



Take Care of Oregon Days Project Ideas

Project:	Content Standards / CCG's:	Essential Skills:	Available Resources:
<p>Blood Pressure Clinic</p> <p>While exploring health careers and health sciences, students gather information about the dangers of high blood pressure. Students practice taking blood pressure measurements, and coordinate a free blood pressure clinic for the community or offer their services to a local community health fair.</p>	<p><u>Health Education/Health Skills:</u></p> <ul style="list-style-type: none"> ▪ <u>Accessing Information:</u> Demonstrate ability to access valid health and safety related information. ▪ <u>Interpersonal Communication:</u> Demonstrate ability to use interpersonal communication skills (verbal and non-verbal) to enhance health and safety. ▪ <u>Advocacy:</u> Demonstrate the ability to advocate for personal, family and community health and safety. <p><u>Health/Prevention and Control of Disease:</u></p> <ul style="list-style-type: none"> ▪ Explain the relationship between positive and negative health behaviors and prevention of illness, disease and premature death. ▪ Demonstrate the ability to advocate for personal, family and community health and safety. <p><u>Health/Promotion of Physical Activity:</u></p> <ul style="list-style-type: none"> ▪ Explain the impact physical activity has on maintaining and/or improving health and well-being. ▪ Demonstrate ability to access valid health and safety-related information. <p><u>Social Sciences/Social Science Analysis:</u></p> <ul style="list-style-type: none"> ▪ Design and implement strategies to analyze issues, explain perspectives, and resolve issues using the social sciences. <p><u>Mathematics/ Measurements:</u></p> <ul style="list-style-type: none"> ▪ <u>CCG:</u> Understand measurable attributes of objects and the units, systems, and processes of measurement. <p><u>Language Arts/Speaking and Listening:</u></p> <ul style="list-style-type: none"> ▪ <u>CCG:</u> Communicate supported ideas across the subject areas using oral, visual, and multimedia forms in ways appropriate to topic, context, audience, and purpose. 	<ul style="list-style-type: none"> ▪ Read and comprehend a variety of text. ▪ Listen actively and speak clearly and coherently. ▪ Apply mathematics in a variety of settings. ▪ Think critically and analytically. ▪ Demonstrate civic and community engagement. 	<ul style="list-style-type: none"> ▪ Health Fair Planning Guide http://fcs.tamu.edu/health/health_fair_planning_guide/index.php ▪ A Guide To Organizing and Promoting Your Health Fair http://www.aap.org/family/healthfairkit.htm ▪ Blood Pressure Testing and Measurement http://www.americanheart.org/presenter.jhtml?identifier=4470