

UNNATURAL CAUSES CHAPTER GUIDE

IN SICKNESS AND IN WEALTH (EPISODE ONE)					
DVD Ch	Menu Ch	Title	Descriptions	Start	Duration
1	x	Logos		0:00	0:24
2	x	Krieger Intro		0:24	0:45
3	x	Title Sequence		1:09	0:41
4	1	Health in America	The U.S. spends \$1 trillion dollars per year on medical care, yet our outcomes are among the worst in the industrialized world.	1:50	3:16
5	2	Louisville	Data maps reveal a 5- and 10-year gap in life expectancy between Louisville's rich, middle and low-income neighborhoods.	5:06	3:08
6	3	Jim Taylor / Whitehall	Wealthy Americans like Jim Taylor live longer, healthier lives on average than those in the middle and at the bottom of the class pyramid.	8:14	4:34
7	4	Gradient / Tondra Young	In Tondra Young's district, health outcomes are a little worse. Education helps improve chances, but it's increasingly unaffordable.	12:48	2:00
8	5	Corey Anderson	Corey and his wife struggle to get by, and conditions in their neighborhood are stressful.	14:48	4:59
9	6	Mary Turner	Mary Turner is an unemployed mother who struggles to overcome health issues and feelings of hopelessness.	19:47	3:08
10	7	Biology of Stress	Relentless pressures and lack of control trigger a chronic stress response which over time, wears down the body's systems, resulting in higher rates of disease and early death.	22:55	4:48
11	8	Monkeys / Cold Virus	Studies of monkeys and humans reveal that lower social position corresponds to elevated levels of cortisol, a stress hormone.	27:43	3:08
12	9	Demands & Control	Stress isn't just about pressure, but also having the power and resources to manage demands and find relief.	31:51	5:34
13	10	Children & Poverty	The chronic, unremitting stress of childhood poverty has lifelong health consequences.	37:25	2:12
14	11	Racism's Impact	The stress of racial discrimination increases health risks for people of color.	39:37	3:18
15	12	Social Reforms	During the 20th century, health improvements resulted mostly from more equitable social policies and increased prosperity, not medical innovation	42:55	2:04
16	13	Wealth Gap	Since 1980, the wealth gap between the rich and the rest of us has grown, resulting in a greater health gap.	44:59	3:12
17	14	Other Countries	In other countries, health is not so closely tied to wealth because of social spending to benefit children and families and those lower on the class ladder.	48:11	1:37
18	15	Community Initiatives	Many communities across America are working on a local level to improve their health.	49:48	4:23
19	16	Credits		54:11	5:47
20	x	Funder bed		59:58	

WHEN THE BOUGH BREAKS (EPISODE TWO)					
DVD Ch	Menu Ch	Title	Description	Start	Duration
1	x	Logos		00:00	00:22
2	x	Title Sequence		00:22	00:44
3	1	Race Gap	Researchers try to explain why infant mortality and preterm birth rates are higher among African American women than white women.	01:06	02:46
4	2	Kim Anderson's Story	Kim Anderson is one of many women whose baby was born premature, despite her precautions.	03:52	04:38
5	3	SES, Genes & Health	Although higher income and education are associated with better health, racism - not genetics - adds risk.	08:30	04:03
6	4	Civil Rights Gains	The 1960s brought social change and better health to African Americans. Today, growing inequality threatens those gains.	12:33	02:07
7	5	Chronic Stress	How does racism get under the skin? Chronic stress over a lifetime is one explanation.	14:40	04:27
8	6	Institutional Racism	Racism persists on many levels; researchers find an eternity of difference in the experiences of white and Black women.	19:07	02:33
9	7	Everyday Racism	A group of African American women share their experiences of everyday racism.	21:40	03:22
10	8	Coda	Kim's daughter grew up to be healthy; many others are not so lucky. Where do we go from here?	25:02	02:15
11	x	Credits		27:17	01:48
12	x	Funder Bed		1:29:05	

BECOMING AMERICAN (EPISODE THREE)					
DVD Ch	Menu Ch	Title	Description	Start	Duration
1	x	Logos		00:00	00:23
2	x	Title Sequence		00:23	00:43
3	1	Arriving Healthy	Many new immigrants arrive in the U.S. healthier than the average American. Some, like Amador Bernal, haven't been to a doctor in 25 years.	01:06	03:25
4	2	Latino "Paradox"	Immigrant Latinos, despite being poor, have better health than even the wealthiest segments of society. Strong family ties may play a role.	04:31	04:28
5	3	Social Inclusion	Americans are working harder than ever and increasingly isolated, putting us at increased risk for disease.	08:59	02:10
6	4	Community Resources	Kennett Square, a Quaker town, provides good support services and helps residents build ties with one another.	11:09	03:22
7	5	Wealth Equals Health	The longer immigrants live in America, the worse their health becomes, and the more their health status is tied to their wealth.	14:31	02:35
8	6	Making Ends Meet	Like many American families, the Bernals work hard to get by.	17:06	03:38
9	7	When Ties Fray	Younger arrivals experience high levels of depression and anxiety. Among workers, the rate of chronic diseases is on the rise.	20:44	04:10
10	8	Lessons for Us	Understanding and translating the health protective benefits of new immigrants is key to improving health for all of us.	24:54	02:03
11	x	Credits		26:57	01:48
12	x	Funder Bed		28:45	

