THE UNIVERSITY OF BRITISH COLUMBIA

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School of Health and Exercise Science
HES 130- Social Determinants of Health
Term W1- 2026

Instructor:	Dr. Tori N. Stranges
Office:	ART 125
Office Hours:	Tuesdays 1-3 or *via Zoom appointment*
Email:	tori.stranges@ubc.ca

TA: Rebecca Reitsma & Lauren Finlay
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We respectfully acknowledge the Syilx Okanagan Nation and their peoples, in whose traditional, ancestral, unceded territory myself and UBC Okanagan is situated.
Truth and Reconciliation Commission of Canada: Calls to Action

Lecture Time & Location

Time: Monday & Wednesday, 5:00-6:30 PM
Location: FIPKE 204

Online Resources/ Text/ Reading:

This is a tentative schedule for our course. Please do not rely on the syllabus for your course materials. Lecture notes (PDF), assignment details, and other relevant information pertaining to the course will be posted on Canvas.

Online Text: Social Determinants of Health: The Canadian Facts (2nd edition, 2020) by Dennis Raphael, Toba Bryant, Juha Mikkonen and Alexander Raphael.
**Free eBook is available at: https://thecanadianfacts.org/*

Course Overview:

Examining the relationships between biological, psychological, social, and economic factors to understand inequities in health outcomes for different individuals and populations.

Learning Objectives:

After completing this course, we will be able to:

1. Define the basic concepts of social epidemiology, population health and health equity.
2. Identify the major structural and social (collective) determinants of human health within the context of Canadian sub-populations.
3. Explain the differences between collective and individual-level determinants of health.
4. Apply course concepts to think critically about what determines the health of populations.

Evaluation Criteria and Grading:

A. Academic Integrity Module - 5%
B. Weekly Quiz - 30% (6 quizzes worth 5% each)
C. Podcast Review - 25%
D. Final Take Home Exam - 40%

Academic Integrity Module (5%) *Due Friday September 18th 11:59 p.m.*

Please upload your certificate of completion (self-directed, ~60 mins total) via Canvas, before Sept 18th at 11:59pm PST for a 5% completion grade.

Weekly Quiz (30%) *Due weekly on Friday's 11:59 p.m.*

The purpose of weekly quiz is to demonstrate your understanding of the course content each week. Students will be required to complete the Weekly quiz at the end of Week 3,4,5,6,7 and 8. Each quiz is worth 5% (5% X 6 weeks = 30%). Weekly quizzes are open book and will focus on the lecture content we covered in the week. Due the Friday of each week at 11:59 p.m.

Podcast Review (25%) *Due Friday November 27th, 11:59PM. (5 day grace period*)*

For this assignment, you will listen to a podcast episode and reflect on connections between the episode's content and key course concepts. The goal is to critically engage with the material, identify relevant themes, and discuss how the podcast contributes to your understanding of topics explored in the course.
** Students can submit up to 5 days late with no penalty*

Final Exam (40%) *During exam period, TBD.*

This class has a final exam during exam period with 40% of your final grade. The exam will be available on Canvas and will include a variety of question types, such as multiple choice, short and long answer, and application-based scenarios. It is designed to assess both your understanding of course content and your ability to critically engage with the social determinants of health. The specifics will be provided during a review class.

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Course Schedule:

