



HEALTH QUEST

CENTER FOR HEALTH & LEARNING

Unit Outline

Health Quest for Chronic Disease Prevention

- I. Register your class with Center for Health and Learning
- II. Distribute Student Letter and Parent Letter as an introduction to program
- III. Have students take the Health Quest Pre-Test
- III. Break students into small groups of 3 or 4 to for bi-weekly assignments
- IV. Plan for students to carry out 3 or more Learning Tasks
- V. Learning Tasks include fact sheets, suggestions for classroom visitors, and research question. Learning Tasks include:
 - Learning Task 1: What is Chronic Disease
 - Learning Task 2: Risky Behaviors
 - Learning Task 3: Public Policy and Prevention
 - Learning Task 4: Using the Youth Risk Survey
 - Learning Task5: Summing Up Chronic Disease Prevention
- VI. Final Project (4 phases)
 - Phase 1: Administer the *Health Assessment Survey*
 - Phase 2: Interpret survey results
 - Phase 3: Create an action plan based on survey results
 - Phase 4: Present survey results and action plan to school board
- VII. Upon completion of Final Project students take Health Quest Post Test
- VIII. Present certificates of participation to your class
- VIII. Provide Center for Health and Learning with your project successes for our web site (E.g. summary, pictures, final reports, student initiatives)