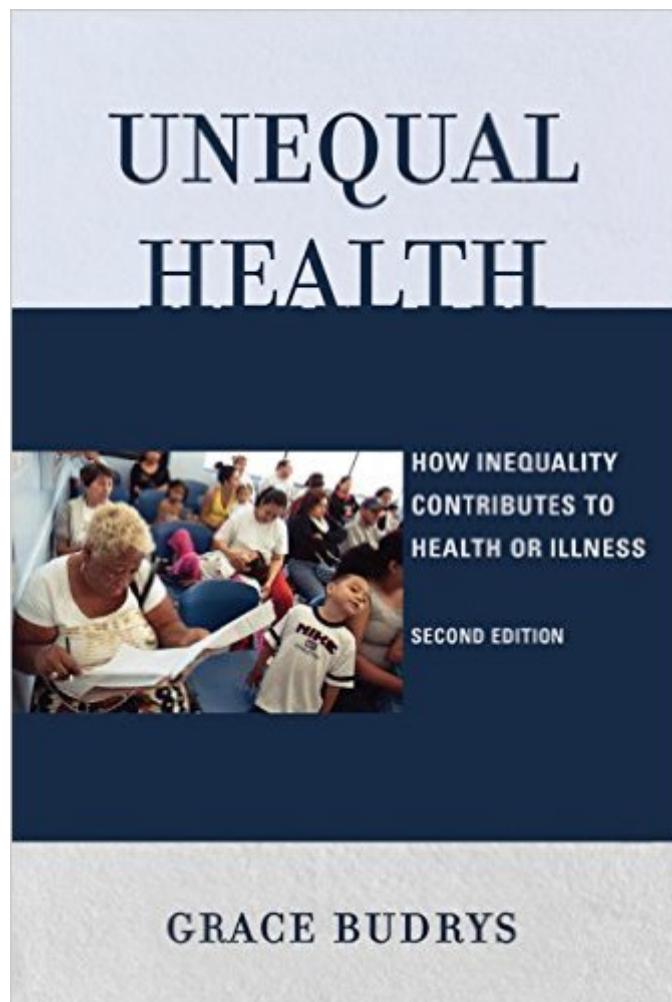


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# Unequal Health: How Inequality Contributes To Health Or Illness



## Synopsis

Unequal Health asks why some individuals are living longer and enjoying better health than others. By contrasting popular beliefs about the relevance of such factors as sex, race, poverty, and health habits, Grace Budrys moves beyond factors that receive a great deal of media attention, such as smoking, diet, exercise, even genetic inheritance, and examines those factors that are far more difficult to identify and track, such as relative income and relative social status.

## Book Information

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## Customer Reviews

I teach undergraduate courses in public health and this book is an excellent text for a low to mid-level course in a state university. The author not only summarizes some of the reasons for health disparities, but presents the evidence in a lively, engaging way - laying out the arguments and different threads of evidence and demonstrating by example careful analysis. The book is well-written. There are some topics or perspectives absent including a gender analysis of women's health (the section on sex differences is short), a deeper analysis of the effects of racism on health, a socio-ecological interpretation of how racism plays out ala David Williams, and, finally, a developmental lifespan approach. So I've supplemented the course with other readings, but it would have been great if more were covered. Still, my students love this book and I highly recommend it for undergraduate instruction.

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