BAD SUGAR (EPISODE FOUR)					
DVD Ch	Menu Ch	Title	Description	Start	Duration
1	x	Logos		00:00	00:24
2	x	Title Sequence		00:24	00:42
3	1	Tohono O'odham & Pima	Nearly half of the adult Pima and Tohono O'odham Indians have Type 2 diabetes	01:06	04:29
4	2	Genetic Research	Researchers have studied the Pima for decades. Now they are searching for a genetic cause.	05:35	02:35
5	3	Poverty as Risk Factor	But the stress of poverty increases blood sugar levels. Obesity, closely tied to income, is also a risk factor for diabetes, as is hopelessness.	08:10	03:54
6	4	Stolen Water	The diversion of river water to upstream white settlements, ranches, and mines destroyed the Pima's agriculture, economy, and traditional ways.	12:04	03:13
7	5	Diabetic's Nightmare	The O'odham became dependent on surplus government commodities to survive: white flour, cheese, lard, canned foods.	15:17	04:41
8	6	Staying Hopeful	Managing diabetes is difficult, but studies show hopefulness is important.	19:58	01:34
9	7	Rebuilding Community	After a long battle, the Pima finally regained their water rights and are now beginning to farm again.	21:32	03:29
10	8	Taking Control	To reduce diabetes rates and improve health, Native communities need to regain control over their collective destinies.	25:01	02:12
11	x	Credits		27:13	01:49
12	x	Funder Bed		29:02	

PLACE MATTERS (EPISODE FIVE)					
DVD Ch	Menu Ch	Title	Description	Start	Duration
1	x	Logos		00:00	00:23
2	x	Title Sequence		00:23	00:44
3	1	Where You Live	Why is your neighborhood such a good producer of your health?	01:07	02:30
4	2	Gwai's Story	Gwai Boonkeut, a refugee from Laos, experiences firsthand how living in a neglected urban neighborhood is bad for your health.	03:37	04:51
5	3	Poverty Tax	Paradoxically, residents of poor communities pay more for goods and services than those in affluent communities.	08:28	01:51
6	4	Boomtown	WWII brought economic prosperity to Richmond, but discriminatory government policies after the war channeled resources to segregated white suburbs, while cities like Richmond fell into decline.	10:19	02:27
7	5	Chronic Stress	Those living in neglected areas are subject to constant stress with few resources to cope, which increases their risk for serious illness	12:46	02:22
8	6	Living with Violence	Community activists are working together to address health challenges, especially those stemming from violence	15:08	03:55
9	7	High Point, Seattle	Seattle's High Point neighborhood is a success story. Residents and local officials worked together to create a mixed-income community with many health advantages.	19:03	07:00
10	8	Complicated Solutions	Solving the health problems of disadvantaged communities isn't easy, but it begins with creating better social policies.	26:03	01:09
11	x	Credits		27:12	01:48
12	x	Funder Bed		29:00	

COLLATERAL DAMAGE (EPISODE SIX)					
DVD Ch	Menu Ch	Title	Description	Start	Duration
1	x	Logos		00:00	00:24
2	x	Title Sequence		00:24	00:43
3	1	Tuberculosis on Ebeye	Tuberculosis rates in the Marshall Islands are especially high in places like Ebeye, a poor, densely populated community.	01:07	05:52
4	2	Rich Island, Poor Island	Americans living on Kwajalein enjoy a suburban environment, while the native population on nearby Ebeye endures squalid, overcrowded conditions.	06:59	03:09
5	3	Worst of Both Worlds	The Marshallese must contend with the health problems of both developing and wealthy nations	10:08	03:16
6	4	Atomic Testing	The U.S. conducted extensive nuclear tests in the area and studied the effects of nuclear fallout on its people.	13:24	02:49
7	5	Dislocation	Social problems on Ebeye stem largely from the complex presence of the U.S. military base.	16:13	05:00
8	6	Tuberculosis in U.S. History	During the early 20th century, social reforms helped dramatically reduce tuberculosis rates in the U.S.	21:13	01:47
9	7	Springdale, Arkansas	Many Marshallese come to the U.S. mainland seeking a better life. Some find a hard adjustment.	23:00	03:54
10	8	Credits		26:54	01:49
11	x	Funder Bed		28:43	

NOT JUST A PAYCHECK (EPISODE SEVEN)					
DVD Ch	Menu Ch	Title	Description	Start	Duration
1	x	Logos		00:00	00:24
2	x	Title Sequence		00:24	00:43
3	1	Plant Closure	When Electrolux closed its plant in Greenville, Michigan, workers lost everything.	01:07	02:47
4	2	Effects of Job Loss	Laid-off workers discuss their increased stress, depression and worry.	03:54	04:32
5	3	Stress under the Skin	Prolonged stress triggers cortisol, which increases the risk of both acute and chronic health problems.	08:26	03:35
6	4	Loss of U.S. Jobs	As more companies move their production to other countries, middle-class American families are having a harder time making ends meet.	12:01	03:39
7	5	Haves and Have Nots	The wealthiest Americans are getting richer and richer, reflecting a growing divide in the U.S.	15:40	02:17
8	6	Resources / Control	Economic status predicts health. Those on the top have more resources and control; lack of control increases health risks.	17:57	04:09
9	7	Sweden	In Sweden, job loss isn't devastating. Swedish policies protect workers and guarantee citizens economic security.	22:06	04:27
10	8	A Shared Future	People in other countries have a sense of shared responsibility about the fate of workers; what about us?	26:33	01:12
11	x	Credits		27:45	01:48
12	x	Funder Bed		29:33	