Hjemmeeksamen PSY2101 – Helsepsykologi

Høst 2020

Tema: Sosial ulikhet i helse

Det er et globalt problem at fattigere mennesker lever kortere og er mer syke en rike mennesker. Forskning slår utvetydig fast at personer fra høyere sosiale lag, målt ved utdanning, yrke eller inntekt, lever lenger og har bedre helse enn personer fra lavere sosiale lag (Wilkinson & Marmont, 2003). Også i Norge er det store sosiale ulikheter i helse (Folkehelseinstituttet, 2015; Statistisk Sentralbyrå 2015). De sosiale forskjellene gjelder for nesten alle sykdommer og plager, og det er helseforskjeller i alle aldersgrupper: blant barn, ungdommer, voksne og eldre (Folkehelseinstituttet, 2015).

Figur 1. Forskjell i forventet gjenstående levealder ved 35 års alder mellom de med lav og høy utdanning i perioden 1961-2015. Kilde: Norgeshelsa.no

Fedme er et helseproblem både globalt og nasjonalt, og sosial ulikhet har betydning både for utvikling av fedme og helsekonsekvensene av fedme (Jackson et al., 2020; Folkehelseinstituttet, 2017; Kanter & Caballero, 2012).

«At the other end of the malnutrition scale, obesity is one of today's most blatantly visible – yet most neglected – public health problems. Paradoxically coexisting with undernutrition, an escalating global epidemic of overweight and obesity – "globesity" – is taking over many parts of the world. If immediate action is not taken, millions will suffer from an array of serious health disorders» (World Health Organization, n.d.).

Oppgave:

1) Redegjør kort for sammenhengen mellom sosioøkonomiske faktorer og helse.
2) Drøft hvordan sosiale ulikheter kan innvirke på helseatferd.
3) Sosial ulikhet i fedme:
    a. Drøft hvordan faktorer som sosial ulikhet, kjønn og helseatferd (diett/fysisk aktivitet) samspiller i utviklingen av fedme i utviklede land («developed countries»).

Omfang og formkrav:

- Dokumentet du leverer skal ha et omfang på minst 2000 ord maks 2500 ord (tilsvarer ca 6 sider). Tell ikke med forside, innholdsfortegnelse og referanseliste.
- Bruk 1,5 i linjeavstand, 2,5 cm marger og fontstørrelse 12.
- Besvarelsen bør struktureres som et essay, men det er ikke nødvendig å inkludere abstrakt eller forside. Spørsmålene må ikke besvares i rekkefølge, men alle spørsmål må dekkes i løpet av besvarelsen.
- Referanser i teksten og referanselisten skal følge APA-formatet. I 2020 er det en overgang mellom 6.e og 7.e utgaven av APA og det er lov å velge hvilken utgave man ønsker å følge i besvarelsen.
- Du kan skrive på norsk, engelsk, svensk eller dansk.

Referanser:

Folkehelseinstituttet (2015, Mai). Sosiale helseforskjeller. I *Folkehelserapporten – Helsetilstanden i Norge*. https://www.fhi.no/nettpub/hin/grupper/sosiale-helseforskjeller/

Folkehelseinstituttet. (2017). *Overvekt og fedme i Noreg*. https://www.fhi.no/nettpub/hin/ikke-smittsomme/overvekt-og-fedme/?term=&h=1

Jackson, S.E., Llewellyn, C.H., & Smith, L. (2020) The obesity epidemic – Nature via nurture- A narrative review of high-income countries. *Sage Open Medicine, 8*, 1-11. https://journals.sagepub.com/doi/pdf/10.1177/2050312120918265

Kanter, R. & Caballero, B. (2012) Global gender disparities in obesity- A review. *Advances in Nutrition, 3*, 491–498. https://academic.oup.com/advances/article/3/4/491/4591492

Statistisk Sentralbyrå (2015). *Helseforhold, levekårsundersøkelsen, 2015.* https://www.ssb.no/helse/statistikker/helseforhold/hvert-3-aar/2016-06-20

Wilkinson, R. G., & Marmot, M. (Eds.). (2003). *Social determinants of health: the solid facts*. WHO: Regional Office for Europe. https://apps.who.int/iris/bitstream/handle/10665/108082/e59555.pdf?sequence=1&isAllowed=y

World Health Organization. (n.d.). *Controlling the global obesity epidemic*. https://www.who.int/nutrition/topics/obesity/en/

Home exam PSY2101 - Health Psychology

Autumn 2020

Topic: Social inequality in health and obesity

It is a global problem that poor people live less and are sicker than rich people. Research unequivocally states that people from higher social strata, measured by education, occupation or income, live longer and have better health than people from lower social strata (Wilkinson & Marmont, 2003). There are also large social inequalities in health in Norway (Folkehelseinstituttet, 2015; Statistisk Sentralbyrå 2015). The social differences apply to almost all diseases and health conditions, and there are health differences in all age groups: among children, adolescents, adults and the elderly (Folkehelseinstituttet, 2015).

Figure 1. Difference in life expectancy at age 35 between those with low and high education in the period 1961-2015. Source: Norgeshelsa.no

Obesity is a health problem both globally and nationally, and social inequality play important role in both the development of obesity and the health consequences of obesity (Jackson et al., 2020; Folkehelseinstituttet, 2017; Kanter & Caballero, 2012).

«At the other end of the malnutrition scale, obesity is one of today's most blatantly visible - yet most neglected - public health problems. Paradoxically coexisting with undernutrition, an escalating global epidemic of overweight and obesity - "globesity" - is taking over many parts of the world. If immediate action is not taken, millions will suffer from an array of serious health disorders» (World Health Organization, n.d.).

Assignment:

1) Briefly explain the connection between socio-economic factors and health.
2) Discuss how social inequalities may impact health behavior.
3) Social inequality in obesity:
    a. Discuss how factors such as social inequality, gender and health behavior (diet/physical activity) interplay in the development of obesity in developed countries.

Size and format requirements:

• The essay must be at least 2000 words and a maximum of 2500 words (equivalent to about 6 pages). This does not include front page, table of contents and reference list.
• Use 1.5 line spacing, 2.5 cm margins and font size 12.
• The answer should be structured as an essay, but it is not necessary to include an abstract or cover page. The questions do not need to be answered in order, but all questions must be covered by the answer.
• References in the text and the reference list must follow the APA format. In 2020, there is a transition between the 6th and 7th editions of APA and it is allowed to choose which edition you want to use in the essay.
• You can write in Norwegian, English, Swedish or Danish.

References:

Folkehelseinstituttet (2015, Mai). Sosiale helseforskjeller. I *Folkehelserapporten – Helsetilstanden i Norge*. https://www.fhi.no/nettpub/hin/grupper/sosiale-helseforskjeller/

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Wilkinson, R. G., & Marmot, M. (Eds.). (2003). *Social determinants of health: the solid facts*. WHO: Regional Office for Europe. https://apps.who.int/iris/bitstream/handle/10665/108082/e59555.pdf?sequence=1&isAllowed=y

World Health Organization. (n.d.). *Controlling the global obesity epidemic*. https://www.who.int/nutrition/topics/obesity/en/