

Dr. Ahmed Elshafei

Office: SAM 213

Office hours: by appointment

CLASS TIME: Tuesday/ Thursday/ Friday 1:00-2:40pm (SAM 103)

Email: ahmed.elshafei@seattlecolleges.edu

If you come in late be discreet and don't disturb the class. Please put your phone on vibrate mode and please leave the room quickly and quietly if you need to answer it.

We will be watching lots of films so try to be there on time so as not to miss good parts!

*This is a **participatory classroom**. I expect you to be an active and integral member of the class; thinking and contributing on all topics. This classroom is a safe place for people of all backgrounds, sexual orientations and religions.*



This course is taught from the point of view of social determinants of health in the USA, comparison of health outcomes in the USA and analysis of the source of health and health problems in the USA. It is not a guide to nutrition or exercise. There is reading in this course.

The instructor reserves the right to modify, reschedule and change any parts of the lecture, assignments, deadlines, grading criteria or policies at any point in the quarter, and to make individual exemptions and alterations based upon the instructor's professional judgment.

My Background: I am a medical doctor, researcher, faculty, lecturer and I am working on my Global Health MPH at University of Washington. I have been teaching in the US and internationally for many years. I have taught behavioral science, psychiatry, mental health, global health, epidemiology and biostatistics. I was born in Egypt and I went to the Faculty of Medicine at University of Alexandria. I have lived and worked in Alexandria, Cairo, Marsa Matrouh (Egypt), while in the United States I lived and worked in Washington DC, Boston (MA), Cincinnati (Ohio), Seattle (Washington), as well as Antigua and Barbuda. Moreover, I have been a mentor volunteer at the Crisis Connections (formerly called the Crisis Clinic) of King County. I had volunteered at the Bread of Life shelter in Seattle where I used to conduct psychoeducation. My hobbies include playing soccer & tennis, hiking, camping, reading, traveling and exploring new restaurants.

Class attendance is required in this course. If you miss a class it is your responsibility to obtain the lecture notes, assignments, and materials handed out in class. I will not make up missed classes.

Learning Objectives and Goals

1. To develop a sense of the causes and consequences of structural violence as reflected in health outcomes.
2. To distinguish health from healthcare.
3. To develop an understanding of the vulnerability of populations to different health problems, and the potential interventions that may mitigate these problems.
4. To gain knowledge about the ethics of working and learning in poor communities.
5. To work as a team in groups.
6. To gain understanding of cultural impacts on health.
7. To gain historical perspectives on health outcomes and conditions in the USA and compared to other rich countries.
8. To embrace the idea that all people have a right to healthcare and a right to health.
9. To gain knowledge about successes and failures in public health thinking and practice.
10. To lead a healthier lifestyle!

Special Assistance:

Please let me know if there are any areas that you will need assistance with. This includes physical access to the classroom, ASL interpreters, or extra time to take an exam. If you are physically or learning challenged, please let me know so action can be taken to make the learning environment as comfortable and successful as possible for you. If you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible. Counselors are available to assist you at Seattle Central College. Students with documented disabilities requesting class accommodations, or require special arrangements in case of building evacuation should let me know at the beginning of the quarter.

Students with documented disabilities requesting class accommodations, requiring special arrangements in case of building evacuation, or have emergency medical information the instructor should know about are asked to contact the disability support services office (DSS) in Rm. 1112. Once the disability is verified with DSS you will be given a letter of accommodation that should be to handed to your instructor.

READINGS & FILMS:

REQUIRED BOOK: **The Bluest Eye by Toni Morrison** (not the adaptation). Available at Seattle Public Library as a book, and as an audiobook (free), from the Central Library or on Kindle, paperback and audiobook on Amazon.

REQUIRED FILM (stream on KANOPY/NETFLIX/AMAZON PRIME OR HULU)

1. *13th* (film) directed by Ava Duvernay: available on Netflix or Amazon [100 minutes]
2. *Inequality for All* (film): directed by Jacob Kornbluth. Features Robert Reich. Documentary, 2012, Available to stream on Amazon or on Netflix.
3. *Where to Invade Next* (film): by Michael Moore, 2016
4. *Shameless* (TV series) Series #1 #1, 2, 3, & 4

Grading

Grade Allocation	100%
Exams (2 exams, 25% each)	50%
Research <u>or</u> Service Learning (5 % for the presentation)	20%
Reading Reflections	10%
Discussion Posts	10%
In class participation	10%

Exams are made-up from material covered in lectures, readings, discussions, in-class activities, including videos/ films/ documentaries. Each exam is freshly constructed and may be similar to old exams but will not contain the same questions or information. Grades are not assigned for individual exams, but at the end of the quarter each person's points are totaled. Course grades are determined according to the standards expected by the instructor and the distribution of scores within the class.

