

A pink brushstroke graphic on the left side of the slide, with the text 'Coming next...' written in a bold, italicized serif font over it.

Coming next...

A large, light pink brushstroke graphic that serves as a background for the text. It has a soft, painterly texture with visible brush marks and a slightly irregular, organic shape.

Health and Family

Warm up: what make you **HEALTH**?

- In your opinion, What makes you healthy?

Outline

- Definition and measuring of health
- Perspectives on health and families

Define Health

- *“Complete physical, mental, and social well-being and not merely the absence of disease or infirmity” (WHO, 2006).*
- Health is the single most important indicator of the overall well-being of a society.
- Family is among the most powerful influences on health, as it provides economic, social, and psychological resources (and strains) that protect (or threaten) the health of its members.

Measure Health

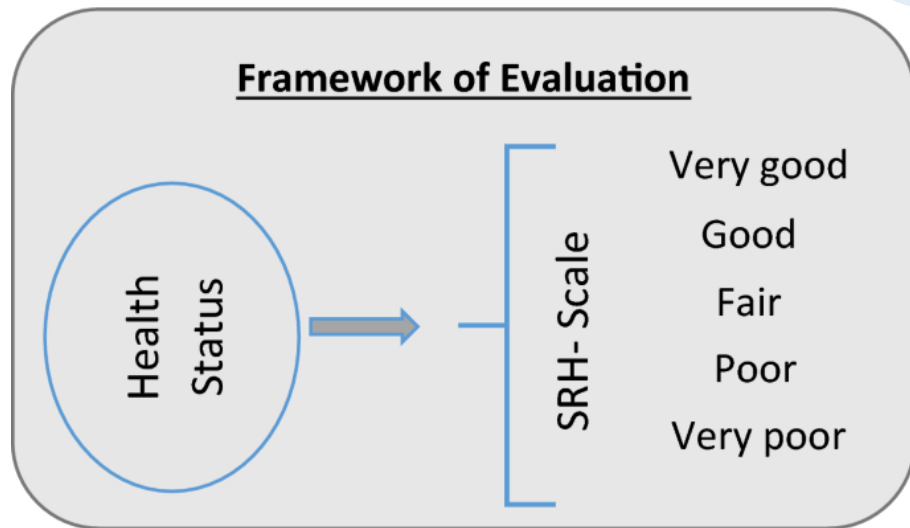
- Physical health
 - *comorbidity*
 - *functional limitations*
- Mental health
 - *depression symptoms*
 - *anxiety scales*
- Health behaviors
 - *smoking, drinking, exercise, etc.*
- Biomarkers (systolic & diastolic pressure)

Over the **last 2 weeks**, how often have you been bothered by any of the following problems?
(circle **one** number on each line)

How often during the past 2 weeks were you bothered by...	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself, or that you are a failure, or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite – being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3

Discussion: self-rated health

- In social health research, self-rated health is seen as the “golden measure”, which remains as a strong indicator of mortality and many other health measurements.
- What do you think? Do you think it is valid? Is it a good measure to use?
- Why or why not?



Stress Perspective

- Stress refers to any environmental, social, biological, or psychological demand that requires a person to adjust the usual patterns of behavior or emotional responses.
- Stressors exact a toll on physical and mental health, yet, the adverse effects depend on the nature of the stressor and the characteristics of the individual, such as the availability of the resources.



