

## Course Syllabus- Population Health and Well-Being consequences of Demographic changes

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**Language of Instruction:** English

**Professor:** Aïda Solé-Auró & Jordi Gumà. Aïda Solé-Auró will be the coordinator of the course and teacher. Both professors are UPF faculty members and member of the DemoSoc Research Group (DemoSoc).

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**Course Contact Hours:** 30 hours

**Recommended Credit:** 4 ECTS credits

**Weeks:** 2

**Course Prerequisites:** There are no pre-requisites for the course. However, the interdisciplinary approach of the course requires teaming up various areas of expertise, specifically demography, sociology, economic and political science.

**Language Requirements:** Recommended level in the European Framework B2 (or equivalent: Cambridge Certificate if the teaching language is English, DELE or 3 semesters in the case of Spanish)

**Course structure:** Workshop

**Course classification:** Introductory

### **Course Description:**

Measuring the health of the population is a key challenge at individual and societal level. Its consequences of demographic changes are crucial for research as they concern citizens' health and have enormous economic implications and innovation opportunities.

Recent social and economic developments in advanced societies and global pressures related to population trends magnify the relevance of health and well-being and its impact on socioeconomic dynamics, as well as the influence that demographic changes such as population aging exert on health systems and social safety nets.

This course examines population health and well-being consequences of demographic changes from an interdisciplinary approach, including sociological, demographic, economic and political science, particularly in developed countries. We will pay attention to the links between these demographic changes and social and public policies. We will talk about the aging process and its connection with gains in life expectancy, depopulation, and sustainability of the Welfare State. This course will also address the dynamics of family formation, family policies and low fertility and its changes.

This course provides a forum for students to explore contemporary issues in how demographic changes affect population health and well-being from both a theoretical and practical standpoint and using national and cross-national comparisons. Plus, the student will be involved in a novel discussion of ongoing controversies about the causes and effects of such demographic changes. The course will pay special attention to how health intersects with sociodemographic (age, gender, ...), economic (education, social class, ...), and contextual (country, ...) factors. Finally, the main demographic indicators as life expectancy and fertility rates will be deeply explained and discussed.

**Learning Objectives:**

At the end of the course, the student:

- Will have received an introduction to the basic key demography concepts, implemented in a variety of disciplines, including Sociology, Demography, Economics and Political Sciences;
- Will have learnt about recent population dynamics and consequent social challenges;
- Will understand the causes and mechanisms underlying health inequalities and healthy aging based on evidence from cross-country studies and its explanations;
- Will have discussed the policy implications of research evidence on health inequalities, with a special focus on preventive public health measures at local, national and international levels;
- Will have acquired knowledge of the current health and aging surveys, basic research methods and ethical implications involved in conducting scientific research.
- Will have the ability to gather and interpret relevant data to make judgements that include reflection on relevant social issues, scientific or ethical.

**Course Workload**

The course is divided into lectures, discussions, and field studies. Students should be prepared to read several scientific papers per week.

**Methods of Instruction:**

Due to the nature of the topic, the course will invite students to develop their skills of critical thinking by understanding major theoretical, and policy debates on health and well-being consequences of demographic changes. Three-hour class sessions are normally divided into two-hour lecture and one-hour seminar. During field studies, students are expected to take notes and treat field studies as a normal lecture class.

The success of the course builds on the degree and quality of students' participation. All enrolled students are expected to carefully consult with the required readings prior to the classes. All readings and class materials will be available on the course website (Aula Global). Assignments must be submitted through the course website.

**Method of Assessment**

Grading is based on individual performance, via written assignments, and if possible group activities.

*Class participation: 20%*

Active participation of all the students in the class discussions is required.

*Assignment: 80%*

Response essays 1<sup>st</sup> week: 40 percent

Response essays 2<sup>nd</sup> week: 40 percent

Students will be given four essay questions pertaining to the material covered in class. They will be asked to write at most 1-page answer to each question.

### Absence Policy

Attending class is mandatory and will be monitored daily by professors. The impact of absences on the final grade is as follows:

Absences	Penalization
Up to one (1) absences	No penalization.
Two (2) absences	1 point subtracted from final grade (on a 10-point scale)
Three (3) absences	The student receives an INCOMPLETE for the course

The BISS attendance policy does not distinguish between justified or unjustified absences. The student is deemed responsible to manage his/her absences.

