



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

Sample Lessons

**PREVENTION & DETECTION**  
**ESL LEVELS 3 & 4**

STUDENT'S EDITION



Developed by the Mayor's Office of Adult Education

Version 2008-2009

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

### ACTIVITY 1: NEW WORDS AND TERMS

NOUN	VERB	ADJECTIVE
Disease		
Prevention 		
Detection 		
Health		
Health screening		
		Nervous 

### Match New Words and Terms to Their Definition

1.	To stop or keep from happening
2.	Another word for illness or sickness
3.	To find
4.	A test or check-up
5.	To feel worried or afraid

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## ACTIVITY 1: ATTENDING A HEALTH SCREENING: MILA'S STORY<sup>1</sup>



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 thinks about her health a lot. This is because she is studying health in her class. She has learned that she should eat healthy food and be more active to prevent disease. She has also learned that it is important to detect an illness early. Mila's teacher said that one way to detect an illness early is to attend a health screening.



Mila and her class will be taking a trip to a free or low-cost health screening. Her teacher told the class that they will be screened for diseases like high blood pressure and diabetes. Mila is nervous. She is nervous because she has not been to see a doctor in three years. She is nervous because she has never attended a health screening before. She is also nervous because she has no papers. Finally, she is nervous because she has no insurance and cannot afford to pay for the screenings. To feel better, Mila will ask her teacher some questions.

### 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?

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<sup>1</sup>Adapted from a health lesson developed by Tilla Alexander and Diana Raissis at MMALC

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## ACTIVITY 2: NEW WORDS AND TERMS

<b>NOUN</b>	<b>VERB</b>	<b>ADJECTIVE</b>
<b>High Blood Pressure</b>		
<b>Symptom</b>		
<b>Healthcare provider</b>		
<b>Failure</b>		
		<b>Confidential</b>

### Match New Words and Terms to Their Definition

<b>1.</b>	<b>To stop or keep from happening</b>
<b>2.</b>	<b>Another word for illness or sickness</b>
<b>3.</b>	<b>To find</b>
<b>4.</b>	<b>A sign of disease</b>

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## ACTIVITY 2: MILA'S QUESTIONS ABOUT THE HEALTH SCREENING<sup>2</sup>

**Teacher:** How are you Mila? You look nervous.

**Mila:** I don't have any documentation or insurance.

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

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

**Teacher:** Every body 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.

**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.

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

**Teacher:** Teacher: It will be okay. If you have high blood pressure, you will need to get screened on a regular basis. You will also have to eat less fatty foods and salts, quit smoking and drinking and take medicine. Taking medicine will be important to keep your blood pressure down.



Blood pressure cuff



A GED student getting her blood pressure checked at a health screening

<sup>2</sup>From American Heart Association's High Blood Pressure Library found at: [http://www.americanheart.org/beatyourrisk/en\\_US/main.html](http://www.americanheart.org/beatyourrisk/en_US/main.html)

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## **ACTIVITY 2: QUESTIONS FOR DISCUSSION**

**1. Why should Mila get her blood pressure screened?**

**2. How did Mila feel about health screenings before talking to her teacher?**

**3. How do you think she feels after talking to her teacher?**

**4. What is the point of going to a health screening?**



# 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](http://nyc.gov/hhc)** to find the HHC hospital or health center near you.

### And Take Care, NY.



[nyc.gov/hhc](http://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 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:		

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: \_\_\_\_\_

### **HOMEWORK: NEW WORD JOURNAL<sup>3</sup>**

<b>New Word</b>	<b>Page #</b>	<b>Part of Speech</b>	<b>Definition</b>
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

<sup>3</sup>Borrowed from Hillary Gardner at the English & Civics Program Center for Immigrant Education and Training, LaGuardia Community College

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## ACTIVITY 6: NEW WORDS AND TERMS

Disease (n.)	To prevent (v.)	To detect (v.)
Health Screening (n.)	Nervous (adj.)	Healthcare provider (n.)
Confidential (adj.)	Failure (n.)	Symptom (n.)

## MATCH NEW WORDS AND TERMS TO THEIR DEFINITION

1.	To keep from happening
2.	Another word for illness or sickness
3.	To find
4.	A test or check-up
5.	To feel worried or afraid
6.	Doctor, nurse, or lab technician
7.	Not able to function
8.	Another word for secret
9.	A sign of disease

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## **ACTIVITY 6: SHARE YOUR KNOWLEDGE**

### **Make a Power Point Presentation**

#### **Titles of Slides:**

- 1. Title and name of presentation.**
- 2. What is “prevention”? Provide examples.**
- 3. What is “early detection”? Provide examples.**
- 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”? Provide examples.**
- 3. What is “early detection”? Provide examples.**
- 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?**