTEXT

Reading Assignment: Sana Sana, Intro and chapters 1,4; Reader weeks 1 and 2.

September 24  Building a model to understand Latina/o Health Care: The intersection of Public Health and Medical Care. The U.S. Health care system: implications for Chicanos and Latinos – Dra. Flores 9 a.m.

September 25  E. I. & Mexican Health Care System- Dra. Magaly 9 a.m.

Group 1 Leads Discussion 1-3 p.m.

Week 3  BINATIONAL HEALTH: Health Status and Traditional Practices

Reading Assignment: Speaking from the Body, Introduction, Ch. 1 and Ch. 4; Sana Sana Ch. 2; Reader: Week 3

October 1  Health care status of Mexicans and other Latinos in the U.S. – Dra. Flores 9 a.m.

October 2  Integration of traditional medicine in the Mexican Health Care System – Dr. Magaly Chavez 9 a.m.

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

Saturday - Sunday October 6-7 Tour Sierra Norte (Capulalpam)
una noche de cabañas de Ixtlan de Juarez
Ask your family for a bag lunch. Saturday Comida is provided. Breakfast is provided Sunday. Bring money for snacks.
Meet at Becari 1 at 8:00 AM. Sharp for our departure Sat. 10/6/18
If you have motion sickness, please bring OTC medication, such as dramamine.

Week 4  NUTRITION AND THE OBESITY EPIDEMIC

Assigned readings: *Speaking from the Body*, chs. 5, 9, 10, 11, 12, Reader – week 4 readings

October 8  Prevention of overweight, obesity and diabetes – empirical, psycho-social, nutritional and cultural issues in the U.S.  
**Dra. Flores** 9

October 9  Malnutrition and Obesity in Oaxaca – Dra. Magaly 9 a.m.

**Group 3 leads discussion**

**Cocina Light this week TBA**

Activity: Cocina Light – Mexican cooking class – Etlá Susan Trilling. Tell homestay families that you will have dinner late. Meet at Becari 1 at 9 AM. Return 5:30PM

MIDTERM DUE OCTOBER 12, 2018

Week 5  MIGRATION AND MENTAL HEALTH: Binational perspective

Reading assignment: *Speaking from the Body*, Ch-2, 3, 7 and 8
  *Chicana/o Mental Health*, chs. 1-4

October 15  Mental health/ migration and mental health--Dra Yvette

October 16  The Mexican psychiatric system– Dra. Magaly Chavez or guest speaker

  **Group 4 leads discussion**
  Dra Queta Valdez arrives

Week 6  Death and Dying in Mexico

NEXT STAGES IN THE LIFE CYCLE: AGING, DEATH AND DYING – BINATIONAL PERSPECTIVES
Reading assignment: *Alma mente y Corazon*, Chapters 5-6, *Sana, Sana* Ch. 3

October 22  
Death and dying in the U.S. and Mexico  
Dra. Valdez Curiel 9 A.M.

October 23  
Ulises Bonilla – the tradition of altar and tapete making

**Group 5 leads discussion**

We begin the planning and preparation for Day of the Dead coordinated by Dra. Queta

Assignments of all final tasks with timelines and deliverables determined by student coordinating group with Dra Valdez.

**Week 7**  
**Celebrating Dia de los Muertos**

No assigned readings during Muertos due to Cultural Events and Planned Activities

October 29  
**Altar building activities**  
Dra. Queta

October 30 & 31  
We will be visiting cemeteries and building the altar and tapete during the weekend. Specific schedule TBA

Activities include: Abastos field Trip for purchasing items for Altar  
Day and time TBA - Dra Valdez and Sandra will coordinate the shopping for supplies

**Participation in the cultural altar building and tapete event is required for all students, however, Dra. Yvette will accommodate spiritual beliefs and practices in determining assignments before this date.**

Once the altar and tapete are completed, they will be Presented to the families  
Tamalada with host families will be held [date and time to be determined].

We will also depart for Puerto Escondido this week, day and time TBA

**Weeks 8-9**

**PUERTO ESCONDIDO Host: Dra. Saucedo -- CFHI PUERTO ESCONDIDO MEDICAL DIRECTOR; UCD Faculty members Dras. Flores & Valdez**
Departure for Puerto Escondido

Instructions will be provided in Oaxaca

On 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 Saturday evening. 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: Reader Week 7 Speaking from the Body, Ch.12

Nov 5  10 a.m. Human Sexuality workshop  
       6 p.m. Overview of Maternal Health Issues - Dra. Saucedo and Dra Valdez

Nov 6  Reproductive Health Issues and Parteras in Oaxaca- Dra Saucedo and TBD guest speaker on partera training  
       6 p.m.

Nov 7  Visit to traditional parteras

Nov 8-10 Groups will be formed to make presentations to local schools - students will work on their presentations on Wed. and Thurs. And present to the schools on Friday.

Week 9  TROPICAL MEDICINE AND PUBLIC HEALTH STRATEGIES

Overview of Tropical Medicine in Mexico

Reading assignment: Reader week 8

Nov 12  Chagas and Malaria- Dra. Saucedo and TBD guest speaker

Nov 13  Malaria, Chagas, Dengue Brigade (In groups TBA)

Nov 13-15 Work on presentations to make at schools

Nov 16  Presentations in school  
        Dra. Queta departs

November 17 Return to Oaxaca city – details will be provided in Oaxaca
Week 10  DOMESTIC VIOLENCE and CULTURAL COMPETENCY
          MEDICAL SERVICE DELIVERY: BINATIONAL PERSPECTIVES

Reading Assignment: Reader Week 9, Sana, Sana Ch 5

Nov 19  Binational Issues in Domestic Violence: incidence, prevalence, and health related outcomes – Dra. Yvette Discussion of final

Nov 20  Domestic Violence and Care Providers Issues in Mexico –Dra Magaly

Nov 22  Dia de Gracias [activity TBA]

Final Exam Due

WEEK 11  REFLECTIONS AND WRAPPING UP
Readings: Sana, Sana Ch 6, Speaking from the Body Chs. 13 and 14

Nov 26  Concluding Comments on the Future of Chicana/o and Latina/o Health Issues/Evaluations -- Dra. Flores

Nov 27  The Future of Mexican Health Policy Issues - Dra. Magaly

November 29  Journals turned in
Despedida

IMPORTANT DATES

Midterm Exam due  October 13, 2018

Group paper due  November 20, 2018

Final Exam due  November 26, 2018