



# UNIVERSITY OF CALGARY

Faculty of Arts  
Department of Sociology

Sociology Department Home Page: <http://www.soci.ucalgary.ca>

SOCIOLOGY 301.01  
SOCIAL CONTEXTS AND HEALTH

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|---------------|------------------|------------|
| • Winter 2019 | • TuTh 0930-1045 | • EEEL 161 |
|---------------|------------------|------------|

**Instructor:** V. A. Haines

**Office:** Social Sciences 946

**Email:** [haines@ucalgary.ca](mailto:haines@ucalgary.ca)

**Phone:** 403-220-7605

**Office Hours:** TuTh 1100 to 1130 or by appointment

## Course Description

Part I addresses what sociology brings to the return to social context in the health arena. Part II focuses on social statuses as positions in a social hierarchy, exploring links between class and health, gender and health, race, ethnicity and health and age and health. Part III discusses the neighborhood-health connection. Social networks and health are discussed in Part IV. Part V moves beyond basic research on social contexts and health to address policy implications of this research.

## Course Objectives/Learning Outcomes

The objective of this course is to explore how social statuses, neighborhoods and social networks shape health. After completing this course, students will be familiar with theoretical and methodological tools sociologists use to study health effects of these social contexts. They will know how physical health and mental health are distributed across social strata defined by class, gender, race, ethnicity, and age. They will understand the ways in which characteristics of the neighborhoods where individuals live and characteristics of the social networks in which individuals are embedded shape their physical and mental health. They will be able to link basic research on social contexts and health to ongoing efforts to develop efficient and effective interventions to improve health and reduce health inequalities.

## Required Textbooks, Readings, Materials

TEXTBOOK: William C. Cockerham. (2013) *Social Causes of Health and Disease*. Second Edition.

Cambridge: Polity.

JOURNAL ARTICLES: Available online through the University of Calgary Library at no cost to you.

BOOK CHAPTERS: Available online through the University of Calgary Library at no cost to you.

### **Methods of Evaluation**

All examinations will be cumulative. Examinations will cover material that is presented in the lectures and required readings. Type of examination: multiple choice.

#### Composition of Final Grade

Examination One (February 5)	25%
Examination Two (March 14)	35%
Final Examination	40%

#### Examination One and Examination Two

Examination One and Examination Two will be written during scheduled lecture periods. These examinations can be written only as scheduled on the course outline.

### **Final Exam Information**

There will be a two-hour final examination scheduled by the Registrar's Office. Unless a Deferred Final Examination is granted by the Registrar's Office, this examination can be written only as scheduled by the Registrar.

## Grading Scale

Letter grades will be assigned and submitted to the registrar based on the following scale:

Grade	Percent range	Grade Point Value	Description
A+	90 – 100%	4.0	Outstanding performance
A	85 – 89%	4.0	Excellent-superior performance
A-	80 – 84%	3.7	
B+	77 – 79%	3.3	
B	73 – 76%	3.0	Good – clearly above average performance
B-	70 – 72%	2.7	
C+	67 – 69%	2.3	
C	63 – 66%	2.0	Satisfactory - basic understanding
C-	60 – 62%	1.7	
D+	55 – 59%	1.3	
D	50 – 54%	1.0	Minimal pass - marginal performance
F	49% or <	0	Unsatisfactory performance

Fractions of 0.5% or higher are rounded up.

## Schedule of Lectures and Readings

The following is a brief summary of the dates when the major topics will be covered, the topic-specific readings from *Social Causes of Health and Disease* and, where required, additional readings (overviews and empirical examples) in the forms of journal articles and book chapters. All additional readings are available through the University of Calgary Library at no cost to you. Minor departures from this outline should be expected.

### PART I. PREPARING THE WAY

Introduction: What does Sociology Bring to the Table? (Jan. 10)

*Social Causes of Health and Disease* Chapter 1:1-16, 22-26

Braveman, P., S. Egerter, and D.R. Williams. 2011. "The Social Determinants of Health: Coming of Age." *Annual Review of Public Health* 32:381-398, Introduction.