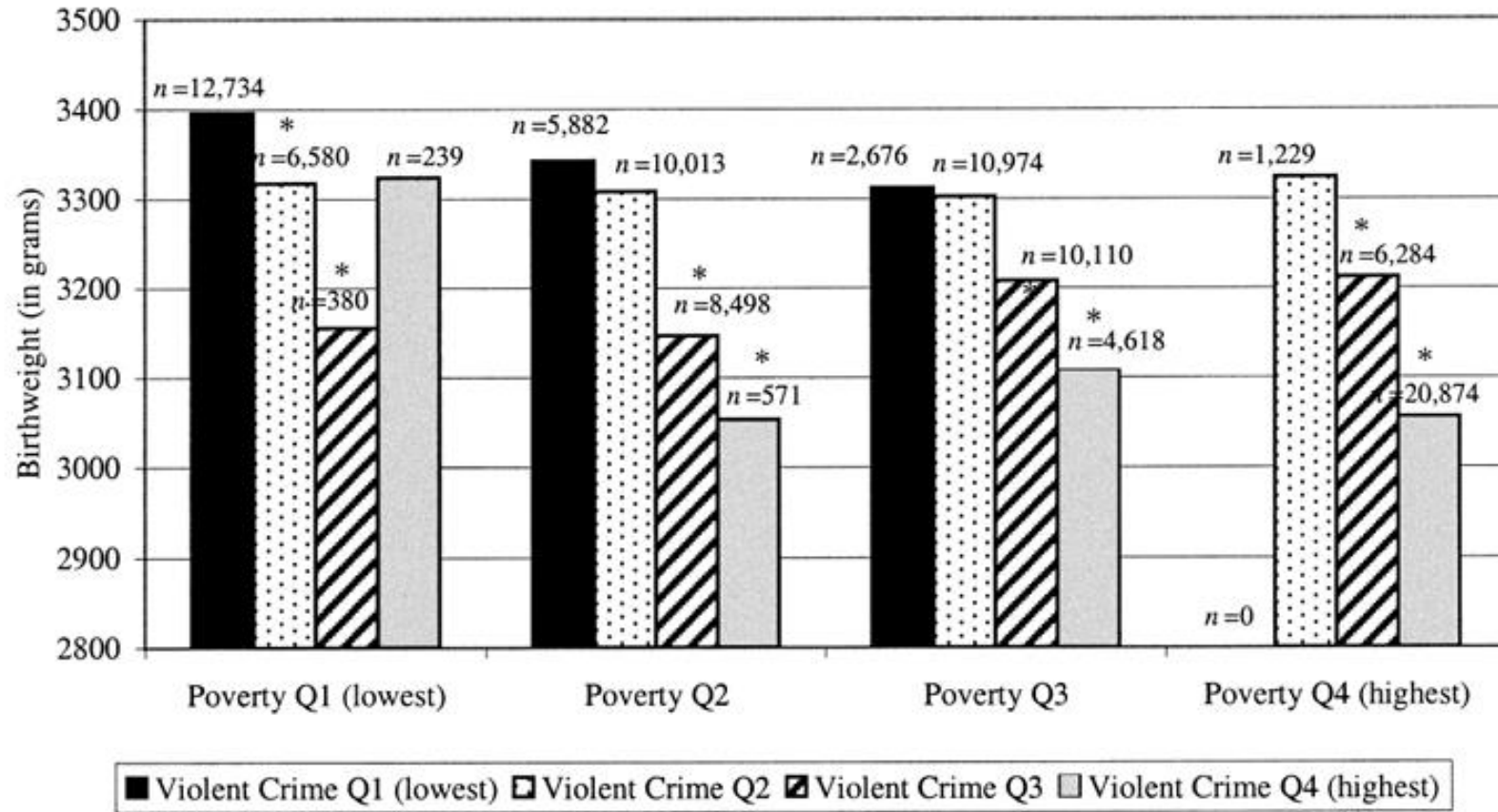
Stressors in the Family Structure and Transitions

An aerial photograph of a suburban neighborhood with houses, trees, and streets. A large, white, stylized dove graphic is superimposed over the center of the image, facing right. The dove's wings are spread, and its tail feathers are visible. The background shows a typical suburban layout with single-family homes, green lawns, and mature trees. A road curves through the neighborhood on the right side.

Discussion: Neighborhood & Health

How can you use stress model to explain neighborhood environment and health?

Spatial Dynamic of Birth Weight



Low Birth Weight Rate and Related Health Indicators among Community Areas in Chicago

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Birth weight is an important early-life health outcome that is strongly related to adult health later in life. In 2005, the average low birth weight rate in the U.S. is 8.28%, whereas in the city of Chicago, the average is 9.6%.

Research shows that individuals' health and well-being vary strongly across neighborhood sociological settings. Birth weight is well-suited for studying the effects of neighborhood context because of its sensitivity to short-term influences on material health during the length of pregnancy (Morenoff, 2003).

