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3/10/15

Class Notes D931

**Upcoming Assignments**:

Live Well assignment.

**Chapter 6: Emotional Health & Well-Being**

* Well-being: The quality of the life you live. The way of life that makes you your happiest.
* Biopsychosocial Model
	+ Biological Factors
		- Disease
		- Microorganism
		- Vaccines
		- There are many setbacks to using biology alone to determine someone’s well-being
		- Using an illness is irrational because people with illnesses are automatically assumed to have a difficult or dysfunctional life.
		- Ex: People who are deaf are said to struggle throughout life.
	+ Psychological Factors
		- Emotions
		- Immune system/Nervous system
		- Emotional impacts on health
		- Negative/Positive Emotions
		- Health behaviors (Fight or Flight) : going to the doctors is a positive health behavior because you are trying to advance your health conditions and decrease your health risks.
		- Woman stress is call Fend or Friend
		- Ex: People who are depressed are studied to have lower physical health than someone who isn’t depressed.
	+ Sociological Factors
		- Socioeconomics status & income
		- Family & culture (shared behaviors)
		- Difficult to break culture
		- One person’s well-being may be completely different from another person’s well-being.
		- Ex: A teacher with a less demanding job has a better chance of living a longer life than a mechanic with a high demanding job.
	+ Measuring Health related quality of life.
		- Strengths the aspects of their lives for well-being
		- Research Vs. Clinic
		- Ex: Producing a town full of people who are deaf, then adding someone who is not deaf into the town. Every deaf person will see the person who is not death as dysfunctional.
* **Infant Mortality Video**
	+ Question asked: Is inequality making us sick?
	+ 2 Chicago doctors study the reason to why African American women have smaller infants.
	+ Unequal health care treatment for African Americans due to racism is one of the said believed reasons as to why many African American infants are born prematurely.
	+ Lack of education plays another believed roll because they feel African Americans are less likely to go to college.
	+ Colombia law school graduate Kim Anderson proved their theory wrong by giving birth to her daughter 2 and a half months early. Her baby only weighed 2 pounds.
	+ Anderson was a very bright woman who always took great care of herself in order to continually stay healthy and achieve her goals. She always figured healthy life = healthy baby.
	+ The United States is listed as #34 in the world of the amount of babies that pass before age 1
	+ Premature birth is the second cause of death amongst infants and has many increased risk.
	+ It cost $68,000 to keep an infant incubated for one month making it very unfortunate for a family who struggles financially to keep up with the price of keeping their child alive.
	+ We live in a society that is convinced if you have a higher social status you will live a better, healthier, and longer life. If you are more educated you will have less risk of health problems.
	+ Test came to show

3.7% of white women with a college degree gave birth to a premature infant.

10.2% of African American women with a college degree gave birth to a premature infant.

9.9% of white women who dropped out of high school gave birth to a premature child.

* + Scientist questioned the African Genetics, but came to the conclusion that African women become more at risk each generation they live in the United States.
	+ With this all said and done, Racism is the Key Factor to infant mortality amongst African Americans.
	+ 50% of African American women said they live with the thoughts of racism and discrimination daily.
	+ 70% white women think racism is a thing of the past.
	+ Stress is what is causing infant mortality and because of the racist struggles they live with, they are more prone to stress.
	+ Chronic stress before labor can increase stress hormones during pregnancy, which induce labor.
	+ You aren’t created equal unequal unless you are given an equal start.