Ecuador: Social and Cultural Determinants of Health
Summer 2016

Meeting Days: Monday, July 11 to Friday, July 22, 2016 (arrival on July 9)
Meeting Place: CIMAS, Quito, Ecuador; other sites during field observations
Faculty: Claudia Muñoz-Zanzi, Associate Professor, Epidemiology & Community Health, SPH; Oscar Garza, Assistant Professor, Pharmacy Care and Health Systems, College of Pharmacy; Karin Quick, Assistant Professor, Dental Public Health/Primary Dental Care, School of Dentistry
Preceptors: José Suárez and Dolores López
Office Address: University of Minnesota, Minneapolis, MN | CIMAS Foundation, Quito, Ecuador
E-mail: munozzan@umn.edu, owgarza@umn.edu, quick003@umn.edu
Office Hours: by appointment

I. Course Description

This course will provide a global health team-based learning experience with field observations in Ecuador during summer 2016. Participants will learn about the public health and health care infrastructure in Ecuador, including western and indigenous health practices. Additionally participants will collaboratively observe and analyze population-level health issues within teams.

The 2-week Course seeks to foster team-based education and cross-disciplinary collaboration in global health through a combination of lectures and discussions, guided reflection, structured field site observation, case-studies/analysis, readings/literature review, and groupwork. Throughout the course, students will experience the social and cultural determinants of health in the Ecuadorian context enriched by several short-term observational field visits addressing key health topics in urban, rural, and indigenous settings in Andean Ecuador. This course will provide the opportunity to cultivate Global Health Competencies including:

- Capacity Strengthening,
- Collaborating & Partnering,
- Ethical Reasoning & Professional Practice,
- Health & Social Justice,
- Program Management,
- Socio-cultural and Political Awareness, and
- Strategic Analysis

The course seeks to expose students to the principles and methods of public health while drawing from the skills and strengths of their respective disciplines.

This course is offered in partnership with Fundación Cimas del Ecuador, a nonprofit organization that provides academic programs that enable students to think critically about development and its impacts on Ecuadorian and Latin American life. Through lectures, seminars, field placement opportunities, and interactions with Indigenous, Afro-Ecuadorian and Mestizo cultures, CIMAS’s academic programs link with research projects and communities in the search for an alternative type of development based on human welfare and a respect for nature.
II. Course Prerequisites
Open to all graduate and professional students (post-baccalaureate) who have completed at least one year of graduate/professional coursework. No Spanish required; mentored site observations with interpretation included in Course. Participants must obtain permission number to register for PubH 7200-500.

III. Course Goals and Objectives

Goal: The goal of this global health course is to promote team-based training by examining the social and cultural determinants of health in a global health context and applying public health theory and skills through structured observational experiences with professional and community colleagues. The Course should increase the students’ confidence and ability to assess their strengths and weaknesses as members of a health team and as global citizens, as well as provide opportunities for personal involvement in developing and evaluating health activities with communities.

Student Learning Outcomes (SLO):

A. Team practice
1. Participate effectively as a member of a global health learning team.
2. Demonstrate the value of team-based and cross-disciplinary practice, bringing a variety of perspectives to a community project/problem.
3. Describe the unique roles of specific health professionals within the context of a team approach to addressing public health issues in a community.

B. Social and cultural determinants of health and systems thinking
4. Identify social and cultural determinants of health from a historical, socio-economic, environmental, and cultural perspective.
5. Demonstrate cross-cultural understanding of global health needs and illness patterns.
6. Demonstrate awareness of our social responsibility as global citizens.
7. Describe the role of culture and traditional practices in the provision of health care.

C. Public health skills
8. Apply public health skills and knowledge (e.g. review of scientific literature, needs assessment, data analysis) to identify the social and cultural determinants of health in a global health context employing real case studies.
9. Demonstrate ability to conduct community assessment, risk assessment, and/or program evaluation through case-studies.
10. Synthesize learning and findings into appropriate presentation and report formats.

IV. Methods of Instruction and Work Expectations

This Course will be delivered through lectures, guest speakers, readings, field observations, and written assignments.

The following are required of students participating in the Course:

- Complete pre-travel orientation sessions.
- Complete reading assignments related to Course activities and topics.
- Attend all lectures, pre-/post-site visit briefings, debriefs, and field visits.
- Participate in class discussion and interactive exercises for all observation sites.
- Submit written reflections at the end of each week.
- Complete two case studies.
- Complete a team project on a topic approved by instructors (e.g. create an intervention, policy proposal, program proposal/solution to a health problem). Detailed guidelines will be provided.
- Create an individual or team poster presentation (may be reflective, topical, or research/practice-focused). Poster will be presented at the course debrief session and is to be submitted to the University of Minnesota Global Health Day in Fall 2016.
- Attend a group debrief session during Fall semester 2016.
V. Course Text and Readings

Required readings in preparation include:

- WHO. Closing the Gap: policy into practice on Social Determinants of Health - World Conference on Social Determinants of Health http://www.who.int/sdhconference/Discussion-paper-EN.pdf 2011

Additional topic-specific readings will be assigned during the course.