Figure 1. Low Birth Weight Rate by U.S. Continental States



Moran's I test was conducted to see whether there is a spatial autocorrelation on low birth weight rate. Figure 2 shows that there is spatial correlation among some community areas in Chicago in terms of low birth weight rate. The hot clusters (high-high) of low birth weight rate areas locate in the south side of Chicago (around highway 90 and highway 57) as well as west side of Chicago (right at the highway 290 and north side of the Chicago river).

Figure 2. LISA Cluster Map: Low Birth Weight Rate among Chicago Community Areas (999 perm)

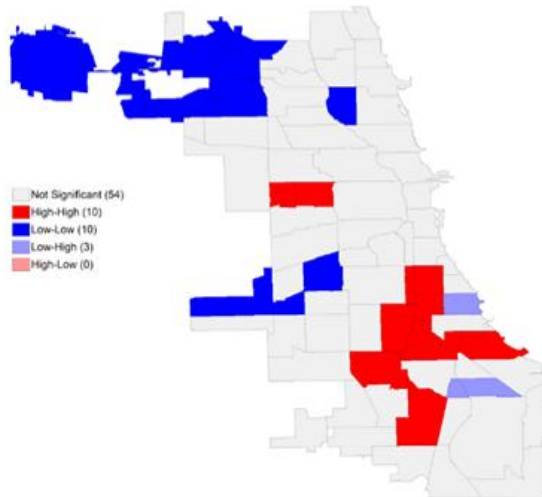


Figure 3. Low Birth Weight Rate and High Homicide Rate

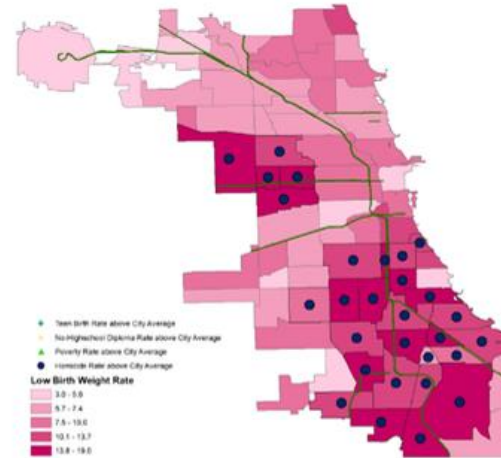
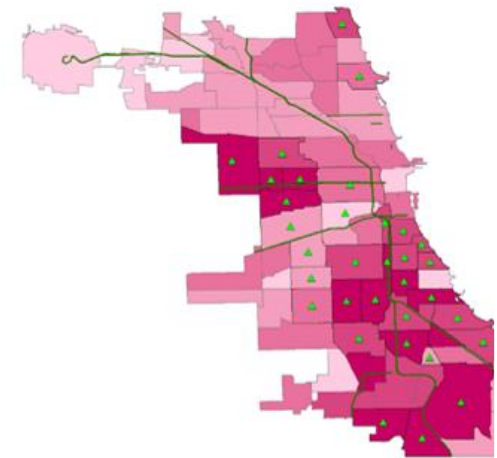


Figure 4. Low Birth Weight Rate and High Poverty Rate



Literature suggest that socioeconomic context, such as poverty, as well as the stress, such as violent crime in the neighborhood is associated with low birth weight (Morenoff, 2003). Figure 3, 4, 5 & 6 display the relationship between low birth weight rate (LBWR) and other health indicators among community areas in Chicago. Figure 3 shows that the top 40% high LBWR communities have the homicide rate above the city average (mean=18.07). Figure 4 shows that at least the top 20% high LBWR communities have the poverty rate above city average (mean=20.29). Figure 5 shows that about half of the community areas who have the high no-high school diploma rate (mean=21.6) also have the high LBWR. Figure 6 shows that many community areas who have higher teen birth rate (mean=50.06) also have the high LBWR.

