

DEPARTMENT OF GEOGRAPHY

UNIVERSITY OF PORTSMOUTH

Level 6

2019/20

GEOGRAPHIES OF HEALTH & URBAN WELL-BEING

Unit Handbook

Unit outline

The overarching themes for this unit focus on the ways in which our local environment influences individual and collective health and well-being.

The unit begins with a critical consideration of the social and biomedical models used to understand spatial inequalities in well-being before moving on to a critical appreciation of the links between urban well-being and issues of sustainability. Thematic issues are used to exemplify the underpinning theoretical contexts. These include small area health inequalities, spatial patterns of health damaging behaviour, geographies of infectious disease, health inequalities posed by the urban environment and overcoming challenges by implementing technology and planning practice. The unit concludes with a focus on the contested nature of 'well-being' and uses student-centred practical research exercises to explore different models of capturing health and well-being. Specific contrasts will be made between routine empirical measurement systems and alternative bio-sensory measures, monitored across different (therapeutic) urban settings or landscapes. The themes explored in this unit are closely related to the research interests of the staff and guest speakers contributing. For each theme, materials may be presented via lectures, guest lectures and seminars or workshops.

Aims

In this Unit we wish to:

1. Instil an appreciation of the social, cultural, and environmental production of ill-health from a geographical perspective;
2. Explore the specific impact that the built environment has on urban well-being;
3. Provide knowledge and understanding of contemporary debates and concerns surrounding urban and individual well-being;
4. Develop an understanding of how health and well-being inequalities can be overcome in an urban environment;
5. Develop an understanding of the holistic nature of city planning and technologies that can be applied to promote sustainable urban health and well-being;
6. Encourage independent, creative thought in terms of building sustainable healthy environments and to allow students to critically appraise alternative research methods to capture 'health and well-being'.

Learning Outcomes

At the end of the Unit you should be able to:

1. Appraise the concepts underpinning spatial variation and inequality in health and well-being
2. Evaluate the distinctiveness of urban space in relation to the social construction and production of health, and urban health systems
3. To be able to critically analyse and monitor the functioning of urban environments in terms of health and well-being

4. To enable evaluation of the role that technology and planning could play in improving health and well-being inequalities in urban environments. Understand where different academic writing styles are implemented
5. To understand the contested nature of the environment, well-being and health

General Unit Reading

You need to read widely for this Unit. The following are useful general texts:

- Duncan, D. T., & Kawachi, I. (2018). *Neighborhoods and health*. (Second Edition). Oxford: Oxford University Press.
- Elliott, P., Cuzick, J., English, D., & Stern, R. (2009). *Geographical and Environmental Epidemiology: Methods for Small Area Studies*. Oxford: Oxford University Press.
- Brown, T., McLafferty, S. and Moon, G. (2010). *A Companion to Health and Medical Geography*. Wiley Blackwell.
- Jones, K. and Moon, G. (1987). *Health, Disease and Society*. London: Routledge.
- Curtis, S. and Tackett, A. (1996). *Health and Societies*. London: Arnold.
- Freudenberg, N., Klitzman, S. & Saegert S. (2011). *Urban health and society: interdisciplinary approaches to research and practice*. Jossey Bass, San Francisco.
- Gatrell, A. (2002). *Geographies of Health*. Oxford: Blackwell.
- Khan, O. and Pappas, G. (2011). *Megacities and global health*. American Public Health Association, Washington.
- Kearns, R. and Gesler, W. (1998). *Putting Health into Place*. New York: Syracuse University Press.
- Kearns, R. and Gesler, W. (2002). *Culture/Place/Health*. London: Routledge.
- Pickett, S.T.A., Cadenasso, M.L., McGrath, B. (2013). *Resilience in Ecology and Urban Design: Linking Theory and Practice for Sustainable Cities*. Springer Science & Business Media, Berlin.
- van den Bosch, M. and Bird, W. (2018). *Oxford Textbook of Nature and Public Health*. Oxford: Oxford University Press.

This is a unit where you are expected to READ WIDELY around the subject and a reading list will be supplied for each theme.

Online resources

There is a great deal of useful information on the [World Health Organisation \(WHO\)](#) and [Public Health England \(PHE\)](#) websites.

The [British Medical Journal \(BMJ\)](#) is another particularly useful source of health-related material and journal articles, some with a distinctly [geographical](#) perspective.

The world's largest database of peer-reviewed medical literature, [PubMed](#), is a massive resource and is available from Portsmouth. Use it! Search it!

Everyone should read the [Executive Summary of the Marmot Review](#) and look at the [UCL Institute of Health Equity](#) which Professor Sir Michael Marmot heads.

