

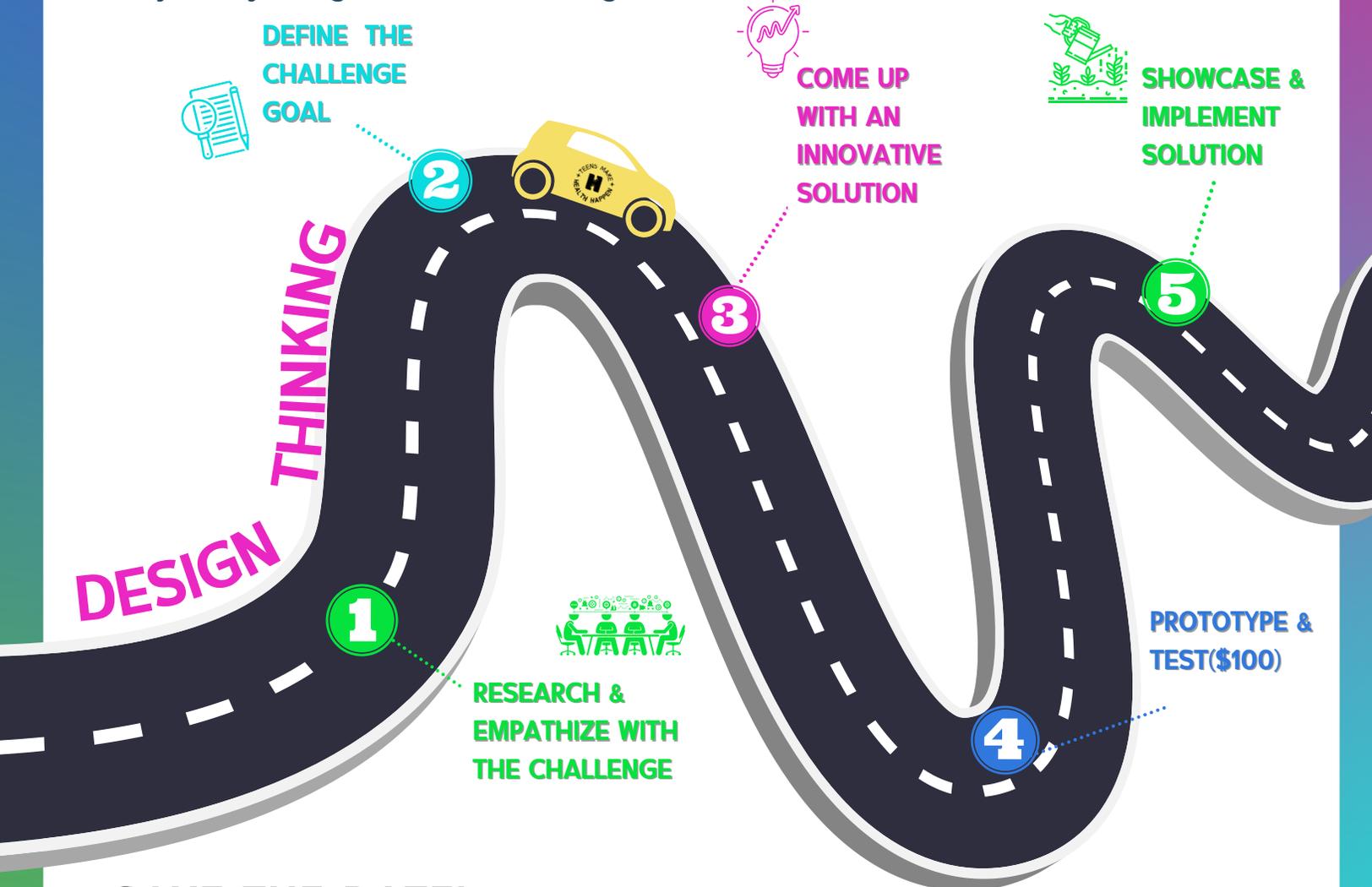
WHAT IS PROJECT HEALTH?

Project Health is an opportunity to develop solutions and get your ideas heard! Completing Project Health will help you improve your ability to be a change-maker. You will collaborate, explore your creativity, and learn a skill that you can use over and over again to tackle challenges that are meaningful to you.



SCAN TO WATCH

Your journey will go a little something like this...



SAVE THE DATE!

National
PROJECT HEALTH SHOWCASE
Saturday, May 7th 2022

The National Project Health Showcase is a virtual event bringing together Teens Make Health Happen teams from across the country to showcase their health innovation projects for an opportunity to be awarded additional funding and support to expand their impact! Amazing guest speakers and judges who are changing the world will leave you feeling encouraged and motivated to keep making health happen!



