



Student Name: _____

Class/Period: _____ / _____

Health Survey

1. Complete the following sentence:
My health is (circle one of the three) not important, important, or very important because .

2. Is the health of others as important as yours? Why or why not? Have students start thinking about how one's health is connected to the health of others. It is connected by the shared environment, economic system and knowledge.
3. What are some things that keep you healthy and promote good health? Students may answer exercising, eating healthily, having good hygiene practices, scientists coming up with cures/treatments. Guide students to think about other things that promote health—e.g., educating people about how to be healthy, health news that informs people, public and private health organizations, technological advances being made, etc. This helps students think beyond biological factors that affect health—i.e., environment, policies, economic, and social factors.
4. What causes poor health conditions? Student responses may include poor hygiene, unhealthy diet, lack of treatments or cures for diseases, lack of food, etc. Help students consider how things are all related therefore health is affected by various factors other than cure/treatment and money. For example, environmental, social, behavioral, and political factors lead to discrimination and inequity among a group of people who thereby become more vulnerable to illnesses.
5. How can poor health impact you, your family, a community, and the world? Aside from illness or death, poor health also leads to financial hardship. For example, a parent caring for a sick child cannot go to work, which may result in loss of a day's wage or a job. The impact of poor health can cascade into the community and society at large. For example, when there are a large number of people who are unable to work, the community or country suffers from a high unemployment rate. Poor health in children may result in their missing school or underperforming at school.

Address back to item #2 and talk about how the health of others is as important as one's own health.

6. Who can ensure good health? In addition to health care workers, parents, scientists, public health professionals, government and other organizations, everyone can contribute to promoting health. Personal health is linked to family, community and global health. Therefore, everyone needs to work together to ensure the health of all.
7. How would you complete the following sentence?

Health is a basic and fundamental Human Right.

[Unscramble the following letters into 2 words: a, g, h, h, i, m, n, r, t, u]

