CHICANA/O STUDIES 21S: Chicana/o and Latina/o Health Care Issues (4 units)
Fall 2019 Oaxaca, Mexico
Monday/Tuesday 9-11:00 AM

Professor Yvette G. Flores, Ph.D.  (ygfloresortiz@ucdavis.edu)

*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 that influence Latina/o health status
5. Public policies that impact access and delivery of health care services for underserved Latinx

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

Required Texts for Chi 21S and Chi145S

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
Day of The Dead 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 30, and due October 14, 2019. Midterm is to be uploaded to Canvas 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 4, 2019 and due November 22, 2019. Final is to be uploaded to Canvas. 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.

*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.
5. Students are to abide the UC Davis Principles of Community. For optimal learning, a safe environment must be co-created by all. Students are to demonstrate respect for faculty, guest speakers, and their peers. They are to show respect for the diverse cultures of Oaxaca. No abusive language, microaggressions, sexist, classist, racist, or homophobic statements will be tolerated.

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 16  Platica de Oaxaca – sus costumbres
                      Hotel Quinta Real 9-12
Monday September 16  12:30-2:30 Inter-Cultural Understanding
                      Dra. Flores & Dra. Rogers
Tuesday September 17  
9-11 Cultural competence Dra. Rogers & Flores
Microaggressions and Privilege
11-1 Oaxacan history, population, etc. (guest lecturer)
1:00 p.m. Clinical assignments – Dra. Magaly

Wednesday September 18  
tour of clinics-8 AM Meet at Becari 1
Free afternoon

Thursday September 19  
Tour of Hierbe el Agua Meet at Becari 1 9:00

**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.

**Monday, Sep. 23**  
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 9a.m.

**Tuesday September 24**  
Mexican Health Care System- Dra. Magaly 9 a.m.

Group 1 Leads Discussion 1-3 p.m.

Friday, September 27  
GU ELAGETZA AT QUINTA REAL. 6:30 P.M.

Saturday, Sept. 28  
Monte Alban tour

**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

**Mon. Sept. 30**

Health care status of Mexicans and other Latinos in the U.S. – Social determinants of health
Dra. Flores 9 a.m.

**Tues. October 1**

Integration of traditional medicine in the Mexican Health Care System – Dr. Magaly Chavez 9 a.m. and guest speaker

Group 2 Leads Discussion - 1-3 p.m.
Saturday - Sunday October 5-6- 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. 10/5/19
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

Mon. October 7 Prevention of overweight, obesity and diabetes – empirical, psycho-social, nutritional and cultural issues in the U.S./malnutrition and food insecurity. Dra. Flores 9

Group 3 leads discussion [note this will happen on MONDAY]

October 8 Cocina Light 9-4
Meet at Becari at 9 a.m.

Activity: Cocina Light – Mexican cooking class -- Etla Susan Trilling. Tell homestay families that you will have dinner late. Meet at Becari 1 at 9 AM. Return about 4. We will have comida there.

MIDTERM DUE OCTOBER 14, 2019

Week 5 MIGRATION AND MENTAL HEALTH: Binational perspectives

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

Mon. October 14 Mental health/ migration and mental health–Dra Yvette

Tues. October 15 The Mexican psychiatric system– Dra. Magaly Chavez or guest speaker

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

Mon. October 21  Death and dying in the U.S. and Mexico

Tues. October 22  Dra. Magaly – death and dying in Oaxaca
Ulises Bonilla – the tradition of altar and tapete making TBA

**Group 4 leads discussion**

*We begin the planning and preparation for Day of the Dead*

Assignments of all final tasks with timelines and deliverables determined by student coordinating group with faculty

**Week 7**

**CELEBRATING OUR ANCESTORS - DAY OF THE DEAD**

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

**October 28-31**  
**Altar building activities**
Tamalada with host families will be held [date and time to be determined].

**October 31**  
We will be building the altar and tapete during the week. Specific schedule TBA

**Friday Nov. 1**  
We will be visiting cemeteries this evening
Meet 8 p.m. Becari

**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.**

**Week 8**

**TRAUMA, FAMILY INJUSTICE, AND INTIMATE PARTNER VIOLENCE**

Mon. Nov. 4  
Binational perspectives. Dra. Flores
Reading Assignment: Reader Week 7 *Speaking from the Body*, Ch.12

Tues. Nov. 5  
IPV in Oaxaca / Secretaria de la Mujer
**Group 5 leads discussion**

This is the last week of clinical rotations.
Self-evaluations of your engagement with the rotations will be due on Friday 11/8. Email to Dra. Flores

We will depart for Puerto Escondido on 11/9/19
We will spend the last three weeks of the program there. The program will end in Puerto Escondido.

You will have the option of returning home from Puerto Escondido [you will need to purchase a plane ticket from your hometown to Oaxaca and then from Puerto Escondido back to your hometown] or return to Oaxaca and fly home from there.

Weeks 9-11

**PUERTO ESCONDIDO Host: Dra. Saucedo -- CFHI PUERTO ESCONDIDO MEDICAL DIRECTOR; Dra. Flores**

**Sat. NOV. 9**
Departure for Puerto Escondido

*Instructions will be provided in Oaxaca*

On November 9 students will arrive to Puerto Escondido and move into home stays.
A welcoming activity is planned; details forthcoming.
Dra. Saucedo and Dra. Flores 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 9**
**REPRODUCTIVE HEALTH**

Reading assignment, reader week 9

**Mon. Nov 11**
10 a.m. Health psychology and the importance of understanding human sexuality and diversity

*Human Sexuality workshop*
6 p.m. Overview of Maternal Health Issues - Dra. Saucedo

**Tues. Nov 12**
Reproductive Health Issues and Parteras in Oaxaca- Dra Saucedo and TBD guest speaker on partera training
6 p.m.
*Group 6 leads discussion before class, after comida*

**Nov 13.**
Visit to traditional parteras
Nov 14-15  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 10  TROPICAL MEDICINE AND PUBLIC HEALTH STRATEGIES
Overview of Tropical Medicine in Mexico

Reading assignment: Reader week 10

Mon. Nov 18  Chagas and Malaria- Dra. Saucedo and TBD guest speaker

  Group 7 leads discussion before class

Tues. Nov 19  Malaria, Chagas, Dengue Brigade (In groups TBA)

Nov 20-21  Work on presentations to make at schools

Nov 21  Presentations in school

Nov. 22  Final due

Week 11  REFLECTIONS AND WRAPPING UP
The future of health care – binational perspective

  Readings: Sana, Sana Ch 5, 6; Speaking from the Body Chs. 13 and 14

Mon. Nov 25  Towards the future: Dras. Saucedo and Flores
  Concluding Comments on the Future of Chicanx and Latinx Health Issues/Evaluations -- Dra. Flores

Thurs. Nov 28  Dia de Gracias [activity TBA]

Fri. Nov 29  Despedida – program ends

IMPORTANT DATES

Midterm Exam due  October 14, 2019

Group project due  [CHI 145S] November 4 AND 5, 2019

Final Exam due  November 22, 2019

Research paper [CHI 147S] November 29, 2019