I will also take into account whether a person has been improving (or declining) steadily in performance during the quarter in deciding what grade to assign. You should be able to keep a running total for yourself during the quarter so that you know how you are progressing. **Remember Canvas may not accurately represent your score.**

If you have an acceptable medical excuse (written by a qualified physician, PA or nurse) or a severe family emergency, please inform me as promptly as possible for a make-up exam or prorated score at my discretion. The usual procedure for an "Incomplete" will be used for a final exam missed for the acceptable reasons listed above.

Cheating: In our class, there is no tolerance for cheating, including the use of any notes regardless of their origin during the exams. Please be very careful to leave all information on notes, cards, bodies or any other place at the front or back of the room during exams. If this material is found on your person, whether or not you are using it, you will be considered to be cheating. Please be careful not to have phones on your body during exams.

Safe Space: My intention is for this classroom to be a safe space for all students regardless of their background, religion, ethnicity, gender, gender identification or sexual orientation. If at any time this does not feel safe to you for any of these reasons, please let me know as soon as possible. Please check in with me during the quarter. If there is anything in your life preventing you from doing your best, please let me know... maybe I can help, or at least I can be empathetic. If there is nothing, still come and check in. I can't take into account things I don't know about.

<i>Students with documented disabilities requesting class accommodations, requiring special arrangements in case of building evacuation, or have emergency medical information the instructor should know about are asked to contact the disability support services office (DSS) in Rm. 1112.</i>

Once the disability is verified with DSS you will be given a letter of accommodation that should be handed to your instructor.

Topics: (see schedule for details)

Section 1: Dimensions of Health, Social Determinants of Health, and Historical Legacy and Health

Section 2: Chronic Stress and Cortisol, Indicators and why the USA fails, Inequality & Chronic Stress, sleep cycle, food and nutrition, and exercising.

Section 3: Obesity, Diabetes & Stigma, Health Promotion, Disease Prevention and Screening, and STDs

Section 4: Mental health burden, substance use disorder/ addiction, depression/ bipolar disorder, suicidality, anxiety, PTSD, schizophrenia, personality disorders, and defense mechanisms.

The instructor reserves the right to modify, reschedule and change any parts of the lecture, assignments, deadlines, grading criteria or policies at any point in the quarter, and to make individual exemptions and alterations based upon the instructor's professional judgment

Land Acknowledgement

We acknowledge the land on which we sit and occupy today as the traditional home of the Duwamish and Coast Salish tribal nations. Without them, we would not have access to this gathering and to this dialogue. *Adapted from language developed by the 2018 National Conference on Race and Ethnicity (NCORE) Committee*

Seattle Central College is committed to the concept and practice of equal & equitable opportunity for all its students and employees in education and employment, and does not discriminate on the basis of race or ethnicity, color, age, national origin, religion, marital status, sex, gender, sexual orientation, veteran status, political affiliation or belief, citizenship/immigrant status, or presence of any physical, sensory, or mental disability.

Statement from the President & Civic Engagement Resources:

<https://www.seattlecentral.edu/about/leadership/campus-civic-engagement>

Emergency Preparedness

This link provides information about workplace and classroom emergencies:

<http://www.seattlecolleges.edu/district/emergencies/workplace911.aspx>

Building Evacuation: In the event of an emergency that requires evacuation, all persons should observe the following procedures:

1. Begin the evacuation process when a verbal or alarm notice is given.
2. All persons shall move towards the nearest marked exit. Wheelchair occupants or persons with mobility impairments have first priority for the building elevators, but elevators should never be used in a fire or earthquake.
3. Please familiarize yourself with the closest exit to this classroom. Use that exit in the event of evacuation. Assist physically impaired students.

Please contact Shiro Vance at Campus Security for more information. 206.934.5437 or in BE1108. If you have emergency medical information or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible.

Americans with Disability Act (ADA) (BE1112)

Students with documented disabilities requesting class accommodations, requiring special arrangements in case of building evacuation, or have emergency medical information the instructor should know about are asked to contact the disability support services office (DSS) in BE1112. Once the disability is verified with DSS the student will be given a letter of accommodation (LOA) to be handed to instructor.