Sociological Theories and Methods. (Jan. 15-24)

*Social Causes of Health and Disease* Chapter 2:27-54; Chapter 3:64-65

Strategic Illustration: Cockerham's Health Lifestyles Paradigm

*Social Causes of Health and Disease* Chapter 3:55-57, 67, 77-79, 82-83

## PART II. SOCIAL STATUSES AND HEALTH

Class and Health. (Jan. 24-31)

*Social Causes of Health and Disease* Chapter 3: 61; Chapter 4: 85-90, 97-99, 102-113;  
Chapter 1: 17-22

Braveman, P., S. Egerter, and D.R. Williams. 2011. "The Social Determinants of Health: Coming of Age." *Annual Review of Public Health* 32:381-398, The Patterns of Association between Social Factors and Health; Education and health; Income, Wealth, and Health; The Health Effects of Social Factors Across Lifetimes and Generations.

Phelan, J.C., B.C. Link and P. Tehranifar. 2010. "Social Conditions as Fundamental Causes of Health Inequalities: Theory, Evidence, and Policy Implications." *Journal of Health and Social Behavior* 51(Extra Issue): S28-S40, excluding Returning to the Theory: Refinements and Limitations.

Gender, Race, Ethnicity, Age and Health. (Feb. 7-14)

*Social Causes of Health and Disease* Chapter 6:138-163

Explaining Social Status-Health Relationships: The Stress Process Model (Feb. 14-28)

*Social Causes of Health and Disease* Chapter 5:121-126

Aneshensel, C.S. and W.R. Avison. 2015. "The Stress Process: An Appreciation of Leonard I. Pearlin." *Society and Mental Health* 5: 67-85, The Stress Process: Reconceptualizing Stressors; Figure 1; The Stress Process as a System: Undertaking Explanation; The Stress Process: Reclaiming Social Structure.

Thoits, P.A. 2010. "Stress and Health: Major Findings and Policy Implications." *Journal of Health and Social Behavior* 51(Extra Issue): S41-S53.

## PART III. NEIGHBORHOODS AND HEALTH

The Neighborhood Effects Framing (Feb. 28-Mar. 7)

*Social Causes of Health and Disease* Chapter 7 164-179

Sampson, R.J., J.D. Morenoff, and T. Gannon-Rowley. 2002. "'Assessing 'Neighborhood Effects': Social Processes and New Directions in Research." *Annual Review of Sociology* 28:443-478, excluding Methodological Challenges; Spatial Dynamics of Child Well-Being; Toward a Benchmark of Ecometric Data.

Diez Roux, A.V. and C. Mair. 2010. "Neighborhoods and Health." *Annals of the New York Academy of Sciences* 1186:125-132, excluding A note on types of group (or "neighborhood") effects

Arcaya, M. C., R. D. Tucker-Seeley, R. Kim, A. Schnake-Mahl, M. So, and S.V. Subramanian. 2016. "Research on Neighborhood Effects on Health in the United States: A Systematic Review of Study Characteristics." *Social Science & Medicine* 168:16-29, excluding sections 1.1; 1.2; 1.3; 1.4; 1.5; 2.2; 2.6; 3.2; 3.3; 3.4.

Ross, C.E. 2000. "Neighborhood Disadvantage and Adult Depression." *Journal of Health and Social Behavior* 41:177-187.

#### The Neighborhood Social Capital Framing (Mar. 12-21)

*Social Causes of Health and Disease* Chapter 8:181-186, 191-198

Kawachi, I. 2010. "Social Capital and Health". Pp. 18-32 in *Handbook of Medical Sociology* (6<sup>th</sup> ed.), edited by C.E. Bird, P. Conrad, A.M.Fremont and S. Timmermans. Nashville: Vanderbilt University Press. electronic resource.

Moore, S. and I. Kawachi. 2017. "Twenty Years of Social Capital and Health Research: A Glossary." *Journal of Epidemiology & Community Health* 71:513-517, excluding Network Social Capital; Social Network Analysis; Tie Strength.

Kawachi, I and S.V. Subramanian. 2018. "Social Epidemiology for the 21<sup>st</sup> Century." *Social Science & Medicine* 196:240-245, Social capital and population health.

Lochner, K.A., I. Kawachi, R.T. Brennan and S.L. Buka. 2003. "Social Capital and Neighborhood Mortality Rates in Chicago." *Social Science & Medicine* 56:1797-1805.