MENTAL HEALTH



PHYSICAL HEALTH



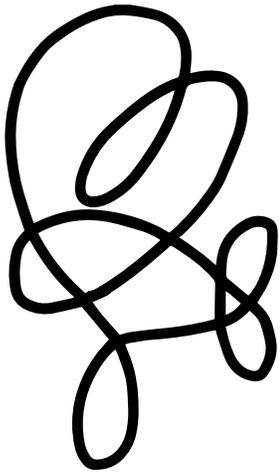
COMMUNITY HEALTH





WHAT IS DESIGN THINKING?

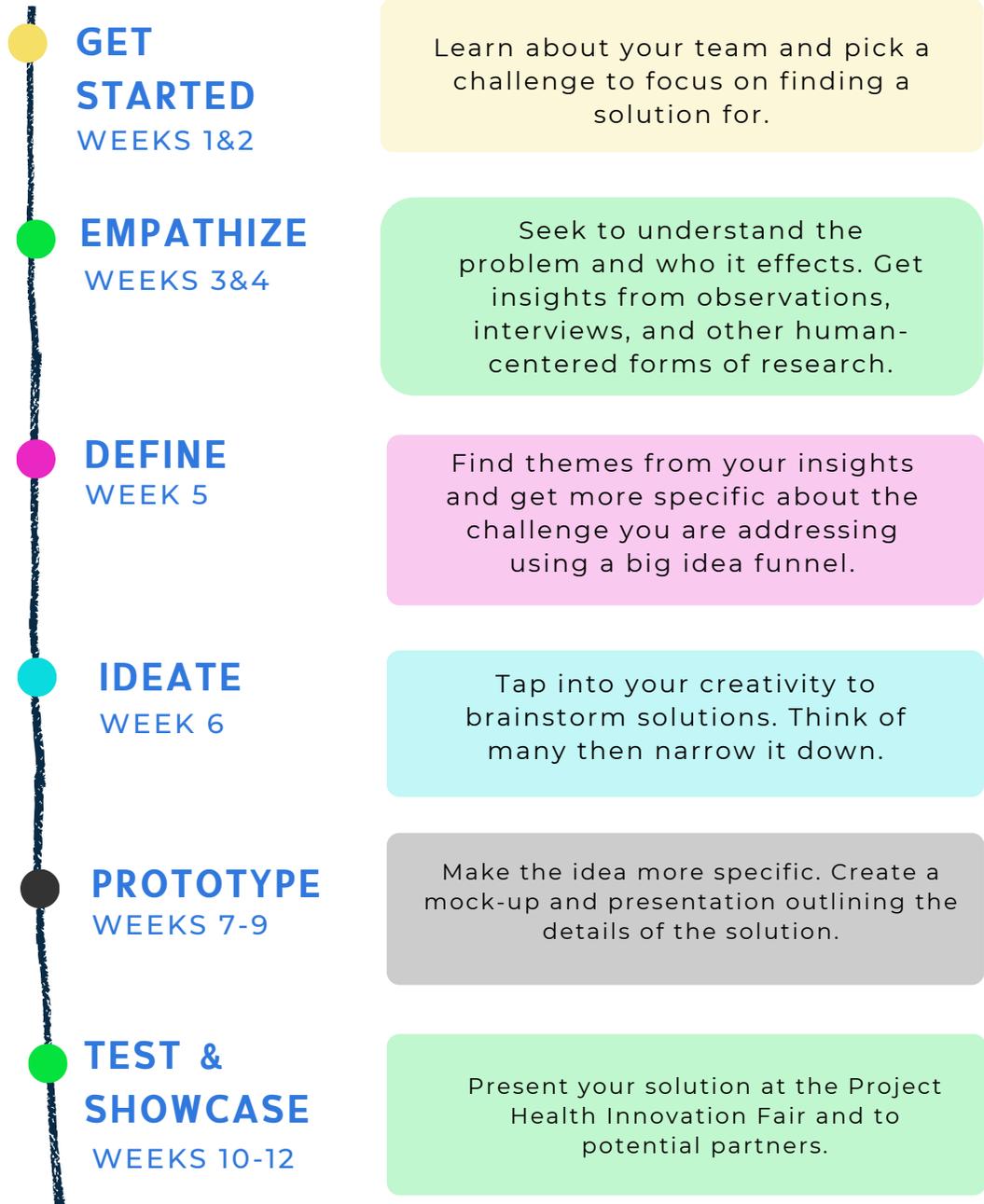
Design-thinking is a technique to solve problems. The process is all about finding ways to make a difference and create solutions for everyday challenges. It's showing you a way to solve problems that is creative, collaborative, and results in solutions that are relevant to the people you're designing for. It's a framework, and it's iterative. It's like having a map, but ultimately you're at the drivers seat. You may want to re-visit stops, or stages, along the way, or do the whole journey all over again! It is a journey. There will be stages that challenge you and insights that you wish weren't realities, but ultimately, this process is designed to be optimistic. It will help you recognize that new and better things are possible and YOU can make them happen.