Accommodation Process:

- If a student contacts the instructor about an accommodation request, the instructor will refer the student to the Disability Support Service office in BE1112 for an appointment to discuss accommodation needs.
- If the DSS office determines that the student does indeed have a disability, the student will be given a letter of accommodation (LOA) that will state the accommodation to be implemented.
- The student's responsibility is to hand the LOA to the instructor. The instructor will sign the letter (if there is agreement with the accommodation) and give it back to the student. Student will return the LOA to DSS.

Student Complaint process

The Dean of Student Development is the designated campus complaints officer and is available to meet with students to discuss issues, devise problem-solving strategies, and if necessary, guide them through the formal complaints process. Make an appointment (206.934.3840) to meet for assistance, support and advice. *For more information:* <https://www.seattlecentral.edu/campus-life/student-support-and-services/student-rights-and-responsibilities/complaint-process>

All Gender Restrooms

There are three (3) locations for all gender restrooms on the Seattle Central campus. Two single stalled restrooms are available on the 3rd floor of the Main Broadway Edison (BE) building, located across from room 3216, and open daily until the close of the building (10pm Mon-Thurs; 6pm Fri & Sat). Additionally, there is an all-gender restroom located on the 3rd floor of the BE building, on the north end, near IT Services. The third is located in the Mitchell Activity Center (MAC) building, Level 1 next to the weight room. *For more information:* <http://www.seattlecentral.edu/maps/be/3rd-floor.php>

Reflection Room (BE 3215B)

The purpose of the room is to support self-reflective practice for developing a healthy campus community by providing a safe and accessible space for meditation and reflection for students, staff and faculty. The Reflection Room is open from 8:00 a.m. – 5:00 p.m., Monday through Friday on a first come, first served basis. Please view the Reflection Room - Community Expectations.

For more information: Lyall.Rudenskjold@seattlecolleges.edu

Title IX

Seattle College District has a zero-tolerance policy on sexual harassment, discrimination, sexual violence, rape, bullying, or hazing. Please see District Policy and Procedure 419 for our process on investigating and responding to reports of sexual harassment and sexual discrimination. If you have experienced sexual harassment or discrimination, sexual violence, or bullying, or are aware of an incident involving these violations, report it immediately to the Title IX Coordinator Christina Nelson at , Christina.M.Nelson@seattlecolleges.edu 206.934.4017 or to the District Compliance Officer Jennie Chen at 206.934.3873, jennie.chen@seattlecolleges.edu .

Undocumented Student Support (BE1103)

The Multicultural Services (MCS) office in BE1103 offers support for undocumented students at Seattle Central College. Students may contact DREAMer Support Navigator, student Tanya Medina Hernandez, tanyamedinahernandez@seattlecolleges.edu. There is a website linked to the Seattle Central website - SCC Undocumented Students, call 206.934.4005 or by visit the MCS office at BE 1103.

For more information: <https://seattlecentral.edu/campus-life/student-support-and-services/dreamers>

Veteran Support Services & Center (BE3201C)

As a veteran, member of active duty military personnel or dependent, you may qualify for a variety of resources to help you pay for your education as well as other services that may help you to achieve your educational goals. Students may go to the Veteran's Support Center or visit the VetCorp Navigator in BE3204 to learn more information. This center assists veteran students, their dependents and partners with the tools and resources to successfully navigate the transition from military to college life.

Re-Entry Support Program (BE3215)

The Re-Entry support program welcomes, supports, and creates a responsive learning environment for all currently and formerly incarcerated students. This center offers a peer mentoring program for re-entry students, advocates for racial equity to address institutional racism within higher education, educates the campus community regarding the unique challenges faced by currently and formerly incarcerated students, and creates community through a student-led, organized club for re-entry students who experience barriers associated with having been in prison or jail. *For more information:* Nick Rankin at 206.934.4018 or Nicholas.Rankin@seattlecolleges.edu

MESA Center (BE3221)

MESA offers academic and professional support services to qualifying students who intend to transfer to 4-year universities in pursuit of STEM majors. Our overriding aim is to diversify the STEM workforce by addressing the challenges underserved students face in their educational and career development.

Resources available for students include: online orientation, career advising, transfer assistance, professional development & academic excellence workshops, and a study center.

For more information: <https://seattlecentral.edu/campus-life/student-support-and-services/mesa>