**Subject to change, see Canvas for most up to date information.*

Date	Topic	Required Readings & Class Preparation	Learning Outcomes
Week 1 Sept 7 Sept 9	**No Class** Course Overview	**No Class** Familiarize with our course's syllabus, textbook and Canvas.	**Understand** the course's structure, expectations and activities for the upcoming term
Week 2 Sept 14 Sept 16	Library Services & SVPRO **No Class** Academic Misconduct Module	Welcome Jane Jun, HES Subject Librarian & Johannah Black, Sexual Violence Prevention and Response Educator Upload your certificate of completion (self-directed, ~30 mins) via Canvas, before **Sept 18th at 11:59pm** PST for a 5% completion grade. **Academic Integrity Certificate Due, Friday Sept 18th 11:59PM**	**Understand** the principles of academic integrity and the library services that support academic success.
Week 3 Sept 21 Sept 23	Social Determinants of Health: Key Issues and Themes	Read Chapter 1 & 2 *(Introduction & Stress, Bodies, and Illness)*: Social Determinants of Health: The Canadian Facts (2nd edition, 2020) by Dennis Raphael, Toba Bryant, Juha Mikkonen and Alexander Raphael. * Free eBook: https://thecanadianfacts.org/ **Quiz 1 Due, Friday 11:59 PM**	**Define** the social determinants of health **Distinguish** between individual vs. population level drivers of health outcomes
Week 4 Sept 28 Sept 30	Health Systems, Health Care Services, & Health Equity **No Class**	Read Chapter 12 (*Health Services):* Social Determinants of Health: The Canadian Facts **No Class, TRC Day- Check out some local events.** **Quiz 2 Due, Friday 11:59 PM**	**Distinguish** between health inequalities and inequities **Understand** how the structure of health systems and health care services can affect access to care

Week 5 Oct 5 Oct 7	Early Childhood Development and Health	Read Chapter 7 *(Early Childhood Development):* Social Determinants of Health: The Canadian Facts *Free eBook: https://thecanadianfacts.org/ **Quiz 3 Due, Friday 11:59 PM**	**Define** early childhood development as a determinant of health **Understand** the main explanations of the relationship between ECD and health outcomes **Appreciate** how programs and services targeting mothers and young children can alter population health outcomes
Week 6 Oct 12 Oct 14	**No Class** Income, Inequality, and Health	**No Class, Thanksgiving Holiday** Read Chapter 3 *(Income and Income Distribution):* Social Determinants of Health: The Canadian Facts *Free eBook: https://thecanadianfacts.org/ **Quiz 4 Due, Friday 11:59 PM**	**Define** poverty and typical income measures, used in health research and reporting. **Understand** the relationship between income, income inequality and health.
Week 7 Oct 19 Oct 21	Food Insecurity	Read Chapter 8 *(Food Insecurity)*: Social Determinants of Health: The Canadian Facts (2nd edition, 2020) *Free eBook: https://thecanadianfacts.org/ **Quiz 5 Due, Friday 11:59 PM**	**Define** food security as a determinant of health **Understand** the differences between food security, food insecurity and hunger and their influence on health outcomes
Week 8 Oct 26 Oct 28	Housing and Health	Read Chapter 9 *(Housing)*: Social Determinants of Health: The Canadian Facts (2nd edition, 2020) *Free eBook: https://thecanadianfacts.org/ **Quiz 6 Due, Friday 11:59 PM**	**Define** housing as a determinant of health **Understand** differences between housing status, housing conditions and housing security, and their influence on health
Week 9 Nov 2 Nov 4	Literacy and Health Literacy	Read Chapter 4 *(Education)*: Social Determinants of Health: The Canadian Facts (2nd edition, 2020) *Free eBook: https://thecanadianfacts.org/	**Define** education as a determinant of health

			Understand the definitions of education, literacy and health literacy
Week 10 Nov 9 Nov 11	**READING WEEK** NO CLASS	**READING WEEK** NO CLASS	**READING WEEK** NO CLASS
Week 11 Nov 16 Nov 18	Access to Health Care: Deepening the Conversation	López, N., & Gadsden, V. L. (2017). Health inequities, social determinants, and intersectionality. In Perspectives on health equity and social determinants of health. National Academies Press (US). Race & Gender **Virtual Guest Lecture, Dr. Naomi Maldonado-Rodriguez**	**Define** the three key contexts of oppression that determine health care access **Understand** the definitions related to oppression and their influence on health
Week 12 Nov 23 Nov 25	Access to Health Care: Deepening the Conversation	Nixon, S. A. (2019). The coin model of privilege and critical allyship: implications for health. BMC public health, 19(1), 1637. **Guest Lecture, Rebecca Rietsma** Disability **Guest Lecture, Robin Metcalf** **Podcast Review Due Nov 27th, 11:59PM**	**Define** the three key contexts of oppression that determine health care access **Understand** the definitions related to oppression and their influence on health
Week 13 Nov 30 Dec 2	What Can You Do? Exam Review	Read Chapter 20 *(What You Can Do)*: Social Determinants of Health: The Canadian Facts (2nd edition, 2020) *Free eBook: https://thecanadianfacts.org/ Exam Review Class	**Identify** individual and collective actions that can address health inequities **Reflect** on your role in promoting health equity within your community or profession **Explore** strategies for advocacy, allyship, and systemic change
Week 14 Dec 7 Dec 9	**No Class**	**DECEMBER 9TH LAST DAY OF CLASS,**	**No Class**