#### PART IV. SOCIAL NETWORKS AND HEALTH

##### The Social Networks Framing (Mar. 21-28)

House, J.S., K.R. Landis and D. Umberson. 1988. "Social Relationships and Health." *Science* 241 (No. 4865):540-545, excluding Prospective Mortality Studies of Human Populations and Experimental and Quasi-Experimental Research.

Berkman, L.F., T. Glass, I. Brissette and T.E. Seeman. 2000. "From Social Integration to Health: Durkheim in the New Millennium." *Social Science & Medicine* 51:843-857, excluding John Bowlby: the architect of attachment theory; Representing network data; Physiologic pathways and the social environment in adulthood.

Umberson, D. and J.K. Montez. 2010. "Social Relationships and Health: A Flashpoint for Health Policy." *Journal of Health and Social Behavior* 51(S):S54-S66.

Kawachi, I and S.V. Subramanian. 2018. "Social Epidemiology for the 21<sup>st</sup> Century." *Social Science & Medicine* 196:240-245, Social capital and population health

Haines, V.A. and J.S. Hurlbert. 1992. "Network Range and Health." *Journal of Health and Social Behavior* 33:254-266.

The Network Social Capital Framing (Mar. 28-Apr. 4)

*Social Causes of Health and Disease* Chapter 8:187-190

Kawachi, I. 2010. "Social Capital and Health". Pp.18-32 in *Handbook of Medical Sociology* (6<sup>th</sup> ed.), edited by C.E. Bird, P. Conrad, A.M. Fremont and S. Timmermans. Nashville: Vanderbilt University Press. electronic resource.

Moore, S. and I. Kawachi. 2017. "Twenty Years of Social Capital and Health Research: A Glossary." *Journal of Epidemiology & Community Health* 71:513-571, Network Social Capital; Social Network Analysis; Tie Strength.

Webber, M.P. and P.J. Huxley. 2007. "Measuring Access to Social Capital: The Validity and Reliability of the Resource Generator-UK and its Association with Common Mental Disorder." *Social Science & Medicine* 65:481-492.

Song, L. and N. Lin. 2009. "Social Capital and Health Inequality: Evidence from Taiwan." *Journal of Health and Social Behavior* 50:149-163.

Haines, V.A., J.J. Beggs and J.S. Hurlbert. 2011. "Neighborhood Disadvantage, Network Social Capital, and Depressive Symptoms." *Journal of Health and Social Behavior* 52:58-73.

## PART V. WRAPPING UP

Where are we? Where should we go from here? Implications for intervention research? (Apr. 9-11)

*Social Causes of Health and Disease* Concluding Remarks:199-207

Braveman, P., S. Egerter, and D.R. Williams. 2011. "The Social Determinants of Health: Coming of Age." *Annual Review of Public Health* 32:381-398, Priorities for Future Research.

Phelan, J.C., B.C. Link and P. Tehranifar. 2010. "Social Conditions as Fundamental Causes of Health Inequalities: Theory, Evidence, and Policy Implications." *Journal of Health and Social Behavior* 51(Extra Issue): S28-S40, Implications for Health Policy.

Thoits, P.A. 2010. "Stress and Health: Major Findings and Policy Implications." *Journal of Health and Social Behavior* 51(Extra Issue): S41-S53, Policy Implications, Future Directions in Policy-Relevant Stress Research.

Arcaya, M. C., R. D. Tucker-Seeley, R. Kim, A. Schnake-Mahl, M. So, and S.V. Subramanian. 2016. "Research on Neighborhood Effects on Health in the United States: A Systematic Review of Study Characteristics." *Social Science & Medicine* 168:16-29, Identifying interventions that work.

Umberson, D. and J.K. Montez. 2010. "Social Relationships and Health: A Flashpoint for Health Policy." *Journal of Health and Social Behavior* 51(S):S54-S66, Public Policy: Social Ties and Health of the Population; Policy Foundation; Policy Goals; Future Research.

Kawachi, I and S.V. Subramanian. 2018. "Social Epidemiology for the 21<sup>st</sup> Century." *Social Science & Medicine* 196:240-245, Social capital and population health

Moore, S. and I. Kawachi. 2017. "Twenty Years of Social Capital and Health Research: A Glossary." *Journal of Epidemiology & Community Health* 71:513-571, Social Capital Interventions; Conclusion.

