



# Chapter 10

## Physical and Mental Health

# Health and Illness: A Global Perspective

## High-Income Nations

- Infant mortality rate – number of babies who die in their first year of life for each thousand births
  - Low – about 10 deaths for every 1,000 births
- Life expectancy at birth – number of years people in a society can expect to live
  - Longer - on average into their seventies or early eighties

# Health and Illness: A Global Perspective

## High-Income Nations

- Chronic diseases – an illness that has a long-term development
  - More prevalent in high-income countries
  - Related to problems of aging

# Health and Illness: A Global Perspective

## Low-Income Nations

- Poverty and poor health
  - Poverty and malnutrition
  - Poverty and lack of safe drinking water
  - Poverty and poor sanitation
- Acute disease-illness that strikes suddenly
  - Infectious diseases

# Rich and Poor Compared: The AIDS Epidemic

- Social epidemiology – study of how health and disease are distributed throughout a society
- Epidemic – disease that spreads rapidly

## **AIDS: The Global View**

- Roughly 40 million cases of HIV globally
- Africa – 70% of HIV cases
- World's poor hit hardest by the AIDS epidemic

# Rich and Poor Compared: The AIDS Epidemic

- Poor nations and AIDS
  - Poor have weakened health
  - Poor countries have fewer resources for education and prevention programs
  - Cultural patterns and AIDS

# Rich and Poor Compared: The AIDS Epidemic

## AIDS: The United States

- United States accounts for less than 5 percent of HIV cases
- Primarily a disease of the poor
- Function of educational programs
- Over ten billion spent annually on AIDS research
- Drug treatment for HIV and lower mortality

# Socialist Systems

## The People's Republic of China

- Government administers health care
- Barefoot doctors
- Modern scientific medicine
- Traditional forms of medicine
  - Acupuncture
  - Medicinal herbs



# Socialist Systems

## The Russian Federation

- Health care is still mostly under government control
- Doctor's paid less
- Mostly women
- Economic decline and declining health

# Capitalist Systems

## Sweden

- Government run health care system
- Funded through taxes
- Physicians are government employees
- Health care a basic right
- Form of socialized medicine

# Capitalist Systems

## Great Britain

- Socialized system of health care since 1948
- Dual system
- National Health Service – funded by tax dollars and covers all British citizens
- Private health care for those that can pay

# Capitalist Systems

## Canada

- Not state controlled but managed system of health care

## Japan

- Physicians and hospitals operate privately in a market system
- Government programs and private insurance pay the majority of health care costs

# Health Care in the United States: A system in Crisis?

## **U.S. health care system**

- Direct-fee system – medical care system in which patients or their insurers pay directly for the services of physicians and hospitals
- Based on choice
- Market based system

# The Cost Problem

- Health care costs were 1.2 trillion in 1998

Six reasons behind the soaring cost of healthcare

- 1. Spread of private insurance
- 2. Specialization of doctors
- 3. More high technology
- 4. Aging population
- 5. Lack of preventive medicine
- 6. More lawsuits

# The Cost Problem

## Controlling Costs

- Pre-admission testing
- Out-patient treatment
- Regulate the length of hospitalization

Out-patient surgery

# Who Pays?

## Private Insurance Programs

- About 71% of the population are covered by traditional insurance
  - Eighty eight percent received insurance through an employer
  - Twelve percent bought it on their own



# Who Pays?

## Health Maintenance Organizations (HMOs) [HMO Explained](#)

- Private insurance organizations that provide medical care to subscribers for a fixed fee
- Focus on keeping costs down and on disease prevention
- Managed care
- Use of primary care physician

# Who Pays?

## Government Insurance Programs

- Medicare – part of social security for those over 65
- Medicaid- serves the poor who are
  - Pregnant
  - Blind
  - Permanently disabled
  - Elderly
  - Families with dependent children

# The Coverage Problem

- Medical insurance does not cover all the cost of care
- Forty three million Americans lack health insurance

# Health: Class, Ethnicity, and Race

- Health follows wealth-ability to pay
  - Income and access to health care
  - Difference in the environment of the rich and poor and health
- Race and health
  - Race and poverty rate
  - Prenatal care
  - Racial bias and health

# Health: The Importance of Gender

Gender affects health in a number of ways:

- How culture defines masculinity
- Ignoring women's health needs within the health care system
- Ideas about gender affect health care research

[Senators Speak out on Women's Health](#)

# Health: The Importance of Gender

## An Illustration: Eating Disorders

- Anorexia nervosa
- Bulimia
- Function of how culture defines women in terms of physical attractiveness
  - Media based image of thinness and beauty

[Anorexia](#)

[Society's changing views on beauty](#)

[Beauty in American Society](#)

# People with Disabilities

Disability – physical or mental condition that limits a person's everyday activities