Grading Scheme:

A+…..90-100
A...….85-89
A-……..80-84
B+..…76-79
B...…72-75
B-……68-71
C+..….64-67
C...…..60-63
C-……55-59
D..….50-54
F...…..0-49

Privacy Information Notice:

During lectures, recordings may be made by a student with note-taking accommodation using Genio.co. These recordings utilize the device's microphone and/or content displayed on the screen and are exclusively for the student's personal use to support their accommodation. This service is provided by UBCO's Disability Resource Centre, and all users have agreed to UBC's terms for recording lectures.

Under Section 26 of the BC Freedom of Information and Protection of Privacy Act (FIPPA), UBC collects this information solely to facilitate note-taking accommodations. Genio, along with its third-party service providers, processes and stores data outside of Canada, primarily in the United Kingdom and the United States, adhering to its Privacy Policy.

For any inquiries or concerns regarding how this information is collected, used, or stored, please contact drc.questions@ubc.ca.

Generative AI:

Students are permitted to use artificial intelligence tools, including generative AI, to gather information, review concepts or to help produce assignments. However, students are ultimately accountable for the work they submit, and any content generated or supported by an artificial intelligence tool must be cited appropriately through an AI statement. Use of AI tools is not permitted during midterm exams and final exams in this course. Learn more through the Generative AI website. Note that this is a course-specific policy. Check with your instructor before using these kinds of tools in other classes.

Attendance:

Attendance for lectures is not mandatory but is highly recommended as material discussed in class will be on the final exam for this course. Students who attend lecture generally achieve higher grades. Class participation is encouraged. The text and/or notes, other resources are easily accessible at any time, but it is impossible to duplicate the discussion, activities, challenge and interaction that takes place in the classroom.

Late assignments:

Assignments are due at the specified due date and time indicated on the course schedule, unless otherwise indicated; after that, the assignment will be considered 1 day late; for each late day, there will be a 10% deduction from the grade received.

Canvas Access:

To access the UBC Canvas page: Navigate to canvas.ubc.ca
How do I log in? Use your CWL and password.
You can also check out: http://students.canvas.ubc.ca or contact the UBC Information Technology Help Desk 250-807-9611.

NOTE: This syllabus constitutes an agreement between professor and student in accordance with University policy and is subject to the terms and conditions set forth herein. This syllabus is tentative and subject to revision in whole or in part, whether written or oral; each revision shall be subject to the terms and conditions set forth above. It is your responsibility to keep up with changes to the syllabus.

University Policies:

The examination period for Term 1 of Winter 2026 is December 9th to 20th. Except in the case of examination clashes and hardships (three or more formal examinations scheduled within a 24-hour period) or unforeseen events, students will be permitted to apply for out-of-time final examinations only if they are representing the University, the province, or the country in a competition or performance; serving in the Canadian military; observing a religious rite; working to support themselves or their family; or caring for a family member. Unforeseen events include (but may not be limited to) the following: ill health or other personal challenges that arise during a term and changes in the requirements of an ongoing job.