VI. Course Outline/Weekly Schedule

A. Overall Schedule – Note that some site visits may change as the itinerary is finalized.

<table>
<thead>
<tr>
<th>SATURDAY, 9 July 2016</th>
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<tbody>
<tr>
<td>ACTIVITY</td>
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<tr>
<td>Students arrive and stay at Hotel Savoy, Quito</td>
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<thead>
<tr>
<th>SUNDAY, 10 July 2016</th>
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<tbody>
<tr>
<td>ACTIVITY</td>
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<tr>
<td>Morning</td>
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WEEK 1

<table>
<thead>
<tr>
<th>MONDAY, 11 JULY 2016</th>
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<tbody>
<tr>
<td>General Orientation</td>
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<td>ACTIVITY</td>
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<td>Morning</td>
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<td>Afternoon</td>
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</table>
### TUESDAY, 12 July 2016
#### The Context of Health in Ecuador: Health systems and delivery of healthcare

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>US Embassy Visit and Orientation: Risk reduction and safety (60 min.)</td>
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<td></td>
<td>Lecture: Social and cultural determinants of health in Ecuador (90 min.)</td>
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<tr>
<td><strong>Afternoon</strong></td>
<td>Overview of the public health system in Ecuador: (120 min.)</td>
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<td></td>
<td>- Working in public health and health care organizations in Ecuador</td>
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<td></td>
<td>- Training of health professionals in Ecuador</td>
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<td>- Health services payment mechanisms/structure</td>
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<tr>
<td><strong>Evening</strong></td>
<td>Homestay, Quito</td>
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### WEDNESDAY, 13 July 2016
#### The Context of Health in Ecuador: Health systems, and delivery of healthcare

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Lectures (120 min.):</td>
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<tr>
<td></td>
<td>- Intercultural medicine.</td>
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<td>- Introduction to indigenous worldviews and complementary/alternative medicine in Ecuador, integration with Western medicine</td>
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<tr>
<td><strong>Afternoon</strong></td>
<td>Site visit: Guamani Health Center</td>
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<td></td>
<td>- Lecture: urban public services (30 min.)</td>
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<td></td>
<td>- Observation</td>
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<td><strong>Evening</strong></td>
<td>Homestay, Quito</td>
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### THURSDAY, 14 July 2016
#### Urban Health

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Lecture: Environmental Health in Quito: Air pollution (60 min.)</td>
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<tr>
<td><strong>Afternoon</strong></td>
<td>Site visit to an urban health facility (TBA)</td>
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<tr>
<td><strong>Evening</strong></td>
<td>Homestay, Quito</td>
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### FRIDAY, 15 July 2016
#### Ecohealth systems

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Lecture: Agricultural development and health in Ecuador. Pesticides, occupational health, conservation, economic aspects, sustainability (60 min.)</td>
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<tr>
<td></td>
<td>Trip to Pedro Moncayo County</td>
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### Site visit: Agricultural modernization: flower plantations in Pedro Moncayo and Cayambe counties.  
**Group Session - Case study: agricultural modernization and the impact on collective health (90 min.)**

#### Afternoon
- Lecture: A community’s agro-ecological production as a local development alternative (60 min.)
- Site visit: Community organic farm.
- Trip to Otavalo

#### Evening
- Accommodation: Casa del Sol Hotel, Otavalo

### SATURDAY, 16 July 2016  
**Animal Health and Food Safety**

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<tr>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
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<tr>
<td>Lecture: Food safety and animal health: Regulation of the animal market in Otavalo (60 min.)</td>
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<tr>
<td>Site visit to the animal market.</td>
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<tr>
<td>Free afternoon for shopping in Otavalo market</td>
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<tr>
<td>Accommodation: Casa del Sol Hotel, Otavalo</td>
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### SUNDAY, 17 July 2016  
**Ancestral knowledge and health in the Andes**

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<th>ACTIVITY</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
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<tr>
<td>Site visit to San Luis Otavalo hospital to observe the integration of indigenous and western medicine</td>
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<tr>
<td>Lecture: Indigenous world views and sacred places in Otavalo (60 min.)</td>
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<tr>
<td>Site visit to Peguche water falls</td>
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<tr>
<td>Lecture: Indigenous Ceremonies in the Andes: Preservation of culture (60 min.)</td>
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<tr>
<td>Site visit to Pakarinka Center: Participation in an ancestral ceremony with a Yachaig (a wise person) and a pacha manca (herbal remedies / ethnopharmacology and food preparation).</td>
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<tr>
<td><strong>Afternoon</strong></td>
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<tr>
<td>Lunch</td>
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<tr>
<td>Site visit: The Hambi Mascari Center- Cotacachi</td>
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<tr>
<td>Lecture: The work of traditional midwives (60 min.)</td>
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<tr>
<td><strong>Evening</strong></td>
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<tr>
<td>Accommodation: Casa del Sol Hotel, Otavalo</td>
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### WEEK 2  
**MONDAY, 18 July 2016**  
**Ancestral knowledge and health in the Andes**