We are honoured to welcome Prof Sir Michael's colleague **Professor Peter Goldblatt**, who also contributed to the Review, and has agreed to attend the seminar in April.

Also confirmed is **Professor David Martin** from Southampton, a key figure in the design of the UK's Census Output Areas (OAs), widely used in mapping the geographies of population and health.

A third expert, hopefully a **Medical Doctor and GP** who has written the Death Certificates we will all eventually (and posthumously!) receive, will hopefully also be able to attend. TBC.

Times and location

Lectures are on Tuesdays, 2pm-4pm, Anglesey 1.02. In late-April/early-May 2020 we will be in the Buckingham IT room (BK2.10) when we will run some sessions in the laboratory to support the production of the second assessment. Please note that you will be split into groups (detailed on Moodle) for these sessions; make sure you attend the correct set of events for your group.

Timetable

Week	Date	Topic	Who
TASK	21/01/20	Topics for Assessment #1 live on Moodle 2k word essay due 4pm on 20/03/20; lectures 1-6 will provide some answers but start thinking now!	YOU
LEC 1	21/01/20	<i>Introduction to the unit</i> <i>Defining health and urban environments</i>	AT
LEC 2	28/01/20	<i>Health inequalities – the evidence</i> <i>The Black Report – explanation of inequalities</i>	AT
LEC 3	04/02/20	<i>The role of place or context in health</i> <i>Macro level explanations – the role of inequality</i>	AT
LEC 4	11/02/20	<i>Infectious diseases and epidemiological transitions</i> <i>Challenges of monitoring health in urban environments</i>	AT
LEC 5	18/02/20	<i>Population, public health and behaviours</i>	AT

		Guest Lecture: Allan Baker , Associate Director of the London Knowledge and Intelligence Team within Public Health England	GUEST
LEC 6	25/02/20	<i>Mental well-being and therapeutic landscape(s)</i> <i>Monitoring well-being in urban environments</i>	AT
READING WEEK	02/03/20	Reading week Consult the additional reading material on Moodle	YOU
PRAC 1	10/03/20	Practical 1 1400-1600 in BK2.10	AT
PRAC 2	17/03/20	Practical 2 1400-1600 in BK2.10	AT
PRAC 3 (OPTIONAL)	24/03/20	Optional/Drop-in Practical 3 1400-1600 in BB2.03 (note room change)	AT
TASK	24/03/20	Instructions for Assessment #2 live on Moodle 2k word Urban Public Health Report due 4pm on 26/05/20; after these sessions the rest is up to you!	YOU
EASTER BREAK	30/03/20 17/04/20	Easter break Read-ahead for the Seminar and think up one or more INTELLIGENT questions to ask at the event.	YOU
SEMINAR	21/04/20	Seminar After the Easter Break a Seminar will be held either in 'guest lecture' or 'roundtable' (Q&A) format. Students will be reminded to submit questions by email in advance of the event, having by now read extensively on the topics above, once the final line-up of speakers is confirmed: 1) Professor David Martin , Leader of the Population, Health and Well-being research group, University of Southampton 2) Professor Peter Goldblatt , Senior Advisor to the Institute of Health Equity and Contributor to the Marmot Review, University College London 4) A Medical Doctor (TBC), a friend of mine who is an active GP, Practice Leader and member of the Care Commissioning Group in Worthing	AT YOU GUESTS

The practical sessions will support the compilation of the second assignment. Attendance and participation in all workshops IS expected.

NOTE: The schedule may be subject to change, especially surrounding the availability of guest speakers. Further details of any changes will be provided in class.

Course leader

Dr Adrian Tear – Unit Leader (AT, Burnaby 3.04 - adrian.tear@port.ac.uk)

Assessment schedule

1. **Essay (50%) – A choice of one essay title from six – 2,000 words to be submitted via Turnitin no later than 4pm on 20/03/2020**
2. **Urban Public Health Report (50%) – 2,000 words to be submitted via Turnitin no later than 4pm on 26/05/2020 (new deadline in response to COVID-19, further extended to avoid a clash)**

A note on your electronic submission

Please adhere to the following guidelines when formatting and submitting your coursework:

- Ensure that a completed coversheet (from Moodle) is the first page in your submission
- 12pt text in black, double-spaced with default Word margins (2.54cm top, bottom, left and right)
- Calibri, Arial or Times New Roman fonts
- Headings (no more than three levels) in black; modify styles for headings to arrive at suitable/discernibly different font sizes
- Student ID included in the footer on all pages
- Student ID.pdf as the filename for submission