

**Topic: Health**  
(Original plan developed by March 2011 Community Orientation Skills Development Workshop participants in Boise, ID, and further developed by the Cultural Orientation Resource Center)

**Activity: Preventative Health Discussion**

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<b>Objective</b>	<ul style="list-style-type: none"><li>✓ Participants will understand the importance of preventative health</li><li>✓ Participants will learn some preventative health measures</li></ul>
<b>Lesson Time</b>	35 minutes
<b>Materials</b>	<ul style="list-style-type: none"><li>• Flipchart paper, markers, and tape</li></ul>
<b>Introduction</b>	Maintaining your health is very important. Many in the U.S. believe in something called "preventative health", which is taking action to prevent health issues before they arise. In this session, we will talk more about preventative health and how you can incorporate aspects of preventative health into your daily life.
<b>Practice</b>	<ol style="list-style-type: none"><li>1. Put participants into small groups of 3-4. Ask groups to discuss what they think of as healthy.</li><li>2. Debrief highlights from the small group discussions as a large group. Record notes from the discussion on flipchart.</li><li>3. Ask the group if they have heard of preventative healthcare. Ask participants to define it.</li><li>4. Ask participants what preventative healthcare measures they are currently taking, and record any that are not already on the current list. Mark those which multiple participants identify as preventative methods of healthcare. Add any important measures to the list such as washing hands frequently, exercising regularly, etc.</li></ol>
<b>Discussion Questions</b>	<ul style="list-style-type: none"><li>• Why is preventative healthcare important?</li><li>• What are some ways you can practice preventative healthcare on a regular basis?</li><li>• What are some of the challenges of practicing some of these methods? What are some ways to overcome these challenges?</li><li>• Which preventative methods discussed today do you plan to incorporate into your daily life?</li></ul>
<b>Evaluation</b>	<ul style="list-style-type: none"><li>• Through Practice 3, identify what participants already know and practice in regard to preventative healthcare. Through the discussion questions at the end of the session, determine what participants have learned as a result of the session.</li><li>• At a later date, follow up with participants to find out which preventative methods they are using and which they plan to incorporate into their daily life at a later date.</li></ul>