Astell-Burt, T., S. Rowbotham, and P. Hawe. 2018. 'Communicating the Benefits of Population Health Interventions: The Health Effects can be on Par with those of Medication. *SSM – Population Health* 6:54-82, Introduction, Results 1, 1.1, 2.1, 2, 2.1, Discussion

### **Emergency Evacuations**

In the case of fire or other emergency evacuation of this classroom, please proceed to the assembly point at **ICT – Food Court**. Please check these assembly point locations for all of your classes at: <http://www.ucalgary.ca/emergencyplan/assemblypoints>

### **Handing in Papers, Assignments**

1. The main Sociology Department office does not deal with any course-related matters. Please speak directly to your instructor.
2. **Protection of Privacy:** The Freedom of Information and Protection of Privacy (FOIPP) legislation does not allow students to retrieve any course material from public places. Anything that requires handing back will be returned directly during class or office hours. If students are unable to pick up their assignments from the instructor, they provide the instructor with a stamped, self-addressed envelope to be used for the return of the assignment.
3. Final grades are not posted by the Sociology Department. They are only available online.

## Research Ethics

Students are advised that any research with human subjects – including any interviewing (even with friends and family), opinion polling, or unobtrusive observation – must have the approval of the Faculty Ethics Committee. In completing course requirements, students must not undertake any human subjects research without discussing their plans with the instructor, to determine if ethics approval is required.

## Academic Misconduct

Please refer to the website listed below for information on University of Calgary policies on Plagiarism/Cheating/Other Academic Misconduct:

<http://www.ucalgary.ca/pubs/calendar/current/k-5.html>

## Absences and Deferrals

**Absences:** Students who are absent from class assessments (tests, participation activities, or other assignments) should inform their instructors as soon as possible. Evidence in the form of documentation must be provided. For information on possible forms of documentation, including statutory declarations, please see <https://www.ucalgary.ca/pubs/calendar/current/n-1.html>. If the reason provided for the absence is acceptable, then, upon receipt of written documentation as outlined in the University Calendar, the percentage weight of a missed examination will be transferred to the other course components. **NOTE: There are no “make up” tests for Examination One or Examination Two.**

**Deferred Final Exam Form:** Please note that requests to defer a Registrar scheduled final exam are dealt with through the Registrar’s Office. Further information can be found at:

<https://www.ucalgary.ca/registrar/exams/deferred-exams>

**Deferred Term Work Form:** Deferral of term work past the end of a term also requires a form to be filled out. It’s available at:

[https://www.ucalgary.ca/registrar/files/registrar/deferred\\_termwork15\\_0.pdf](https://www.ucalgary.ca/registrar/files/registrar/deferred_termwork15_0.pdf)

Once an extension date has been agreed between instructor and student, the form should be taken to the Faculty of Arts Program Information Centre (SS 110) for approval by an Associate Dean (Students).

## Student Representation

The 2018-19 Students’ Union VP Academic is Jessica Revington ([suvpaca@ucalgary.ca](mailto:suvpaca@ucalgary.ca)).

For more information, and to contact other elected officials with the Student’s Union, please visit this link: <https://www.su.ucalgary.ca/about/who-we-are/elected-officials/>

You may also wish to contact the Student Ombudsperson for help with a variety of University-related matters: <http://www.ucalgary.ca/ombuds/contact>



## **Safewalk**

The University of Calgary provides a “safe walk” service to any location on Campus, including the LRT, parking lots, bus zones, and campus housing. For Campus Security/Safewalk call 220-5333. Campus Security can also be contacted from any of the “Help” phones located around Campus.

## **Academic Accommodation**

The student accommodation policy can be found at: [ucalgary.ca/access/accommodations/policy](https://ucalgary.ca/access/accommodations/policy).

Students needing an Accommodation because of a Disability or medical condition should communicate this need to Student Accessibility Services in accordance with the Procedure for Accommodations for Students with Disabilities [ucalgary.ca/policies/files/policies/student-accommodation-policy](https://ucalgary.ca/policies/files/policies/student-accommodation-policy).

Students needing an Accommodation based on a Protected Ground other than Disability, should communicate this need, preferably in writing, to the course instructor.

## **Student Resources**

[SU Wellness Centre](#)

[Campus Mental Health Strategy](#)