Further information on Academic Concession can be found under Policies and Regulation in the *Okanagan Academic Calendar* http://www.calendar.ubc.ca/okanagan/index.cfm?tree=3,48,0,0
The Student Learning Hub is your go-to resource for free learning support—now online and flexible to meet your remote learning needs! The Hub welcomes undergraduate students from all disciplines and years to access a range of supports that include tutoring in math, sciences, languages, and writing, as well as dedicated learning support to help you develop skills and strategies for academic success. Don't wait—successful learners access support early and often. For more information, visit students.ok.ubc.ca/hub or contact learning.hub@ubc.ca

Writing Support:

Improve your writing with free support from the Student Learning Hub—now online and flexible to meet your remote learning needs! Undergraduate students from every discipline, working on any type of written course assignment (or presentation), are welcome. We support writers at all stages of the writing process, from getting started and planning to drafting and revising. Peer writing consultants focus on your needs as a writer—they don't "edit" or "proofread." Instead, they listen, read, ask questions, and share strategies for doing it yourself, allowing you to explore your innate writing talents and discover a path to academic success that is uniquely yours. Don't wait—successful learners access support early and often. Visit students.ok.ubc.ca/hub or contact learning.hub@ubc.ca

UBC Okanagan Disability Resource Centre:

The Disability Resource Centre ensures educational equity for students with disabilities, injuries or illness. If you are disabled, have an injury or illness and require academic accommodations to meet the course objectives, please contact Earllene Roberts, the Diversity Advisor for the Disability Resource Centre located in Commons Corner in the University Centre building (UNC 227).

UNC 227A 250.807.9263
email *earllene.roberts@ubc.ca*
Web: students.ok.ubc.ca/drc/welcome

UBC Okanagan Ombuds Office:

The Ombuds Office offers independent, impartial, and confidential support to students in navigating UBC policies, processes, and resources, as well as guidance in resolving concerns related to fairness.

UNC 227B 250.807.9818
email: *ombuds.office.ok@ubc.ca*
Web: www.ombudsoffice.ubc.ca/ubc-okanagan-2

PREFERRED NAMES and PRONOUNS

UBC policy requires faculty, staff, and students to refer to each other by their preferred name and pronouns. The EIO provides some basic guidelines. Beyond the Binary at UBC has a more helpful resources on their Pronouns 101 page.

Students in this class are invited to share their preferred name and pronouns or not. If you are misnamed or misgendered, please correct the other person respectfully. Remember, it is easier to avoid using wrong pronouns if you know someone's name and simply refer to them by name.

The instructor prefers the names: Tori

The instructor prefers the pronouns: She/They.

UBC Okanagan Equity and Inclusion Office:

UBC Okanagan is a place where every student, staff and faculty member should be able to study and work in an environment that is free from discrimination and harassment. UBC prohibits discrimination and harassment on the basis of the following grounds: age, ancestry, colour, family status, marital status, physical or mental disability, place of origin, political belief, race, religion, sex, sexual orientation or unrelated criminal conviction. If you require assistance related to an issue of equity, discrimination or harassment, please contact the Equity and Inclusion Office.

UNC 227C 250.807.9291
email: *equity.ubco@ubc.ca*
Web: www.equity.ok.ubc.ca

Health & Wellness:

At UBC Okanagan health services to students are provided by Health and Wellness. Nurses, physicians and counsellors provide health care and counselling related to physical health, emotional/mental health and sexual/reproductive health concerns. As well, health promotion, education and research activities are provided to the campus community. If you require assistance with your health, please contact Health and Wellness for more information or to book an appointment.
UNC 337
Web: www.students.ok.ubc.ca/health-wellness

Sexual Violence Prevention and Response Office:

The Sexual Violence Prevention and Response Office offers a safe place for faculty, staff, and students who have experience sexual assault regardless of identity, expression, or orientation, regardless of when or where it took place.
Office: Nicola Townhome 120, 1270 International Mews
Phone: 250-807-9640
Email: svpro.okanagan@ubc.ca Web: https://svpro.ok.ubc.ca/

SAFEWALK

Don't want to walk alone at night? Not too sure how to get somewhere on campus?
*Call Safewalk at **250-807-8076.***
For more information, see: www.security.ok.ubc.ca