I. THE GLOBAL CONTEXT: HEALTH AND ILLNESS AROUND THE WORLD

Health: "a state of complete __________ mental and social well-being." The study of the social origins and distribution of health problems in a population and how patterns of disease vary.

A. Patterns of Morbidity: ______________ is the illnesses, symptoms and impairments that illnesses produce
   a) ______________: number of new cases of specific health problem
   b) prevalence: total ______________ of cases of a specific health problem
   c) nearly half of U.S. adults have had a mental disorder, most common ones: depression, ______________ dependence, and phobias.

B. Patterns of Longevity
   1. Life expectancy: average ______________ individuals born in a given year can expect to live
   2. In 2007, life expectancy ranged from 83 yrs. (_________), to 40 years in Swaziland and less than 50 yrs. In 18 countries. Life expectancy in the U.S. is ___ years.

C. Patterns of Mortality
   1. Worldwide, leading cause of death is cardiovascular disease (heart disease and strokes). The three leading causes of death for the U.S. in 2003: heart disease, ____________, stroke
   2. Maternal mortality rates: a measure of deaths that result from complications associated with pregnancy, childbirth, and abortion. The greatest disparity between rich and poor countries shows up in ______________ measurements.
   3. Factors that contribute to maternal death: poor health care, inadequate nutrition and sanitation, young age at childbirth, frequent ______________, lack of access to family planning services, complications due to ______________.

D. The Global Burden of Disease study found that-_____ is the most serious threat to health.

II. GLOBAL HEALTH CONCERNS

A. HIV: How is it spread? In the U.S. it is: #1 is through ______________ sex. #2 is through unclean ______________. #3 is perinatal transmission. Worldwide, heterosexual contact is the most common form of transmission, then perinatal then ______________ use.

B. Globalization has impacted health care including "Globesity" ______________ obesity even in poorer countries due to changes in diet, cheaper foods, and less activity due to cars and machines.

C. Increased health ______________ flow is a positive side of globalization. Is "medical ______________"?

D. Medical Tourism is when a person travels to another ______________ for health care. Some causes—lower cost, better care, avoid ______________ periods, and get treatments not allowed in some countries. There are ______________ too! Quality control, illegal procedures (like some organ transplants), the spread of infectious diseases to other countries, and ______________ are some of the possible problems.

III. Are Americans the healthiest? ________. But we spend the most $ on health care than anyone else.

   A. Good news: Americans compared to ____ other industrialized countries, are less likely to smoke or drink alcohol heavily, and are more likely to control cholesterol.

   B. Bad news: Americans ______ sooner (especially men) than any of the other 16 countries, infant mortality rates, ______________ and homicide, teen pregnancy, obesity, and others!

   C. Why! Inaccessible or too expensive health care, unhealthy ______________, lack of exercise, not teaching youth good health practices, drug use, ______________, and stress contribute to higher death rates.
IV. MENTAL ILLNESS: THE HIDDEN EPIDEMIC – Why is it called “hidden?” The __________.  
A. The U.S. has the highest rate of of 17 nations surveyed—one out of ___ adults! Reasons?  
   Is it __________________? Among College students it is ___ in ____

B. Almost______ of U.S. who had severe mental disorders __________ seek treatment.

C. Causes of mental disorders include a ______________ of environmental, genetic, and  
   biological factors. We are still discovering what the causes are.

D. Bi-polar Disorder: a ______________ imbalance in the brain that causes severe ________  
   swings.

E. Mental illness is the leading cause of disability for 15—44year olds in the U.S. The most  
   common one? __________________

V. SOCIOLOGICAL THEORIES OF ILLNESS AND HEALTH CARE  
A. Structural- Functionalist Perspective examines how changes in society affect health.  
   1. People live longer in a better society! Smoking laws, overuse of ______________.

B. Conflict Perspective  
   Focusses on how __________________ or the lack thereof, influence illness and  
   health care.  A main concern for the conflict perspective is the_________ that the insurance,  
   health care, and drug companies gain. One criticism is that drug companies develop new  
   drugs that will make a __________ rather than drugs needed to cure diseases of the  
   poor. Drug companies are among the richest companies in the U.S.!

C. Symbolic Interactionist Perspective  
   This perspective focuses on how meanings, definitions, and ________ influence health,  
   illness, and health care. Also, how these symbols are learned and used -- for instance,  
   mental health __________________.  
   Interactionists also look at “medicalization” -- The process of making something a ________  
   of medical treatment. The opposite is demedicalization

VI. SOCIAL AND LIFESTYLE FACTORS ASSOCIATED WITH HEALTH AND ILLNESS  
A. Poverty: on average, the poor are more likely to ______________, drink heavy, be inactive,  
   and engage in risky sexual practices. All of these contribute to shorter life spans.

B. Education’s impact on health and illness: the ________ the education, the ________ a  
   person’s health is. Education and ______________ levels are the best predictors of health  
   statistically. What would you say then about Asian-American’s health compared to other  
   populations?

C. Marriage! Married people have ______________ health on average compared to other  
   populations (i.e.divorced). They also have lower rates of ______________ and anxiety  
   as well.

D. Racial and Ethnic Minority Status: African Americans have __________ rates of suicide  
   and mental illness than whites. The “Hispanic paradox” is that Hispanics share some of the  
   ______________ factors as blacks but have better survival rates than blacks or non-  
   Hispanic whites.

E. The strongest single predictor of good health is a person’s ______________ level.
VII. U.S. HEALTH CARE

A. U.S. Health Care; mainstream medicine is called _______________: the U.S. spends a greater share of its $ GDP on health care than any other nation, but ranks lower than 13 other industrialized countries. ______________ is rated first in overall health care delivery, cost, and quality of care.
   1. Health insurance in the U.S. — what do you think the future will hold?
   2. Some use CAM — Complementary and ______________ Medicine. Homeopathic remedies, meditation, faith healing, yoga, chiropractic, etc.
   3. Government-subsidized health programs: AHCCCS or ____________________, and MEDICARE: are they totally cost free? The cost difference is called ______________.

B. Unequal Access to Quality Health Care. How do you know you are getting good care?

C. Managed Care (i.e.HMOs)
   1. an effort to control costs by "managing" (controlling) the ______________ of health care providers.
   2. Survey — majority of physicians say that managed care has ______________ effects on the quality of patient care.

D. High Cost of Health Care in the U.S. Some of the high cost factors are: medical ______________, all insurance program costs, especially administrative costs of private health insurance, and ______________ expenses.

VIII. STRATEGIES FOR ACTION: IMPROVING HEALTH AND HEALTH CARE

A. Improving Maternal and Infant Health in the U.S. and around the world

B. Health Care Reform — Affordable Care Act: commonly called “______________” is currently under review. National health care is not a new idea; Teddy Roosevelt was the first president to propose it! Another option is a ______________ system of health insurance called Medicare for All. This would replace ______________ health insurance companies, so they have fought hard to defeat attempts to pass health care reforms.

C. Reducing the problem of obesity includes: restricting ______________ to children, banning vending machines in school, and requiring nutritional labeling on chain restaurant menus.

D. Complete Streets are streets that encourage physical ______________ with sidewalks, bike lanes, and public transportation.

D. Education of young people: Prevent problems before they start—like ______________!