Figure 5. Low Birth Weight Rate and High No-Highschool Diploma Rate

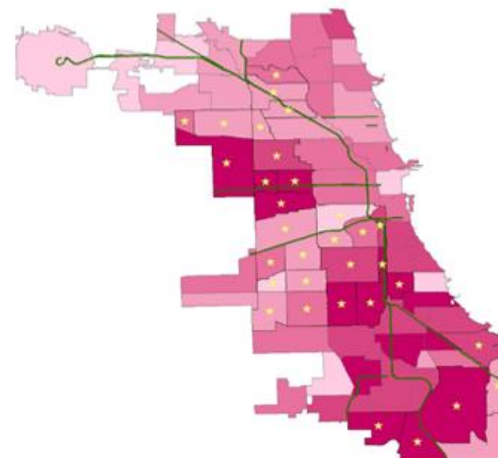


Figure 6. Low Birth Weight Rate and High Teen Birth Rate

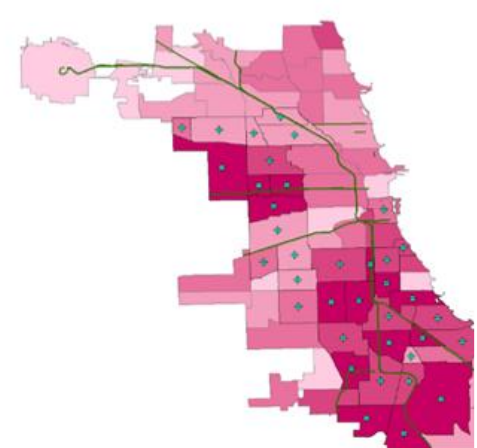


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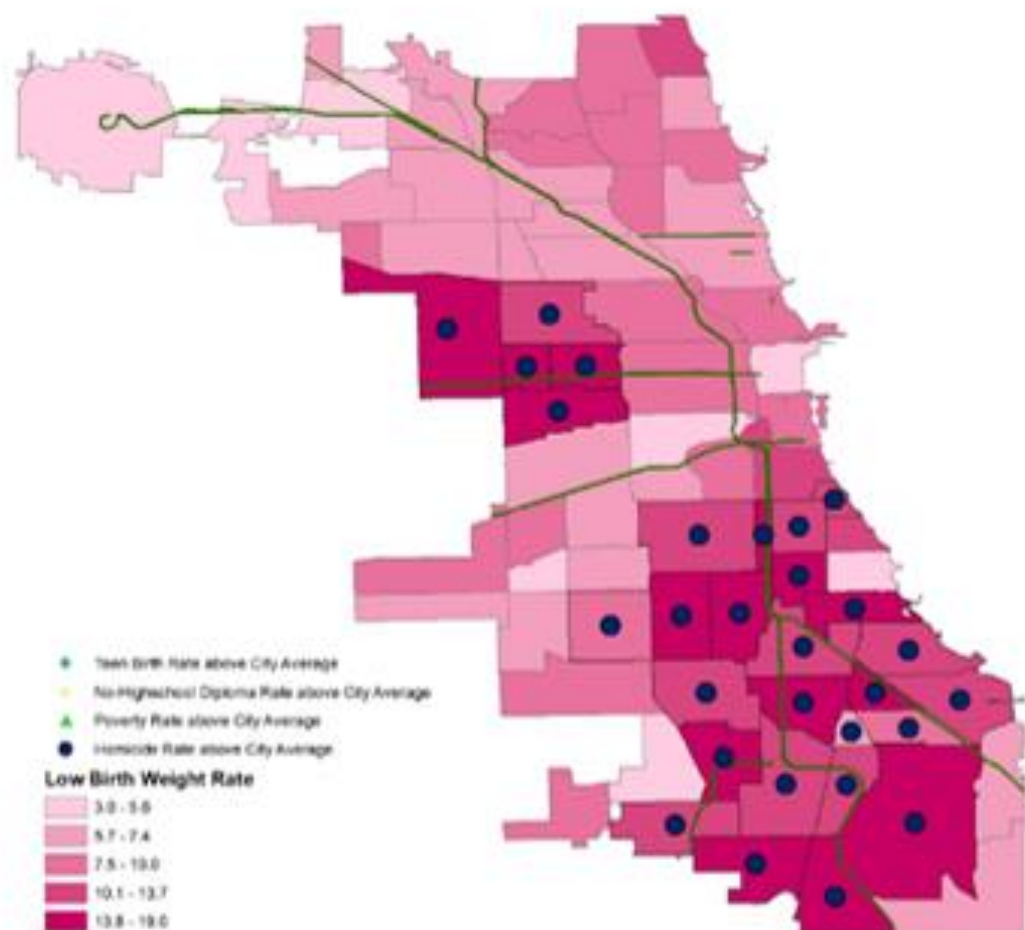
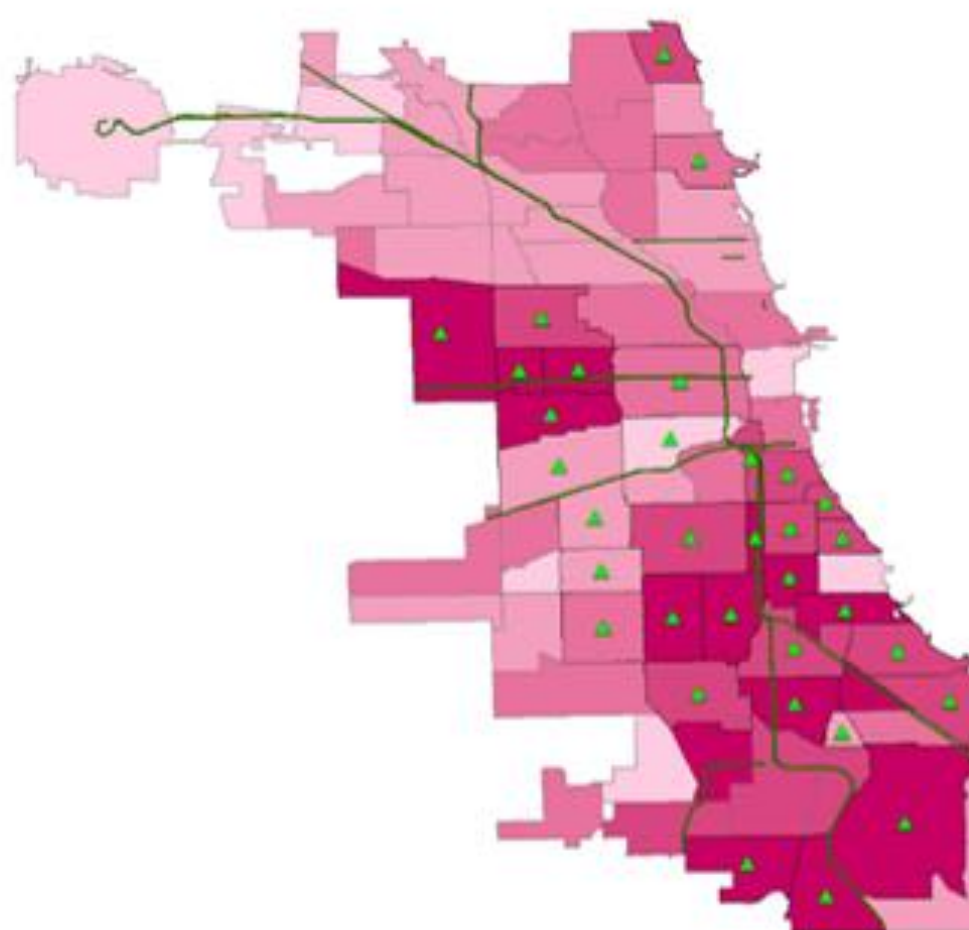


