



The New York City Health Literacy Campaign:
From Knowledge to Action.

Sample Lessons

**PREVENTION & DETECTION
ABE LEVELS 1 & 2**

STUDENT'S EDITION



Developed by the Mayor's Office of Adult Education

Version 2008-2009

NAME: _____ DATE: _____

INTRODUCTION: PREVENTION, EARLY DETECTION AND HEALTH SCREENINGS

1. What GED skills will we build today?

2. Name some common health problems:

- What words mean the same thing as “health problems”?
-

3. What is Prevention?

- Define the word prevent:

- Use prevent in a sentence:

- What is disease prevention?

- How can we prevent diseases?



4. What is Early Detection?

- Define the word detect:

- Use detect in a sentence:

- What does early detection of a disease mean?



5. What are Health Screenings?

- Define the term health screenings:

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ACTIVITY 1: ATTENDING A HEALTH SCREENING: MILA'S STORY¹



Mila is 35 years old. She is an immigrant from the Dominican Republic. She has lived in New York City for 5 years. Mila attends an ABE class because she wants to improve her reading, writing and math skills. Mila has been thinking about her health a lot. This is because she has been learning about health in her class. She has learned that the prevention of disease means eating healthy food and being more active. She has also learned about the early detection of illness. Mila's teacher said that one way to detect an illness early is to attend a health screening. Mila just found out her class will be taking a trip to a health screening. Her teacher told the class that they will be screened for diseases like high blood pressure and diabetes.



Mila is nervous for many reasons. She has not been to see a doctor in three years. She has never attended a health screening before. She is an immigrant, and she does not have any documentation. She has no health insurance, and she cannot afford to pay for the screenings. To feel better, Mila will ask her teacher some questions.

Small Group Questions:

1. **What is Mila's problem?**
2. **Does this problem relate to your life?**
3. **How?**
4. **What can Mila do to feel better about going to the screening?**

¹Adapted from a health lesson developed by Tilla Alexander and Diana Raissis at MMALC

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ACTIVITY 2: NEW WORDS AND TERMS

1. What is high blood pressure?

2. What are symptoms?

3. Who are healthcare providers?

4. What does the word confidential mean?

Match New Words and Terms to Their Definition

1.	Doctor, nurse, or lab technician
2.	A disease that has no symptoms
3.	Another word for secret
4.	A sign of disease

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ACTIVITY 2: MILA'S QUESTIONS ABOUT THE HEALTH SCREENING²

Teacher: How are you Mila? You look nervous.

Mila: I can't go. I have no documentation or insurance!

Teacher: Don't worry. The hospital promises to keep all of your information secret and the health screening is free if you do not have insurance.

Mila: I feel healthy. Why should I go to the screening?

Teacher: Everybody needs to get screened, even people that feel healthy. Many people have high blood pressure but never know it. This is because there are no symptoms. The only way to know if you have high blood pressure is to get screened by a healthcare provider.



Blood pressure cuff

Mila: Why does high blood pressure matter?

Teacher: High blood pressure can hurt your whole body. It can lead to a stroke, heart attacks, heart failure or kidney failure.

Mila: How will healthcare providers check my blood pressure?

Teacher: Healthcare providers will put a cuff on your arm. This will measure your blood pressure. It is fast, easy, and painless. It is important to get your blood pressure checked by your doctor often.



An ABE student getting her blood pressure checked at a health screening

Mila: What will happen if I have high blood pressure?

Teacher: It will be fine! If you have high blood pressure, you will need to get screened by your doctor often. You will also have to eat healthy foods, quit smoking, and take medicine. Taking your medicine is an important part of controlling your blood pressure.

²From American Heart Association's High Blood Pressure Library found at: http://www.americanheart.org/beatyourrisk/en_US/main.html



TAKE CARE NY

Get Screened. Stay Healthy.

A simple health check for asthma, diabetes, high blood pressure, cholesterol, HIV, depression or cancer can help keep you healthy. This October, NYC public hospitals and health centers will offer the health screenings you or your family need at little or no cost.*

Dial **311** or visit **nyc.gov/hhc** to find the HHC hospital or health center near you.

And Take Care, NY.



nyc.gov/hhc

Bellevue • Belvis • Coler-Goldwater • Coney Island
Cumberland • East New York • Elmhurst • Gouverneur
Harlem • Jacobi • Kings County • Lincoln • McKinney
Metropolitan • Morrisania • North Central Bronx
Queens • Renaissance • Sea View • Woodhull

*If you have health insurance, it will be billed. You will be responsible for any co-payments. If you don't have insurance, there is no cost to you.

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ACTIVITY 3: “GET SCREENED. STAY HEALTHY.”

Common Diseases	Prevention	Early Detection
High Blood Pressure →	Eat healthy and be active →	Screening: Blood Pressure test
Diabetes		
Asthma		
Cholesterol		
HIV		
Depression		
Cancer		

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ACTIVITY 4: MILA CONVINCES RICARDO TO ATTEND A HEALTH SCREENING



Mila left her class feeling much better.
She is happy that she asked her teacher questions.
Now she wants to tell her friend Ricardo about what she learned in class today.

Ricardo: What did you learn in class today?

Mila: I learned about health screenings.

Ricardo: What are health screenings?

Mila: _____

Ricardo: What kind of screenings can I get?

Mila: _____

Ricardo: Who should get health screenings?

Mila: _____

Ricardo: Why should I attend a health screening?

Mila: _____

Ricardo: Where can I get a health screening?

Mila: _____

NAME: _____ DATE: _____

ACTIVITY 6: SHARE YOUR KNOWLEDGE

Make a PowerPoint Presentation

Titles of Slides:

- 1. Title and name of presentation.**
- 2. What is “prevention”?**
- 3. What is “early detection”?**
- 4. What are “health screenings”?**
- 5. Who should get screened?**
- 6. Where did you go to get screened?**
- 7. What screenings did you do?**
- 8. Why should people get screened?**
- 9. What was your experience like?**
- 10. What is one thing you would tell a friend about health screenings?**

NAME: _____ DATE: _____

ACTIVITY 6: SHARE YOUR KNOWLEDGE

Poster Presentations

Poster Titles:

- 1. Title of presentation**
- 2. What is “prevention”?**
- 3. What is “early detection”?**
- 4. What are “health screenings”?**
- 5. Who should get screened?**
- 6. Where did you go to get screened?**
- 7. What screenings did you do?**
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- 10. What is one thing you would tell a friend about health screenings?**