- Impairs the functioning of the brain or body
- Disability becomes a master status
  - Overlook a person's ability and only see the disability
- Legislation
  - Americans with Disabilities Act

# Nursing Shortage

- 200,000 Nursing positions currently unfilled
- Shortage is projected to double by 2020
- Lower enrollments in Nursing programs
- More occupational options for women



# Mental Health and Illness

- Mental disorder – psychological or behavioral condition that reduces a person's ability to participate in everyday life
- Mental disorders are common
  - About half of adult Americans suffer from some form of problem during their lifetime
  - Mild to severe

# Types of Mental Disorders

- Classifications of disorders prepared by American Psychiatric Association
- DSM IV – Diagnostic and Statistical Manual of Mental Disorders
- Many disorders have both biological and social causes

# Mental Illness: A Myth?

- Thomas Szasz – mental illness is a myth
- Mental illness is relative
- Based on cultural standards
- Label behavior and people crazy

# Mental Illness: Class, Race, and Gender

## Mental Health and Class

- Robert Faris and Warren Dunham study (1939) – poverty and mental illness link
  - Poverty and stress and social isolation that can create mental disorders
- Biology and stress and mental disorders
- Disorders and the drift into poverty

# Mental Illness: Class, Race, and Gender

## Mental Health and Race

- **African Americans**
- Comparable rates to whites when controlling for social class
  - Poverty and its impact on mental health
- **Hispanic**
- Low rates of mental illness
  - Culture
  - May not seek treatment

# Mental Illness: Class, Race, and Gender

- **Native Americans**
- Have higher rates rates for
  - Alcoholism
  - Suicide
  - Mental illness
- In part a function of poverty and alienation

# Mental Illness: Class, Race, and Gender

## Mental Health and Gender

- Men and women have about the same incidence of mental illness
- Women more likely to be labeled ill for not following conventional roles
- Men and masculinity play a role in the illness of men

# Treatment Strategies

- Treating the mentally ill is a recent phenomena
- Use of mental hospitals
- Psychotherapy – or talk therapy
- Psychoactive drugs
- Community Mental Health Centers Construction Act 1963
- Deinstitutionalization - from hospitals to the community



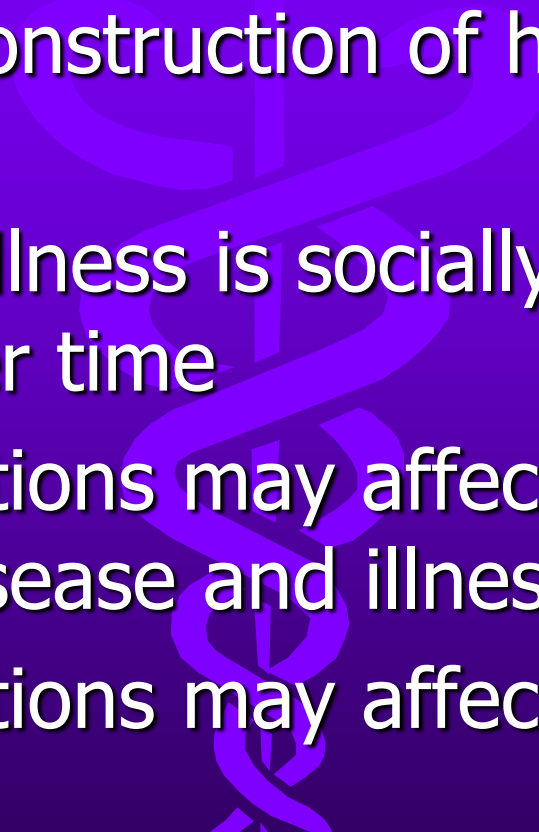
# Mental Illness on Campus

- 20% of college students report being so depressed they could not do their work
- 75% claim they are overwhelmed at times
- Most serious problem is suicide

# Structural-Functional Analysis: Health and Social Roles

- Society as a complex system of roles and responsibilities
- Illness is a problem because people can not fulfill their roles
- Sick role and mental health
- Changes in other social institutions lead to problems of health

# Symbolic- Interaction Analysis: The Meaning of Health

- The social construction of health and illness
  - Health and illness is socially defined and changes over time
  - Social definitions may affect how people approach disease and illness
  - Social definitions may affect how people feel
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# Social-Conflict Analysis: Health and Inequality

- Inequality and health
- Wealth and the access to health
- Capitalism and the focus on profit over health care needs

# Conservatives: Free-Market Care

- Favor a free market approach to health care
  - Competition improves value for consumers
  - Competition leads to innovation and improvements in the health care industry
  - Individual responsibility for one's health
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# Liberals: Government Care

- Health care as a right
- Combination of health care for profit with access for all Americans
- Some form of Government involvement to insure access to health care

# A Radical View: Capitalism is Unhealthy

- To improve health one must:
  - Remove the profit motive from health care
  - Replace capitalism with socialism