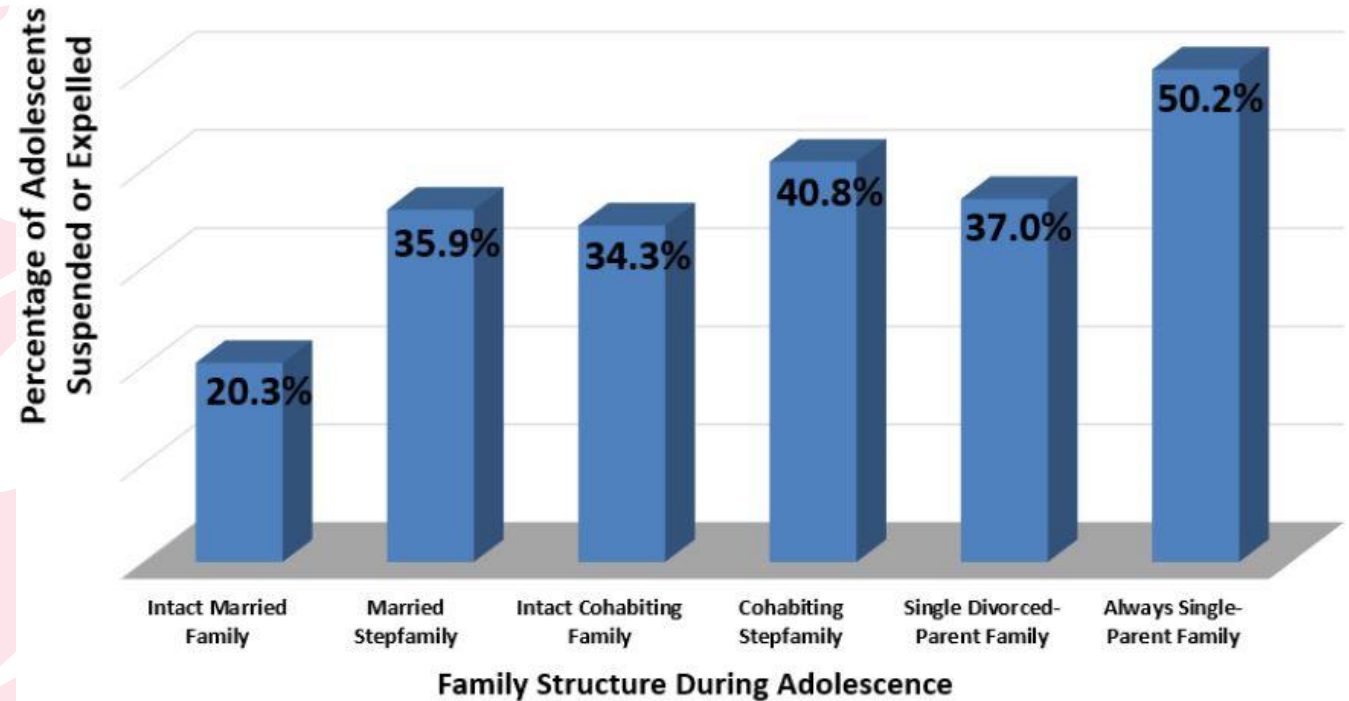
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***Stress
Perspective:
Parents
Conflict &
Children's
Behaviors***

**Adolescents Suspended or Expelled From School
By Family Structure**



Source: National Longitudinal Study of Adolescent Health. Adolescents Grades 7-12.

A Qualitative Study: Student's Behaviors in Public Schools

- “ ... They act on what they experience at home... they mimic what they see... I have a student who threw a chair at another student, because he was so tired, he didn't have enough sleep because his family were all up the whole night... fighting...”
- “ ... they see daddy stab mommy, or mommy stab daddy, ... constant arguing... here, they would say “son of a b*tch”, and “mother f*cker... I mean, can I blame them? No...”



Social Support Framework

- Social support perspective emphasize that those who have meaningful social ties receive emotional and instrumental supports that are health enhancing.

