

Intro to Health Disparities (pt 2)

Obj. 12.2: Identify factors that impact health of individuals and populations facing disparities in health outcomes.



Following the Doctor's Orders: Part 1

A doctor recommends that a patient exercise 30 minutes per day. List reasons why this may be difficult for people (barriers or risk factors that prevent exercise) in the box below. Try to think of as many as you can!

DISCUSS

Following the Doctor's Orders: Part 2

Working with a small group, brainstorm a similar scenario. A doctor recommends that a patient stop smoking immediately. List reasons why this may be difficult for people (barriers to quitting smoking or risk factors that contribute to continued smoking) in the box below. Try to think of as many as you can!



A Tale of Two Smokers

With a partner, complete the following online interactivity where you will follow Jane and Joe as they try to lead healthier lives. Look for ways that their choices are limited by the conditions in which they live.. Then read the conclusion for policy ideas that can help all of us.

1. Go to “A Tale of Two Smokers” on the Unnatural Causes website at:
http://www.unnaturalcauses.org/interactivities_02.php
2. Fill in the table below as you read.

Summary of Key Factors	Jane	Joe
Overview		
Diet		
Exercise		
Stress		
Smoking		
Conclusion		



Factors Affecting Health Disparities

In the table below, list at least one factor that might contribute to health disparities among the populations listed in the left-hand column.

Population	Factors Affecting Health
Elderly	
African American	
Infants	
Rural Dwellers	
Homeless	
Low-income	



Health Disparity Narratives

Interview someone in your community. It may be a family member or friend. Ask them about health disparities that they have experienced, observed, or heard about. Construct a narrative story from their responses to your questions and write it out. Share the story with them and ask for feedback prior to turning it in.

Note: Be sure to ask the person you interview for their permission. Ask if they are comfortable discussing the topic before beginning your interview. Assure them that they do not have to answer any questions they feel uncomfortable with. Also, ask whether they would like to remain anonymous. If they do, be sure you do not include (or change) their name or any details about their story that may help others identify them.