Healthe Foundations

High School Health Program

During the transition from childhood to adulthood, teens make lifestyle choices that affect both their current and future health. They may struggle with behaviors (such as eating nutritiously, engaging in physical activity, and choosing not to use tobacco) that will affect their risk of developing chronic diseases in adulthood. Approaching teens at this critical time, with the right tools and information, could mean the difference between short and ailing or long and happy lives.

Healthe Foundations is a high school health program that promotes healthy lifestyle choices. It uses a variety of electronic media as a story-telling device regarding a patient’s experience with their medical care. The program’s interactive learning techniques:

- Allow students to experience health care through the eyes of a health care provider
- Provide an overview of the physiology of preventable medical conditions, including causes, diagnoses, treatment, and prevention
- Facilitate collaborative learning opportunities
- Enhance schools’ current health curriculum
- Reinforce National Health Education Standards and workforce development skills

Program Components

Healthe Foundations moves students from book-based instruction to reality by using fictional patient stories developed from the Centers for Disease Control and Prevention’s top causes of death, focusing on preventable conditions. Students are immersed in a health care role and assemble as a team to mirror the responsibilities found in a health care facility. Each team studies a patient who has made poor lifestyle choices—texting while driving, drinking energy drinks, smoking, or making poor nutrition choices—and develops a serious, but avoidable condition. The patient’s story progresses from symptoms to diagnosis to treatment to discharge and ends as the team develops a care plan to improve their patient’s health. The culminating Personal Application Experience allows students to investigate their current health habits and learn simple skills they can make now to ensure a lifetime of good health (options dependent upon location).

Conditions addressed:
- Stroke
- COPD
- Lung cancer
- Type 2 diabetes
- Melanoma
- Traumatic brain injury from texting while driving
- Sudden Cardiac Arrest from consuming energy drinks

For more information and to contact Healthe Foundations, visit www.healthefoundations.org.

About First Hand

Founded in 1995, First Hand is dedicated to helping children, families, and communities achieve their full health potential. By building innovative models for healthier tomorrows and replicating those models globally, First Hand has changed the lives of more than 400,000 individuals in 93 countries.