Student Resource 10.3

Vignettes: Health Determinants and Risky Behaviors

Student Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_

Directions: In the box below is a list of health determinants. Read each vignette describing a risky behavior. Name the risky behavior and then decide which determinants are linked to the behavior. You may also include determinants that you know about that are not in the box.

|  |  |  |  |
| --- | --- | --- | --- |
| *lack of education* | *poverty* | *access to health services* | *unemployment* |
| *safe housing* | *community violence* | *reliable public transportation* | *poor infrastructure* |
| *climate* | *genetics* | *gender expectations* | *health insurance* |
| *rules, laws, regulations* | *culture* | *depression* | *social norms* |

Vignette One

Raj lives in Bangalore, India. He works for a large telecommunications company on the outskirts of the city. Raj’s job is to call Americans and try to sell them discounted cell phone plans. Because he needs to reach the Americans during the day, Raj must work at night. There is no bus that operates at night, so Raj drives his motorbike. Raj takes his two good friends to work. They all ride on his motorbike. Raj drives and his friends sit tightly behind him. Raj wears a helmet, but his friends don’t.

A new road was built linking the city with the area where the telecommunications companies are. The government designated a speed limit on the road, but it is never enforced. There is no lighting on the road, and the light on Raj’s bike is very dim. He can’t afford to fix it. When the road was built, it divided a neighborhood in half, so it’s common to see people running across the road at night to visit friends who live on the other side. Recently, one of Raj’s coworkers hit a young boy who was crossing the street. The boy had serious head injuries and the coworker broke his arm. The coworker’s bike was badly damaged and now he has no way to get to work. Raj worries that something similar will happen to him.

Risky behaviors:

Health determinants:

Vignette Two

Abeje lives in a village in Nigeria. She has two children. Abeje has never left the village. She did not go to school and she was married when she was 16. Abeje’s husband works in a factory in a city hundreds of miles from the village. He comes home once every three months to visit and bring money. Abeje has heard rumors from other women in the village that the men who work in the factory see prostitutes in the city. Abeje has never asked her husband if he has been with other women, but she suspects that he has. Abeje has known several women who died of AIDS. The thought of her children losing their mother before they are grown breaks her heart, but when Abeje asked her husband if they should use condoms, he laughed. He told her that they will have more children, so there was no reason to use condoms. “God intends for us to have a big family, Abeje!” he said.

Risky behaviors:

Health determinants:

Vignette Three

The plant that Shane’s father worked at in Michigan closed two years ago. Since then, Shane’s father hasn’t been able to find work. The family moved in with Shane’s uncle. Shane’s uncle starts drinking every day around 4 p.m., and he doesn’t stop until he falls asleep on the couch around 11 p.m. At first Shane’s father would drink a beer or two with his brother, but now he drinks all the time, too. Shane’s father and his uncle told Shane that even though he’s only 14, he can drink whenever he wants. “You’re practically a man now,” his father said.

Risky behaviors:

Health determinants:

Vignette Four

Marta has been a marketing executive for 10 years. She lives in Atlanta, Georgia. Socializing is a big part of Marta’s job. She takes clients out for long, expensive dinners on the company’s tab. Drinks usually follow the dinners. Inevitably, Marta is offered a cigarette. Marta never particularly enjoyed smoking, but it was a social ritual that went hand in hand with her work. It felt rude and unprofessional to decline to participate in an activity that her coworkers and clients were doing. Marta never felt like she was going to develop a habit, but soon she found herself smoking after lunch, too. Then she started buying packs and smoking during her breaks in the courtyard.

Risky behaviors:

Health determinants:

Vignette Five

Everyone in Tara’s family is overweight. At 13, Tara worries that she, too, will struggle with her weight and, like her mother, have body image issues and high blood pressure. For dinner, Tara’s mother typically will heat up a frozen pizza or pick up hamburgers and fries after work. Tara has asked her mother if they can try to eat healthier foods; she’s even offered to learn how to cook. But her mother says fresh produce is too expensive and that there’s nothing wrong with the way they eat. She says that if Tara doesn’t like it, she can just eat less. She makes Tara feel unappreciative.

Risky behaviors:

Health determinants:

Student Resource 10.4

Assignment: Concept Map

Student Names:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_

Directions: A concept map is used to give a visual picture of how the different aspects of a concept are interconnected. In this assignment, you will create a concept map to show what you have learned about how a risky behavior can impact health. Follow the instructions below to create a concept map that shows the various ways that the risky behavior can lead to injury and/or disease. Before you start working on this assignment, look at the example concept map on the second page, and read this resource. Make sure you understand how your work will be assessed.

1. Choose a risky behavior to create a concept map about: unsafe sex, unsafe road behavior, smoking, drinking, drugs, unhealthy diet, or physical inactivity.
2. Use what you’ve learned in this lesson and what you already know to create your concept map. For your additional research, use sources that you already know are reliable, or verify the websites you use with your teacher. You may wish to print out images or graphics to use on your map in addition to drawing your own illustrations.
3. Place the risky behavior at the center of your concept map, and add subtopics around the risky behavior. To come up with subtopics, ask yourself who, what, where, when, and how questions. Think about specific places in the world where the risky behavior poses serious problems.
4. Use elements such as color to differentiate subtopics. Use words, symbols, and drawings to show what you know. Be creative!
5. Use lines, colors, arrows, branches, or some other way of showing connections between the elements on your concept map. Identify the relationships clearly. Label lines as needed.

Tips for Creating Your Concept Map

* Use single words, simple phrases, or simple drawings for information.
* A concept map is a summary; include only the content that is most important.
* The structure of your map will likely evolve of its own accord.
* Use color and shapes to separate different ideas and relationships. Each color or shape should be assigned some particular meaning and not just be used to make the concept map look colorful.

Make sure your assignment meets or exceeds the following assessment criteria:

* The concept map includes important topics, subtopics, and information about the risky behavior.
* Items are identified in a way that is easy to follow.
* The concept map clearly shows connections, patterns, and relationships, and it uses symbols and drawings to illustrate details effectively.
* The concept map shows creativity and flexible thinking and expands on ideas in new and unique ways.
* The concept map is neat and easy to read.

Example: Occupational Risk Factors Concept Map

