

Just Health Action Critical Health Literacy Lesson Plan List

Just Health Action (JHA) teaches an innovative critical health literacy curriculum which empowers individuals and communities to work towards achieving health equity.

Critical health literacy combines an individual's understanding of the social determinants of health (SDOH) with the skills necessary to take action.

Our pedagogy is interactive and encourages critical analysis and reflection.

JHA's Critical Health Literacy Framework

Our educational framework has 4 major components:

1. Part one teaches the SDOH within a paradigm which understands health as a human right (**Knowledge**).
2. Part two is composed of activities that help students find their own direction as a social change agent (**Compass**).
3. Part three teaches students specific strategies and advocacy tools to take action on the SDOH (**Tools**).
4. Part four helps students develop and implement a specific action intended to increase health equity by addressing the SDOH (**Action**).

For more complete information about our educational framework, see our publications at the following link: <http://justhealthaction.org/resources/jha-publications/>

JHA is always developing new curriculum as we take on new projects. The list of lesson plans below is not comprehensive but gives the reader a general idea of what we teach.

1. Area of JHA's Critical Health Literacy Framework: Knowledge

- *What is population Health?* – Learn about the difference between individual vs population health and how one measures it.
- *Social determinants of health* – Learn about different factors that affect health.
- *Social determinants of health* – Discuss the social determinants of health using digital stories.
- *Health disparities vs health inequities* – Describe the difference between health disparities, inequalities, and inequities.
- *Defining health equity* – Define equity and health equity and give an example.
- *"Causes of the Causes" diagramming methodology* – Learn to identify the root causes of a problem and see the connection from underlying proximate determinants.

- *Solutions to the Causes* - A follow-up activity to “Causes of the Causes” used when a participant, work group, community or organization wants to take action on a problem and they are thinking through possible solutions.
- *Defining Levels of Racism* – Be able to describe the 3 levels of racism, discuss examples of the different levels of racism as it affects their own lives, explore which levels participants would be able to make change.
- *Graph interpretation* – Learn how to interpret graphs about the effects of racism on health.
- *Whistle shock exercise* – Discuss what happens to you, your mind, and body when you are stressed.
- *Health as a human right* – Participants will understand that health is a human right and recognize the strong links between the social determinants of health and human rights.
- *Book seminar* – Book seminar provides a framework for deep discussion of text.

ENVIRONMENTAL JUSTICE

No One’s Backyard: A Curriculum for Incorporating Environmental Justice into Our Future Waste Management Plans

Part 1: Introduction to Environmental Justice, Equity, and Health

- *Lesson Plan 1: What Makes a Community Healthy?* – A mapping activity that helps participants learn about what is and isn’t healthy in their community and develop some ideas about what they could do to fix the unhealthy problem/s.
- *Lesson Plan 2: Whose Backyard? Environmental Justice: Toxic Waste Management Meeting* – An interactive “role-play” exercise that helps participants examine how the benefits and burdens of society are distributed. It explores the social, political, and economic systems that create inequality based on race and class, and how this can lead to disparate burdens of pollution in communities.
- *Lesson Plan 3: How are Equity and Equality different?* - A series of exercises to distinguish between equality and equity.
- *Lesson Plan 4: Causes of the Causes: What are the Root Causes of this Problem?* - Identify the root causes of a problem and see the connection between proximate and ultimate factors using environmental justice examples.

Part 2: Environmental Justice Mapping Case Study: Seattle, Washington

- *Lesson Plan 5: Environmental Justice Matters: Mapping ZIP Codes (Part 1)*- Using maps and a variety of indicators, participants evaluate whether different parts of Seattle have disproportionate environmental burdens and benefits in some geographic areas relative to others in order to make an environmental justice determination.
- *Lesson Plan 6: Environmental Justice Matters: Mapping Cumulative Impacts (Part 2)*- A cumulative impacts method is used to quantify and confirm whether different parts of Seattle have disproportionate environmental burdens and benefits in some geographic areas relative to others.

Part 3: Incorporating Environmental Justice when Reducing Contamination in Stormwater Runoff

- *Lesson Plan 7: How does Green Infrastructure Help Reduce Stormwater Pollution?* Participants learn about sources of stormwater pollution, how green stormwater infrastructure (GSI) can be used to protect both our waters and people, and how government agencies are working with underrepresented communities to install GSI.
- *Lesson Plan 8: Equity Impact Review: Green Stormwater Infrastructure in Seattle-* Using an equity impact review tool, participants consider equity in making a decision to install green stormwater infrastructure (GSI) in two Seattle neighborhoods.

2. Area of JHA's Critical Health Literacy Framework: *Compass*

- *JHA's Advocacy continuum* – To reduce health inequities, take action upstream of service on the advocacy continuum.
- *Advocacy Life Map* – Exploration of participant's past, present, and future advocacy efforts.
- *Defining civic engagement/advocacy* – Exploration of how different people view civic engagement/advocacy/activism.
- *Writing a mission statement for your activist intentions* – Write your own activist mission statement.
- *How racism is embodied: Ism/health empathy poem* – Learn about different factors that affect health.
- *Fuel your fire: How to stay inspired in your advocacy efforts* – To develop strategies stay inspired and motivated in advocacy efforts.
- *"Where I am from" poem* – Get to know each other.

3. Area of JHA's Critical Health Literacy Framework: *Tools*

- *"Solutions to the causes"* Use Causes of the causes diagram to map out where to take action upstream.
- *How do we take action?* Using the Cliff Analogy, participants will brainstorm a problem and solution at the given position along the cliff.
- *JHA Advocacy/Action SWOT Analysis* – Conduct a SWOT analysis of your action plan.
- *County Health Equity Analysis* – Determine which social determinants of health affect my county/neighborhood the most.
- *Health Equity Elevator Speech* – Develop your own health equity elevator speech
- *Linking public health's core functions to health equity* – Develop a list of actions to address health inequity through the 10 essential services of public health.
- *JHA Health Equity group mandala* – Set a group health equity intention/vision

4. Area of JHA's Critical Health Literacy Framework: Action

Our curriculum has been taught in wide range of educational settings including:

- Secondary schools and after school programs
- Undergraduate and graduate courses
- Promotoras (community health workers)
- Community groups
- Community health centers
- Public health departments
- Health care organizations
- Hospitals

Many of the actions taken can be seen on our website in presentations link:

<http://justhealthaction.org/resources/recent-presentations/>

and blog link:

<http://justhealthaction.org/blog/>