

# PROJECT: HEALTH ISSUES

## Part 1

In this portion of this project you will explore methods of addressing critical-health issues, such as substance abuse, eating disorders, cancer, or other critical-health issues. You will also describe the advantages of seeking advice and feedback, such as talking with your parents or other caring adult, visiting a doctor, and calling a hotline.

**Scenario:** Imagine one of your friends or a family member is having one of these issues: substance abuse, eating disorders, cancer, or other critical-health issues. Choose one and write it below:

What kind of help might be the best way to address the issue?

How you can help them make good decisions on how to get the help they need?

## Part 2

Perhaps you have a health concern or know someone who does. What do you do? You might start by researching the issue on the internet or the library, or ask others, such as the school nurse or a doctor. These are good ideas, but when conducting research, you may often find conflicting information. Which is correct? How can you tell? You should always consider the source of the information. Is it from a person you trust? Is it from a reputable web site? How recent was the book or article published? Has more recent medical research been done?

Choose a personal health concern that someone may have, such as acne, an eating disorder, a critical disease, like diabetes, an immune disorder, or a substance abuse problem and write it below. Research information about the concern, using at least three to five sources. Evaluate the validity of the sources and their information, then fill in the attached table stating the health concern, the information you discovered, and how you evaluated its accuracy and the integrity of the sources.

# Personal Health Concern:

Source (Web Address)	Facts Discovered	Validity of Source	Why is the source valid or invalid?