Taking Care of Family Member with Autism

<https://www.imdb.com/title/tt0108550/>



Support Teen Pregnancy Mother

<https://www.rottentomatoes.com/m/juno>



Understand Adolescent who is Coming Out



<https://variety.com/2018/film/reviews/love-simon-review-1202711159/>

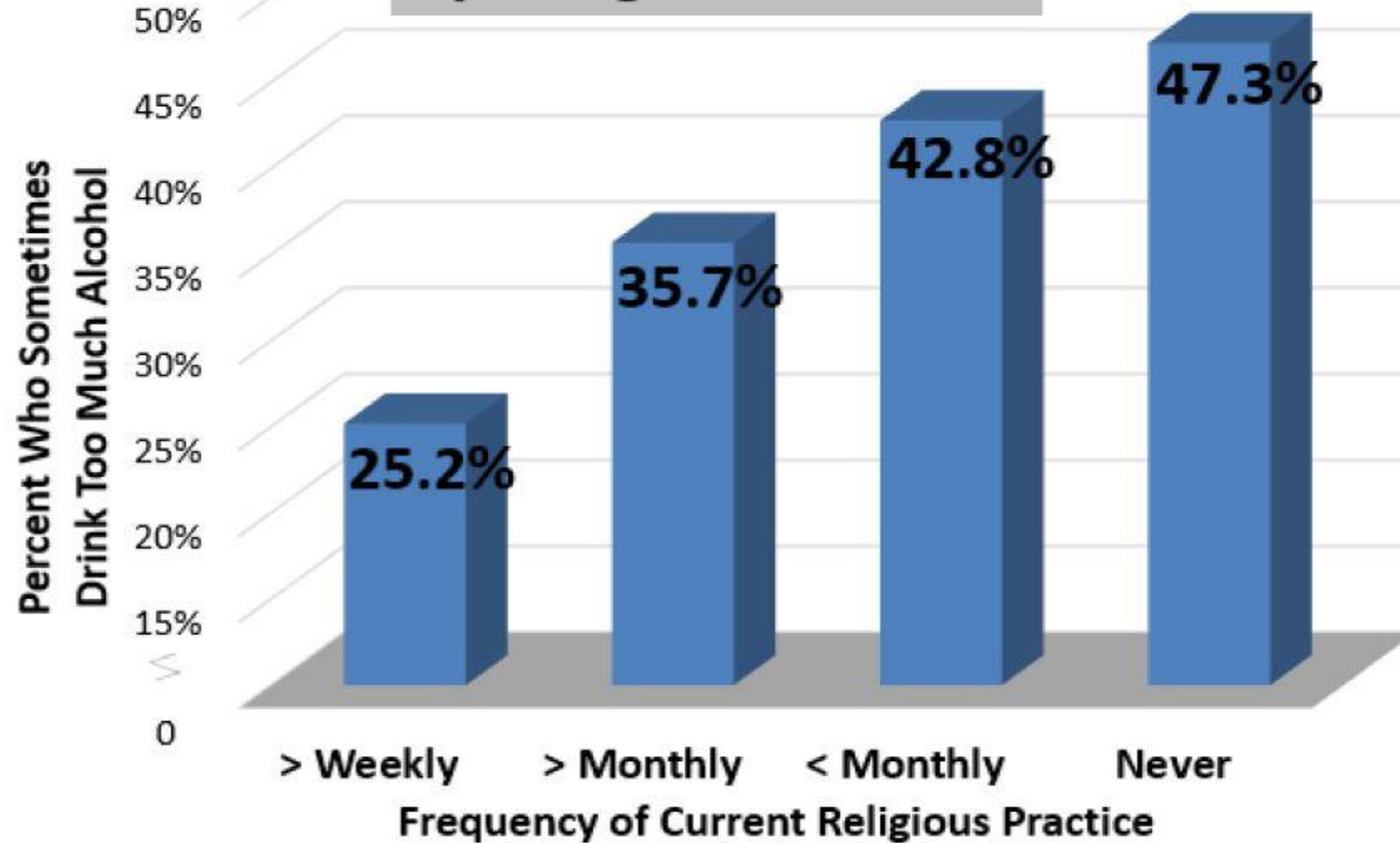
Social Control Framework

- Social control perspectives, by contrast, focus on the role of significant others in directly regulating and encouraging positive health behaviors.



