



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

Sample Lessons

PREVENTION & DETECTION
ESL LEVELS 1 & 2

STUDENT'S EDITION



Developed by the Mayor's Office of Adult Education

Version 2008-2009

NAME: _____ DATE: _____

INTRODUCTION: NEW WORDS AND TERMS

NEW WORD	DEFINITION
Disease	
Prevention 	
Detection 	
Health screening	
High Blood Pressure	
Symptom	
Healthcare provider	
Blood Pressure Cuff	
Confidential	

NAME: _____ DATE: _____

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 ESL class to improve her English. Mila has been thinking about her health a lot. This is because she is learning about health in class. She has learned that she should eat healthy food and be more active to prevent disease. She has also learned about early detection. Mila's teacher said that the best way to detect an illness early is to attend a health screening.



Mila's teacher told the class that they will be taking a trip to a free or low-cost health screening. She said that they will be screened for diseases like high blood pressure. Mila is nervous. She is nervous because she has not seen a doctor in 3 years. She is nervous because she has never attended a health screening before. She is nervous because she has no documentation. Finally, she is nervous because she has no insurance and cannot pay for the screening.

Questions for discussion:

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

NAME: _____ DATE: _____

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 will keep your information confidential. It will also be free if you do not have insurance.



Healthcare Providers

Mila: But I feel healthy! Why should I go to the health screening?

Teacher: Even people that feel healthy need to get screened. Many people have high blood pressure but do not 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: What is high blood pressure?

Teacher: High blood pressure is a disease that can lead to a stroke, heart attacks, heart failure or kidney failure.

Mila: How will they 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.

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

Teacher: It will be fine! You may have to take medicine. If you need to take medicine, remember to take it everyday. You will also have to eat healthy food and quit smoking.



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

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.

NAME: _____ DATE: _____

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?

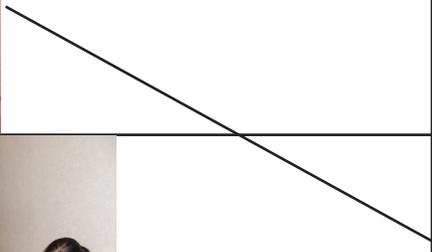
Mila: _____

Ricardo: Where can I get a health screening?

Mila: _____

NAME: _____ DATE: _____

ACTIVITY 6: MATCHING

		Detect (v.)
		Blood pressure cuff (n.)
		Prevent (v.)
		Health screening (n.)
		Healthcare providers (n.)
		Nervous (adj.)

NAME: _____ DATE: _____

ACTIVITY 6: SHARE YOUR KNOWLEDGE

Interview a friend at school

- 1. What is your name?**
- 2. What is Prevention?**
- 3. What is Early Detection?**
- 4. What are Health Screenings?**
- 5. Why should I get screened?**
- 6. Where did you go to get screened?**
- 7. What screenings did you do?**
- 8. Will you go to a screening again?**