

CHICANA/O STUDIES 21S: Chicana/o and Latina/o Health Care Issues

(4 units) Fall 2020 Oaxaca, Mexico
Monday/Tuesday 9-11:00 AM

DRAFT

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 the 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

1. Don Miguel Ruiz. *The Four Agreements: a practical guide to personal freedom*. Amber Allen Publishing, Inc. California 1997
2. Eckhart Tolle. *The Power of Now*. (both to be read before the start of lectures)
3. Adela de la Torre. *Sana Sana*. Tucson: University of Arizona Press, 2015.
4. Flores, Yvette. *Chicana/o Mental Health: Alma Mente y Corazon* Tucson: University of Arizona Press, 2013.
5. Chabram-Dernersesian, Angie and Adela de la Torre. *Speaking from the Body: Latinas on Health and Culture*. University of Arizona Press, Tucson, 2008.
6. 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. pts.

Take-home final. 30 pts.

Class Participation/group presentations 30 pts.

Day of The Dead activities 20 pts.

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 23, 2020**. 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 3, 2020 and due November 29, 2020**.

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 Monday 9 a.m. - 12 p.m. Dr. Flores, will lecture on Tuesdays 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 20-26 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 21 Platica de Oaxaca – sus costumbres Hotel Quinta Real 9-12

Monday September 21 12:30-2:30 Inter-Cultural Understanding Dra. Flores & Dra. Rogers

Tuesday September 22: 9-11 Cultural competence Dra. Rogers & Flores Microaggressions and Privilege

Wednesday September 23 tour of clinics Dra. Magaly tour of clinics-8 AM Meet at Becari 1 Free afternoon

Thursday September 24 11-1 Oaxacan history, population, etc. (guest lecturer) 1:00 p.m.

Clinical assignments – Dra. Magaly

Field trips may be scheduled this weekend

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. 28: ***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

12-2 ***Mexican Health Care System***- Dra. Magaly

Tuesday September 29: ***Latinx health - disparities in health care: an intersectional analysis***
Dra. Flores

Group 1 Leads Discussion 12-2 p.m. Readings of week 1 and 2

Friday, October 2, 2020 GUELAGETZA AT QUINTA REAL. 6:30 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

Mon. October 5: ***Health care status of Mexicans and other Latinos in the U.S. –Social determinants of health***

12-2 Dr. Magaly Chavez and guest speaker

Tues. October 6: ***Integration of traditional medicine in the Mexican Health Care System***
– Dra. Flores 9 a.m.

Group 2 Leads Discussion - 1-3 p.m. Readings for week 3

Saturday - Sunday October 10-11- 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. 10/10/20

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

Monday 12: ***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] of week 4 readings

Tuesday 13: ***Cocina Light*** 9-4

Meet at Becari at 9 a.m.

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

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 19 Dr. Roque: – ***the Mexican Psychiatric System***

Tues. October 20 Dra. Yvette: –

Group 4 leads discussion of week 5 readings

Week 6 NEXT STAGES IN THE LIFE CYCLE: AGING, DEATH AND DYING BINATIONAL PERSPECTIVES

Readings: Alma mente y Corazon, Chapters 5-6, Sana, Sana Ch. 3

Reading Assignment: Reader Week 5; Speaking from the Body, Ch.12

Group 5 leads discussion of week 6 readings

October 26: ***Death and dying in the U.S. and Mexico*** Dra. Yvette

October 27: Ulises Bonilla – ***the tradition of altar and tapete making***

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

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.

Tamalada with host families will be held [date and time to be determined]. Specific schedule
TBA

We will be visiting cemeteries in the evening. Date and time TBS

**Week 7: TRADITIONAL MEDICINE: CURANDERISMO, FOLKLORE
PRACTICES, AND HEALING Day of the Dead Celebrations**

November 2-7 Day of the dead celebrations
No clinical rotations this week

Week 8: TRAUMA, FAMILY INJUSTICE, AND INTIMATE PARTNER VIOLENCE

Monday Nov. 2: *Binational perspectives on IPV and family injustice*. Dra. Flores
Tuesday Nov 3: *IPV in Oaxaca / Secretaria de la Mujer*

Group 6 leads discussion before class, after comida readings of week 8

Weeks 9-11. Reproductive Health and Tropical Medicine
Sat. NOV. 14

Departure for Puerto Escondido
Instructions will be provided in Oaxaca

Self-evaluations of your engagement with the rotations will be due on Friday 11/13. Email to
Dra. Flores.

We will depart for Puerto Escondido on 11/14/20

We will spend the last three weeks of the program there. The program will end in Puerto
Escondido.

On November 14 students will arrive to Puerto Escondido and move into home stays. A welcoming activity is planned; details forthcoming.

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

Dra. Saucedo and Dra. Rogers 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

Monday November 16 10 a.m. *Health psychology and the importance of understanding human sexuality and diversity*

Reproductive Justice -

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

Tuesday November 17 6 p.m. *Reproductive Health Issues and Parteras in Oaxaca*- Dra Saucedo and TBD guest speaker on partera training

6 p.m.

Group 7 presents readings of week 9

Wednesday November 18 **Visit to traditional parteras**

Nov 16-17 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. 23 Chagas and Malaria- Dra. Saucedo and TBD guest speaker

Tues. Nov. 24 dengue brigade

Group 8 leads discussion before class of week 10 readings

Wed. Nov. 25

Work on presentations to make at schools Presentations in school

Thursday Nov 26. *Día de Gracias [activity TBA]*

Week 11: REFLECTIONS AND WRAPPING UP

Monday Nov. 30 *The future of health care – binational perspective*

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

Towards the future: Dras. Saucedo and Flores

Tuesday Dec. 1 *Concluding Comments on the Future of Chicanx and Latinx Health Issues/Evaluations* -- Dra. Flores

All work is due – final, papers, journals by Dec. 3, 2020