Online Scavenger Hunt Activity

<u>Lesson Plan:</u> Investigating Health Information Using the Snohomish County Community Health Assessment Report

<u>Grade Level:</u> 6th-8th grade

<u>Curriculum Outcomes:</u>
Health 2: Investigate local, valid, and reliable health and wellness information.

<u>Lesson Objectives:</u>
1. Familiarize students with the 2022 Snohomish County Community Health Assessment Report.
2. Identify factors that influence healthy decision-making based on the information in the report.
3. Analyze circumstances that either help or hinder making healthy choices related to personal health.
4. Encourage critical thinking and collaboration through an online scavenger hunt activity.

<u>Duration:</u> 1 class period (45-60 minutes)

<u>Materials:</u>
1. Computers or tablets with internet access for each student or group.
2. Projector or interactive whiteboard for class discussion and presentation.
3. [Snohomish County Community Health Assessment Report - 2022](#)
4. Scavenger hunt worksheet (attached).

Procedure:

A. Introduction to the Importance of Credible Health Information (20 mins)
1. Start the lesson by explaining the importance of investigating local, valid, and reliable health information. <u>Discussion Prompts:</u>
    a. Where do you get your information about health and wellness?
    b. Why is it important to get health information from reliable sources?
    c. How do you know if a source is credible?
2. Walk through these websites with students and have them take notes of key questions to ask themselves when trying to decide if a source is credible and accurate.
    a. [How To Find Reliable Health Information Online | National Institute on Aging (nih.gov)](#)
    b. [Evaluating Health Information | Patient Education | UCSF Health](#)
3. To summarize:
    a. When assessing credibility, consider the following:
        i. Who published the information?
        ii. Who are the authors?
        iii. What are their credentials?
        iv. Do the authors have a hidden agenda?
        v. Is the information peer reviewed?
    b. When assessing accuracy, consider the following:
        i. Is the information based on scientific evidence?

      ii. Is the information supported by facts?

      iii. Is the original source listed?

      iv. Do other sources back up the information?

      v. Is the information current?

B. Online Scavenger Hunt Activity (25 mins)
1. Introduce the [Snohomish County Community Health Assessment Report](#) as a valuable resource to understand the health factors affecting the community.
2. Demonstrate how to navigate the report website and access relevant sections.
3. Pass out the scavenger hunt worksheet and instruct students to use the report to answer questions. Students can complete the worksheet individually, in pairs, or small groups.

Assessment:
1. Observe students' engagement and participation during the scavenger hunt and class discussion.
2. Review the scavenger hunt worksheets to ensure students can correctly analyze information from the Community Health Assessment Report.

Extension:
1. Encourage students to explore additional health-related reports or statistics from reputable sources to deepen their understanding of community health. More health data resources:
   a. [Home - Healthy Youth Survey (askhys.net)](#)
   b. [Washington Tracking Network (WTN) | Washington State Department of Health](#)
   c. [Data - Snohomish Overdose Prevention](#)
2. Have students create posters or infographics summarizing the key findings from the scavenger hunt to display in the classroom or school bulletin boards.
3. Discuss strategies for finding valid and reliable health information sources online.

Community Health Assessment (CHA) Report: Scavenger Hunt

Name: _____   Date: _____

Use the Snohomish County CHA Report (snohd.org/cha) to answer the following questions.
1. Background
   a. What is the purpose of the CHA?
   b. List the 4 steps of the CHA/CHIP process.
   c. Describe the difference between quantitative and qualitative data.
   d. Name the top 6 health priorities identified by the Data Committee.
2. Data Sources
   a. Investigate the Data Sources used for the CHA Report. Pick one and spend some time browsing its website.
   b. Answer these questions from the data source you chose:
      i. Who published the information?
      ii. Who are the authors?
      iii. What are their credentials?
      iv. Do the authors have a hidden agenda?
      v. Is the information peer reviewed?
      vi. Based on the previous questions, is this source valid?
3. Behavioral / Mental Health
   a. What % of Snohomish County students reported feeling sad or hopeless almost every day for two weeks or more in a row in the last year in 2021?
   b. What 2 specific topics did students in 8th-12th grade report were the reasons that they had experienced bullying?
   c. Based on Figure 6.11, how does the percentage of students experiencing bullying vary across different demographic characteristics (i.e., gender, race/ethnicity, grade level)? What could be the reasons behind these variations?
   d. How might the findings of this data help school administrators and teachers address bullying and create a more inclusive and respectful school environment?
4. Substance Use
   a. How do the percentages of Snohomish County students using e-cigarettes compare to those using traditional cigarettes? What factors do you think might contribute to these differences?
   b. What possible reasons could there be for any changes or fluctuations in tobacco use percentages from 2018 to 2021?
   c. How can schools and communities work together to address the issue of tobacco use among students and promote healthier alternatives?
5. Conclusion: Investigating Health Information
   a. How can you verify the credibility of health information found online or in other sources? What are some red flags to look out for?
   b. Suppose you come across conflicting health information from different sources. How can you determine which source is more reliable and accurate?
   c. Identify a local health-related issue of interest to you. How can you investigate this issue further and find reliable information to understand its impact on the community?