

Unit 2 Blog: The Social Determinants of Health

Best sources:

- **You must start here: View “Unnatural Causes: In sickness and in wealth” as follows:**
 - Go the UH library home page
 - Select Databases and Research Guides
 - Select Databases by Title/All databases by name in A-Z order
 - Select K and then Kanopy
 - Log in
 - Search for “In Sickness and in Wealth”
 - Select “In Sickness and in Wealth”
- governmental sources (NIH; CDC; Healthy People 2020; Texas Department of State Health Services; City of Houston Health Department; etc.)
- WHO website
- University websites
- peer reviewed journal articles

Blog Structure

1. Definition and examples (1 point)
 - a. Definition
 - b. Three examples of social determinants of health
2. How does social class relate to cortisol levels (1.2 points)
 - a. What is the connection between social class and resources?
 - b. What is the connection between resources and sense of control?
 - c. What is the connection between sense of control and cortisol dysregulation?
3. Consequences (.9 points)
 - a. Name two non-infectious diseases associated with cortisol dysregulation
 - b. Name one infectious disease associated with cortisol dysregulation
 - c. Explain what is meant by the health gradient
4. Solutions (1.4 points)
 - a. Individual approaches (stress management, other?)
 - b. Social approaches (public policy, other?)
5. References (.3 points) [for all blogs use AMA format per the OWL/Purdue website instructions]
6. Exceptional Quality (.2 points)

Basic Instructions

- Quotations may **only be used for definitions** and **must be cited correctly**. Failing to give credit for what you have written can result in a series of penalties that are described in the syllabus. All claims you make must have an in-text citation like the sample blog.
- Copying the work of other students or sharing with another student will result in a grade of 0 and may result in failing the course. There is no assignment that is worth copying from another student.
- Use only high-quality sources such as government agencies, the World Health Organization (WHO), university websites, journal articles, and other sources I specifically recommend. Organizations for which you provide links on the community and tools pages on your website are good sources.
- Write for an 8th grade audience. People who visit your website may not have finished high school or gotten college educations. Translating technical information to common language is a real challenge I want you to face as part of your training for work in health promotion.