

UNNATURAL CAUSES

...is inequality making us sick?

A seven-part documentary series exploring racial & socioeconomic inequalities in health.

Facilitation Questions for *Unnatural Causes...is inequality making us sick?*

documentary series at www.unnaturalcauses.org. Just Health Action (www.justhealthaction.org) facilitated a series of health inequity conversations with middle school and high school and college students as well as adults in community places since January, 2008. JHA uses a Focused Conversation Method from the Institute of Cultural Affairs (<http://www.ica-usa.org/>). The questions varied depending on the documentary watched, the group (size, age, school topic) facilitated, and whether more than one film was watched per seating. The following questions promoted lively dialogue throughout the facilitation session in all settings. There is no need to ask more than two questions in each category below. The facilitator may choose to have 3 or 4 questions ready per category and then choose the next question depending on the group's focus and/or the direction that the group discussion is going.

Objective: (What are the facts? What senses were affected?)

- What scenes or pieces of dialogue stuck out to you in the documentary?
- How are the two films the same? (if more than one film watched in a showing)
- How are the two films different? (if more than one film watched in a showing)
- What are some health behaviors that occur as a result of(depends on film, such as layoffs in *Not Just A Paycheck*)
- What scenes or pieces of dialogue about stress stuck out?

Reflective: (What does it remind you of? What are the participants' personal reactions? Emotions? Memories?)

- What parts of this film reminded you of experiences you have had (or happened to someone you know)?
- What parts concerned you?
- What parts made you mad?
- What parts do you find confusing?
- What facts surprised you?
- What facts/issues did you question or did you not believe?

Questions about stress:

- What are some experiences that you have had as a person that were stressful? How do you think it affected your health?
- What are some experiences that you have noticed happening in your community that caused stress? How do you think it affected the community's health?

- What are your thoughts about stress and personal control now that you have seen this film?
- What experiences have you had where you or your community was treated unequally and it caused stress? How?

Interpretative: (What was the significance of this? Connection and linkage of themes.)

- What is the American Dream and which parts appear to be a myth?
- What root causes of poor health are showing up in this film?
- How does racism operate in this film/s.?
- How does classism operate in this film/s?
- How does power (access to or lack of access to) operate in this film/s?
- How does something beyond your individual control affect your stress level as an individual? Your health?
- Is it fair?
- Is it avoidable?
- What elements are avoidable and therefore unfair?
- What new vantage points do you have now after watching this film/s?

Decision: (What does this mean to the individual or to the group? What kind of collective actions are needed?)

- When we think through all of these “root causes” that we have observed in this film/s, what are some policies and practices that can be made in the US to tackle health inequities?
- How do we integrate some of these needs into our jobs and/or lives to make positive social change?
- What needs to be done in a community to reduce stress?
- What needs to be done in a community to create equity?
- Which features are the same/different?