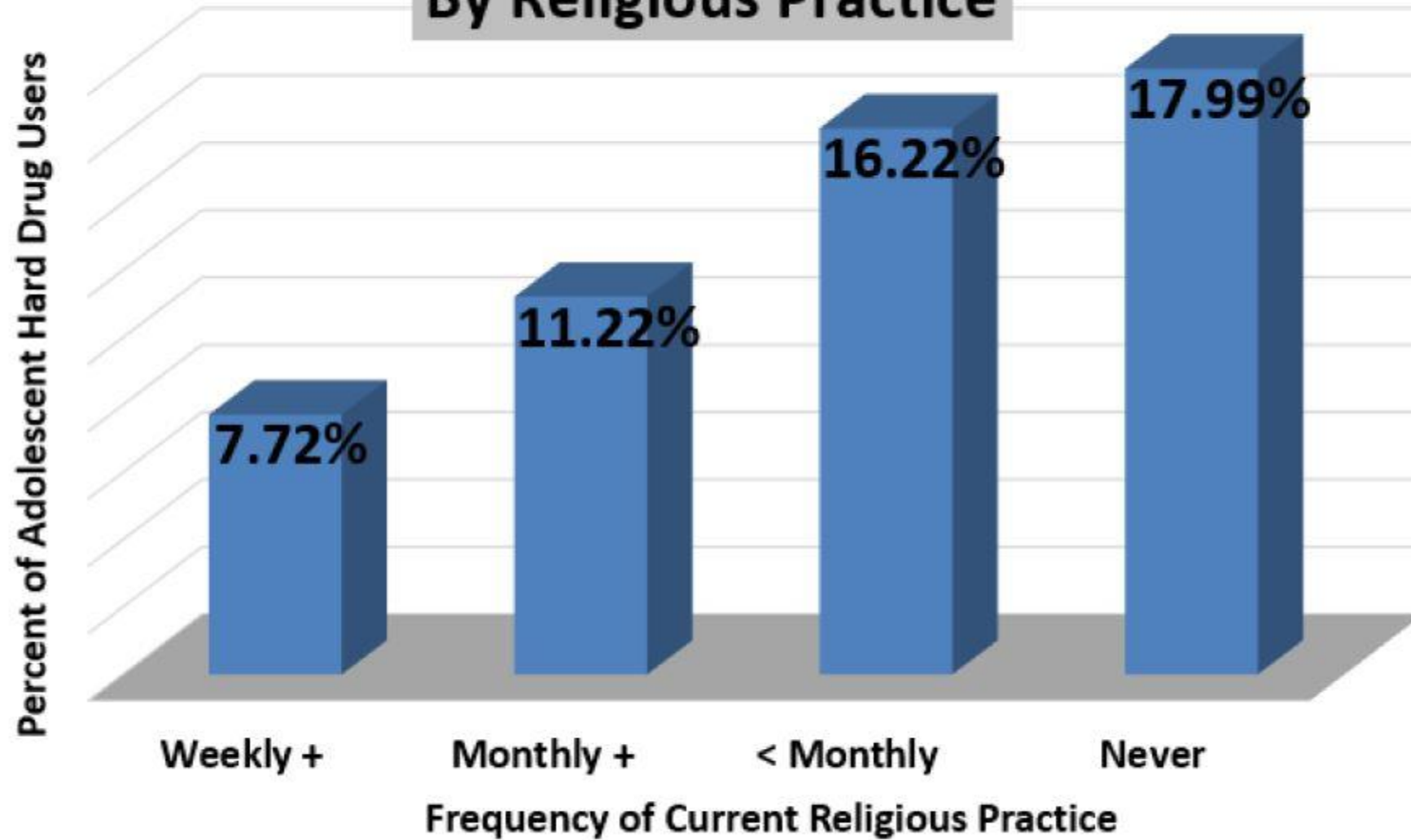
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Drinks Too Much Alcohol By Religious Practice



Source: General Social Survey, 1972-2006

Adolescent Hard Drug Use By Religious Practice



Source: National Longitudinal Study of Adolescent Health, Wave I. Adolescents Grades 7-12.

http://marripedia.org/effects_of_religious_practice_on_substance_abuse

Discussion:

Religion, Family, and Health

- Use social control perspective, can you explain why the frequent religious practice is associated with less drinking and drug problems among adolescents?

Social Selection Perspective

- It is the opposite to social causation perspective (all the above).
- Social selection perspective argues that the factors in families that affect health are pre-determined by individual's prior experiences

“Marriage Benefit” ? Or...

- Married people are healthier than the unmarried.
- Who are the people that choose to get married at first place?
- The ones that are more educated, with higher income, more matured, more likely to make commitment are the one who are more likely to choose marriage.
- Thus, maybe it is the educational attainment, income, psychological readiness and personality that are related to the better health of married (compare to unmarried).



Age 19

Age 47