Emergency situations (hospitalization, family emergency, etc.) will be analyzed on a case by case basis by the Academic Director of the UPF Barcelona International Summer School.

### Classroom Norms:

- No food or drink is permitted.
- There will be a ten-minute break during the class.
- Students must come to class fully prepared.

### Course Contents:

#### **Session 1 Course description and Introduction** (Monday, July 3<sup>th</sup>)

Syllabus, assessment and readings

Introduction to “World’s Population: major demographic trends”

- Demographic trends (aging, wellbeing, socioeconomic, gender and family)
- Public health relevance of the population changes
- Locating data on population and health

Reading assignments and class discussion: see reference list

#### **Session 2 Aging** (Tuesday, July 4<sup>th</sup>)

Aging

- Theories on population change (demographic and epidemiologic transition).
- Major trends in life expectancy
- Limit of Human Longevity
- Active Aging

Example: Life table

Reading assignments and class discussion: see reference list

#### **Session 3 Population inequalities: health and aging** (Wednesday, July 5<sup>th</sup>)

Outside activity: museum or institution

**Session 4 Researching Health Inequalities in Later Life** (Thursday, July 6<sup>th</sup>)

- Social determinants of health
- Healthy Life Expectancy
- Fertility and happiness
- Measuring health: subjective and objective indicators
- Chronological versus subjective age; feeling old

Reading assignments and class discussion: see reference list

**Session 5 Demography challenges** (Friday, July 7<sup>th</sup>)

- Describe the main demographic challenges:
  - Depopulation
  - Gentrification
  - Low fertility
  - Health inequalities
  - Care and support of the elderly
  - Time use and gender inequality
  - Precarity and job uncertainty
  - Demographic change and pensions

Students-group work discussion: response to the demographic challenges

**Session 6 Socio-economic aspects of health** (Monday, July 10<sup>th</sup>)

- Social determinants of health inequalities (education, employment status, income, etc.)
- Health selection perspective vs Social selection perspective
- Life course perspective
- Main surveys on health: Survey of Health, Ageing and Retirement in Europe (SHARE) and European Health Survey

Case study: Life table by education ([EUROSTAT](#))

Reading assignments and class discussion: see reference list

**Session 7 Gender health inequalities perspective** (Tuesday, July 11<sup>th</sup>)

- The Gender perspective in the study of health inequalities
- The male-female health-survival paradox
- The Gender revolution
- The resource substitution theory

Reading assignments and class discussion: see reference list

**Session 8 Contextual aspects of health** (Wednesday, July 12<sup>th</sup>)

- Health inequalities and welfare regimes
- Economic recession effects on population
- Social gradients of health within developed countries and in rapidly developing countries: a new challenge

Reading assignments and class discussion: see reference list

### **Session 9 The evolution of Family** (Thursday, July 13<sup>th</sup>)

Outside activity: walk through *La Ribera* neighborhood to observe sociodemographic inequalities. The objective is to observe first-hand the day-to-day life in one of Barcelona's most gentrified neighborhoods.

### **Session 10 Family & Health** (Friday, July 14<sup>th</sup>)

- The Second Demographic Transition
- Partner selection and marriage market (with whom I will marry...)
- Family as a social determinant of health and well-being (family events, trajectories, etc.)

Reading assignments and class discussion: see reference list

Debate about the documentary “Inequalities: Class, Gender, and Health” (<https://vimeo.com/726992810>)

#### **Required Readings:**

The professor will assemble a course pack/or indicate mandatory textbooks in Aula Global.

#### **Recommended bibliography:**

Students are encouraged to consult all scientific references that the professor will daily provide in Aula Global on their own.

