

Living in a healthy world

Lesson 1 – How healthy are we?

Activity 1

Access the 'for students' section on the www.gold-book.net site and using the links to the preferred websites as well as using your text book as a resource answer the following questions.

Note:

- The marks for each question reflect the amount of content required in each answer.
- Answer each question in sentence form.

1. How healthy are young Australians? (5 marks)
2. What are the barriers to being healthy? (10 marks)
3. What are the illnesses that affect young Australians? (20 marks)

Activity 2

Access the AIHW report *Young Australians: Their Health and Wellbeing*. Make up 20 multiple-choice questions and answer using the statistics presented in the full report.

For example, for the statement 'Over 90 per cent of young people rate their health as excellent, very good or good' a possible question and answer could be:

Question:

What percentage of students rate their health as excellent, very good or good?

- A 10 per cent
- B 30 per cent
- C 70 per cent
- D 90 per cent

Paper activity - Type/write your questions and answers on mini cards and hand in to teacher when completed

Web based activity - Access the website below and enter the questions and answers that you made on the flipcards on the website. Save the flipcards and copy the link for your cards and email link to your teacher.

Note: These cards can be shared with classmates and used in exam preparation.

<http://www.brainflips.com/Login.html>

Lesson 2 – What are the issues?

Activity 1

Using the www.gold-book.net site as a guide, access the 'for students' section and find the links for the priority issue webpages, research a webpage for each of the health issues below:

- Road Safety
- Mental Health
- Injuries (work and household)
- Sexually transmitted infections
- Illicit drugs

Include:

- Name of website including website address
- Purpose of website
- Author of website (This could be a government organisation)
- A short description of website content.

Note: The www.gold-book.net site will not have links for all of these health issues.

Activity 2

Write a two paragraph summary of each of the health issues. Ask students to use their own thoughts and understanding of the health issues.

Lesson 3 - Your individual health

In this lesson we will focus on the influences on health decision making and risk behaviours. Students will examine the health issues that affect them at their age.

Activity 1

Students should read pages 17-30 as a guide for how to use the information provided in the Gold Book. Students are then encouraged to look up their age and discover the common causes of death for their age and the prevention strategies.

This may be an ideal opportunity for a class discussion and brainstorm on issues affecting youth today.

Activity 2

Access the link below and enter the necessary data to find your personal BMI index.
<http://www.exrx.net/Calculators/BMI.html>

1. What was your BMI and what classification are you?
2. Complete the questions on your age page in the Gold Book. Give yourself a health rating out of 10. Justify yourself ranking of your health status. (Your justification must include the areas of Smoking, nutrition, Alcohol, Physical activity, risky behaviours and vaccinations.

Lesson 4 – Marketing health

Activity 1

Choose two of the following health issues and construct a factsheet marketed towards preventing ill health for teenagers in your local community. Include references, pictures and links to websites.

Health issues:

- Injury
- Mental health
- Drugs (Illicit)
- Drugs - Alcohol
- Drugs - Smoking
- Nutrition
- Physical activity
- Sexual health
- Vaccinations

The following websites can provide some assistance for content.

<http://www.health.nsw.gov.au/factsheets/index.asp>

<http://teenshealth.org/teen/>

<http://gold-book.net/education>

Lesson 5 – Health issues affecting me.

Activity 1

Turn to the page in your Gold Book that represents your age. Identify the health issues affecting you.

Prepare a table showing the illness, prevention strategy and cure.

Illness/Injury	Prevention strategy	Cure strategy
eg. Vehicle accidents	Wear a seatbelt	Surgery/rehabilitation

What are the threats to the prevention strategies that you have chosen?

What are the benefits of prevention over cure?

Activity 2 – Letter to yourself

Write a letter to yourself on your 18th and 40th Birthday. Using the Gold book for those ages, warn yourself about the health issues affecting you at the time and encourage yourself to access the appropriate screening tests.

Lesson 6 – Health issues affecting Australia

Activity 1 – Group work

Visit http://www.aihw.gov.au/mortality/data/current_data.cfm.

(i) From this site, ask students to construct a histogram bar graph of the top 10 causes of death currently in Australia.

2. Work out what preventative health strategies you would institute if you were the Government, to try and get all of these diseases causing the least amount of damage as possible.

a. Discuss what you can do in your own group to prevent any of your members becoming a statistic on this mortality data.

Lesson 7 - Being a advocate for health

Activity 1

Turn to the page in your Gold Book that represents the age of your parents or grandparents. Identify the health issues affecting people that are the same age as your parents or grandparents.

Prepare a table showing the illness, prevention strategy and cure.

Illness/Injury	Prevention strategy	Cure strategy
eg. Vehicle accidents	Wear a seatbelt	Surgery/rehabilitation

What are the threats to the prevention strategies that you have chosen?

What are the benefits of prevention over cure?

Students are now encouraged to have a personal chat with their parents and/or grandparents and read their age together.

Students can use the case studies as an example and guide to help them with this chat.

<http://roc.reachout.com.au/flash/index.html>

<http://www.likeitis.org.au/lovebugsbattle/>

Lesson 8 - Prime Minister for a day

Imagine for a moment that you are now the Prime Minister of Australia. You are very passionate about the health of young Australians.

You are aware that the major health issues that affect the Mortality rates of young Australians are:

- Motor vehicle crashes
- Cancer - Leukaemia, Brain, Lymphoma
- Mental Health - Suicide

You are aware that the major health issues that affect the Morbidity rates of young Australians are:

- Smoking
- Illicit drugs
- Alcohol
- Physical activity
- Nutrition

Develop a plan to address a health issue by expanding on the following:

- a. Which laws would you change and how would that help reduce the impact of your health issue?
- b. What health promotion strategies would you use to increase awareness of the health issue?
- c. What resources would you make available to assist people avoiding this health issue?
- d. Write a Persuasive writing letter to the people of Australia convincing them to participate in screening tests.
- e. Other changes?