Once you go through the phases, you can reference back to or expand on others! The process in reality looks more like this squiggle than a straight line!



SCAN TO WATCH



Each session will take you step-by-step through the phases of the design process. By the end, you will have a story and solution to share!



PROJECT HEALTH CHALLENGE TOPIC IDEAS

RULE #1: Choose a health & wellness- related challenge that impacts teens in your community and is meaningful to you.

You will enter your Project Health Showcase submissions into one of the three categories: Physical Wellness, Mental Wellness, or Community Wellness. **Below are some examples of topics to spark ideas for impact. These are aspects of health that benefit overall teen well-being but isn't a complete list of options!** Keep in mind... wellness topics can blend together. YOU chose your topic and the aspect of wellness you want to focus on and submit your project for.



BRAINSTORM TIP!

When choosing your Project Health challenge topic, reflect as a team: Dream up your thriving wellness community... What is included in that dream that you may want to take a step toward achieving?



**SCAN TO SEE
STUDENT
SUBMISSIONS
FROM THE 2021
PROJECT HEALTH
SHOWCASE**



PHYSICAL HEALTH

Eating Breakfast

Research has shown that eating breakfast is associated with improved cognitive function (attention & memory), reduced absenteeism in school, improved mood, and lower body mass index.

Sleep

Getting enough sleep supports a teen's developing brain, as well as physical growth. It also helps protect from mental health challenges like anxiety and depression. Teens need 9-9.5 hrs of sleep per night.

Meeting Fruit & Vegetable Consumption Recommendations

Fruits and vegetables are a great source of dietary fiber. As part of an overall healthy diet, fiber can help reduce blood cholesterol and may reduce the risk for heart disease. Fruits and vegetables may also protect against certain types of cancers. The USDA's daily recommendation for fruits is 1.5- 2 cups and 2.5-3 cups for vegetables for teens.

Sexual & Reproductive Health

Sexual and Reproductive Health includes both physical and mental wellness topics. Safe and consensual sexual health practices are protective against sexually transmitted diseases, unwanted pregnancy, and traumatic experiences.

Hydration

Hydration helps everything from energy levels and mood to healthy joints, bones, and teeth. Consuming water and hydrating foods like fruit and vegetables are great ways to stay hydrated. It's also important to consider drink sources: Sugar-sweetened beverages (SSBs) are the leading sources of added sugar in American diets. Consumption is highest among adolescents and research suggests links between consumption of SSBs and various chronic illnesses.

60 Minutes of Daily Movement

Regular physical activity can help improve cardiorespiratory fitness, build strong bones and muscles, reduce symptoms of anxiety and depression, and reduce the risk for several chronic conditions (heart disease, type-2 diabetes, high blood pressure, osteoporosis, obesity, and cancer). Research also shows that students who are physically active tend to have better grades. The CDC recommends that teens engage in 60 mins. or more of physical activity daily.



PROJECT HEALTH CHALLENGE TOPIC IDEAS



Confidence & Self-Esteem

Self-esteem is important for feeling secure and worthwhile. Self-esteem is often challenged the most during the early teen years. Bullying and constant exposure to filters and glamorized versions of life of social media can impact self-esteem.

Self-confidence helps with handling setbacks. Those with low confidence are less likely to try new activities, create friendships, and are more vulnerable to negative peer pressure and self-destructive behaviors.

Sadness + Hopelessness

Occasional feelings of sadness or hopelessness are part of adolescence. However, if these feelings persist, an adolescent may be diagnosed with depression. Persistent or extreme feelings of depression can lead to thoughts of self-harm if untreated.

Stress + Resilience

Mental resilience is the ability to adapt to stress and challenges. Developing and maintaining habits related to mental resilience are important for overall mental well-being and health. During adolescence, these habits include developing coping, problem-solving, and interpersonal skills and learning to manage emotions. When adolescents become overloaded with stress, it can lead to anxiety, withdrawal, aggression, physical illness, or poor coping skills. It's estimated that 10-20% of adolescents experience mental health conditions.

Positive Outlook

Research shows a link between a positive future outlook and positive development and lifelong health outcomes.

Supportive Relationships

Supportive relationships help build capacity to deal with adversity and are one component to the foundation of resilience. Research shows that at least one stable and committed relationship with a supportive adult helps teens succeed when experiencing severe hardships.

Environmental Health

Environmental health includes urban and rural space and addresses concepts such as air, water, and soil quality, food safety, chemical and toxin exposures, climate change and green spaces.

Health & Wellness Services

Access to and knowledge of how to navigate health and wellness services can lead to more mental and physical health preventative care.

Community Safety

Community safety reflects violent acts in neighborhoods and homes as well as injuries caused unintentionally through accidents. Fear of violence can keep people indoors, away from neighbors, exercise, and healthy foods. Chronic stress associated with unsafe neighborhood conditions can also be harmful to health.