#### **Session 1**

- Bongaarts, J. (2009). “Human Population growth and the demographic transition” *Philosophical Transactions of the Royal Society B: Biological Sciences*, 364 (1532): 2985-2990  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2781829/>

#### **Session 2**

- Christensen, K., Doblhammer, G., Rau, R., & Vaupel, J. (2009). Ageing populations: the challenges ahead. *The Lancet*, 374(9696), 1196-1208. doi: 10.1016/S0140-6736(09)61460-4
- Mackenbach J Kunst A Cavelaars A Groenhof F Geurts. (1997). Socioeconomic inequalities in morbidity and mortality in western Europe, *J Health E, The Lancet*, vol: 349 pp: 1655-1659
- Oeppen J Vaupel J. (2002). Broken Limits to Life Expectancy. *Science*, vol: 296 (5570) pp: 1029-1031

**Session 3** (will be specified in the Aula Global)

**Session 4**

- Jagger C, Gillies C, Moscone F, Cambois E, Van Oyen H, Nusselder W, Robine JM, team. EHLEIS. 2008. Inequalities in Healthy life expectancies in EU25: a cross-national meta-regression analysis. *Lancet*, 9656 (372), p. 2124-2131.
- Solé-Auró, A. and Alcañiz, M. (2015) “Are we living longer but less healthy? Trends in mortality and morbidity in Catalonia (Spain), 1994-2011, *European Journal of Ageing* (Q2), 12(1):61-70. <https://www.ncbi.nlm.nih.gov/pubmed/29534708>
- Choi, N. G., DiNitto, D. M., & Kim, J. (2014). Discrepancy between chronological age and felt age: Age group difference in objective and subjective health as correlates. *Journal of Aging and Health*, 26, 458-473.
- Solé-Auró, A., and Lozano, M. (2019). “Inequalities in Longevity by Education Level in Spain: A Life Satisfaction Approach”, *Social Indicators Research*, 144(2), 729-744.

**Session 5** (all references provided in the previous sessions are useful for the debate)

**Session 6**

- World Health Organization. (2010). A conceptual framework for action on the social determinants of health.
- Marmot, M. (2005). Social determinants of health inequalities. *The Lancet*, 365(9464), 1099-1104.
- Dahlgren, G., & Whitehead, M. (1991). Rainbow model of health. In *European Health Policy conference: opportunities for the future* (Vol. 11).

**Session 7**

- Oksuzyan, A., Gumà, J., & Doblhammer, G. (2018). Sex differences in health and survival. In *A demographic perspective on gender, family and health in Europe* (pp. 65-100). Springer, Cham.
- Goldscheider F, Bernhardt E, Lappegård T. The gender revolution: A framework for understanding changing family and demographic behavior. *Population and Development Review*. 2015; 41: 207-239.
- Goldscheider, F., Bernhardt, E., & Lappegård, T. (2015). The gender revolution: A framework for understanding changing family and demographic behavior. *Population and development review*, 41(2), 207-239.

**Session 8**

- Marmot, M. (2015). The health gap: the challenge of an unequal world. *The Lancet*, 386(10011), 2442-2444.
- Gumà, J., Solé-Auró, A., & Arpino, B. (2019). Examining social determinants of health: the role of education, household arrangements and country groups by gender. *BMC public health*, 19(1), 1-9.
- Solé-Auró, A., & Gumà, J. (2022). (Healthy) Aging Patterns in Europe: A Multistate Health Transition Approach. *Journal of Population Ageing*, 1-23.

**Session 9**

- Mehdipanah, R., Rodríguez-Sanz, M., Malmusi, D., Muntaner, C., Díez, E., Bartoll, X., & Borrell, C. (2014). The effects of an urban renewal project on health and health inequalities: a quasi-experimental study in Barcelona. *J Epidemiol Community Health*, 68(9), 811-817.

**Session 10**

- Lesthaeghe, R. (2014). The second demographic transition: A concise overview of its development. *Proceedings of the National Academy of Sciences*, 111(51), 18112-18115.
- Zimmermann, A. C., & Easterlin, R. A. (2006). Happily ever after? Cohabitation, marriage, divorce and happiness in Germany. *Population and Development Review*, 32, 511-528.

### **Recommended Websites:**

- World Health Organization: <http://www.who.int/en/>
- Global Health Observatory data: <http://www.who.int/gho/en/>
- Instituto Nacional de Estadística: <http://www.ine.es/>
- Institut d'Estadística de Catalunya: <https://www.idescat.cat/>
- Eurostat: <http://ec.europa.eu/eurostat>
- Human Mortality Database: <http://www.mortality.org/>
- Human Fertility Database: <http://www.humanfertility.org/>
- N-IUSSP: <http://www.niussp.org/>
- EUROHEX: <http://www.eurohex.eu/>
- Families and Societies: <http://www.familiesandsocieties.eu/>