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<thead>
<tr>
<th>ACTIVITY:</th>
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<tbody>
<tr>
<td><strong>Morning-Afternoon</strong></td>
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<tr>
<td>Site visit: San Clemente indigenous community. Demonstrations: community medicinal plants trail, chakra, plowing with ox, women’s embroidery project.</td>
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<tr>
<td>Lectures (90 min.):</td>
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<tr>
<td>- Andean Culture: the notion of space and time.</td>
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<td>- The indigenous agricultural calendar and organization process.</td>
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<td>- Herbal medicine in indigenous communities.</td>
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<tr>
<td><strong>Evening</strong></td>
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<tr>
<td>Accommodation: Homestay in San Clemente tourist community project.</td>
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### TUESDAY, 19 July 2016

**Aging, disability and long-term care**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Morning</td>
<td>Trip to Ibarra</td>
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<tr>
<td></td>
<td>Lecture: Burden of disability and health conditions in the elderly, health care and support systems (90 min.)</td>
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<td></td>
<td>Site visits: Ibarra Disability Center and Elder Care Center</td>
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<tr>
<td>Afternoon</td>
<td>Travel to Quito</td>
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<tr>
<td>Evening</td>
<td>Homestay, Quito</td>
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### WEDNESDAY, 20 July 2016

**Tropical/Infectious Diseases and Marginal Communities**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Morning</td>
<td>Travel to Santo Domingo de los Tsáchilas</td>
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<tr>
<td></td>
<td>Lectures (60 min.):</td>
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<td></td>
<td>• Introduction to tropical medicine and public health (dengue, zika, chikungunya, etc.).</td>
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<td>• Organization of Private Community Health Services.</td>
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<td>Site Visit to a marginal health center.</td>
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<tr>
<td>Afternoon</td>
<td>Lecture: Urban development and marginal neighborhoods (60 min.).</td>
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<td>Group Session - Case Study: Marginalization, sanitary conditions &amp; tropical diseases (90 min.)</td>
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<tr>
<td>Evening</td>
<td>Accommodation: Hotel in Santo Domingo</td>
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### THURSDAY, 21 July 2016

**Health systems in tropical regions of Ecuador, comparative analysis.**

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<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Morning</td>
<td>Lecture: The Public Social Security Peasant System as a response to marginal communities (60 min.)</td>
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<td></td>
<td>Site visit to a Social Security Health facility.</td>
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<td>Group Discussion: Life in a community: health, economy and the environment, in a tropical community (60 min.)</td>
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<tr>
<td>Afternoon</td>
<td>Return to Quito</td>
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<tr>
<td>Evening</td>
<td>Accommodation: Hotel Savoy, Quito</td>
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### FRIDAY, 22 July 2016

**Synthesis and reporting**

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<th>Time</th>
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<tr>
<td>Morning</td>
<td>Group Session: Lessons learned in global health through the lens of Ecuadorian Culture (90 min.)</td>
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<td>Break</td>
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<td>Team preparation/work-time and synthesis workshop (inc. poster and team synthesis project work) (90 min.)</td>
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<tr>
<td>Afternoon</td>
<td>Celebration lunch</td>
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<tr>
<td>Activity</td>
<td>Time</td>
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<tr>
<td>Group Session: Team preparation/work-time and synthesis workshop continued</td>
<td>90 min.</td>
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<tr>
<td>Group Session: Program evaluation and closure</td>
<td>60 min.</td>
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<tr>
<td>Late evening Depart for airport</td>
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**TBD, Aug 2016**

**Post-Trip Debrief Session**  
Minneapolis, MN

**ACTIVITY**

- Groups Session: Poster presentations (90 min)
- Debrief discussion

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For learners who wish to take part in the 2- or 4-week Placement immediately following the Course (25 July-5 Aug or 25 July-19 Aug, respectively), a separate application process and additional fees are required. The Course is a mandatory prerequisite for Placement participation.

**VII. Evaluation and Grading:**

This course is offered S/N (Pass/Fail)

Students will be evaluated on the completion of the following:
- Participation in daily activities (15%).
- Submission of written reflections (10%).
- Case study report 1 (10%)
- Case study report 2 (10%)
- Team synthesis project (20%).
- Poster creation and presentation (25%).
- Post-trip debrief session (10%).