

RIA
2012

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resource guide

Reflection in Action:
building healthy communities™

SAFE +
HEALTHY

CHANGE A LIFE, CHANGE A COMMUNITY
SHOW US YOUR VOICE

S T A N D U P

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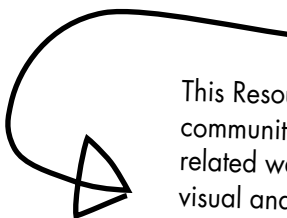


Contest Deadline - Friday, March 9, 2012
Celebration Event - Thursday, May 31, 2012

CONTEST THEMES FOR 2012

The themes for this year's contest include: safety, healthy eating, physical fitness, health disparities, urban health issues, anti-violence, oral health, public health, heart, lung, blood and kidney diseases, and sleeping disorders.

PURPOSE OF RESOURCE GUIDE



This Resource Guide explains Reflection in Action: building healthy communities™ contest rules and deadlines. It provides online links to health-related websites and to websites concerning the development of written, visual and performing arts that may be useful in developing a contest entry.

Students are not required to use the websites contained in the Resource Guide and will not be penalized for using other sources.

The websites are suggestions only. Harvard Medical School cannot be held responsible for inaccuracies posted on any of the websites.

HOST AND SPONSORING ORGANIZATIONS

The Office for Diversity Inclusion and Community Partnership (DCP) at Harvard Medical School was created to promote increased recruitment, retention and advancement of underrepresented minority faculty at Harvard Medical School and to oversee all diversity activities involving Harvard Medical School faculty, trainees, students and staff. The Office seeks to preserve the Harvard tradition of excellence in medicine and science by amplifying the search for, and support of, well-trained faculty, through creating a cadre of medical professionals reflecting the larger community that we serve. In addition, the Office coordinates the School's many and varied interactions with community groups and organizations. DCP programs and initiatives fall into two broad areas – minority faculty development and community outreach.

Established in 1990, the DCP Minority Faculty Development Program seeks to increase the number of minority faculty at Harvard Medical School; increase the number of minority physicians and scientists who undertake their post-graduate medical education at one of the 17 Harvard Medical School-affiliated institutions; establish model programs for the development of minority faculty with an emphasis on mentoring and leadership; and create programs designed to reach out to the pre-college and college populations with the goal of bringing outstanding, underrepresented minority students into the pipeline.

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Cambridge Health Alliance
Children's Hospital Boston
Dana-Farber Cancer Institute
Forsyth Institute
Harvard Pilgrim Health Care
Hebrew SeniorLife
Joslin Diabetes Center
Judge Baker Children's Center
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Massachusetts General Hospital
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WHAT IS RIA?



Reflection in Action: building healthy communities™ (RIA) was first conceived in 2003 as an extension of the Harvard Medical School Office for Diversity Inclusion and Community Partnership Explorations program. Explorations, held annually each fall, is a full-day, hands-on program addressing career explorations in science and medicine for Boston and Cambridge middle school students. RIA is the spring component of Explorations; and includes a city-wide competition in the written, visual and performing arts. RIA includes a day of celebrating healthy living and supports the national Let's Move! campaign.

In 2004, we celebrated the opening of a new Harvard Medical School research building and the 40th anniversary of the Civil Rights Movement by building bridges for our youth that connected good health and civic engagement. Good health is a human right to be enjoyed by all regardless of their economic disposition, culture, race or ethnicity. Enabling the achievement of optimal health and access to health care is important. As such, RIA is designed to engage youth in addressing health holistically by empowering healthy attitudes and lifestyles that include positive action for our communities.

RIA is a forum that links improvements in individual and community health to engagement in civic action. The program involves expanding middle school students' knowledge about health and public health issues, while at the same time recognizing students' roles as leaders in the community.

Achieving good health is a lifestyle commitment that has social justice implications. RIA encourages youth to develop messages and innovative approaches for addressing health issues in their family, community and the nation, including the elimination of health disparities. RIA inspires young people to believe that good health is important, and should be available to all people regardless of their race, ethnicity, disability, gender, economic circumstance or social background. As a result of RIA, Boston and Cambridge youth realize that their voice, creative expressions and activism can have a positive impact on our collective health.

By participating in the Reflection in Action: building healthy communities™ contest, students may do the following:

- Identify pressing health needs currently overlooked in today's media.
- Build healthy living habits by increasing knowledge and understanding, reinforcing a positive self image, and raising awareness of strategies that lead to improved health.
- Develop a proactive approach to health that focuses on personal empowerment and utilization of information.
- Communicate their perspective on positive social change and creative solutions-oriented messages through written, visual and performing arts.
- Link school curriculum to current social and health issues that impact our community through innovative use of the arts and creative expression.

FREQUENTLY ASKED QUESTIONS

WHAT ARE THE CONTEST THEMES?

The themes for this year's contest include:

- safety
- healthy eating
- physical fitness
- health disparities
- urban health issues
- anti-violence
- oral health
- public health
- heart diseases
- lung diseases
- blood and kidney diseases
- sleeping disorders

WHAT ARE THE CONTEST CATEGORIES?

The contest categories are visual, written and performing arts.

See detailed guidelines for individual categories on page 7.

WHO IS ELIGIBLE?

6th, 7th and 8th grade students who live in Boston or Cambridge, or attend Boston or Cambridge schools, organizations, after-school programs, community programs or religious institutions.

WHAT DO CONTESTANTS RECEIVE?

There are prizes for the 1st, 2nd and 3rd place winners!

All contestants will receive recognition and be invited to attend the Thursday, May 31, 2012 Reflection in Action: building healthy communities™ celebration at Harvard Medical School.

HOW DO I ENTER THE CONTEST?

Complete and mail or hand-deliver the Contest Entry Form along with your entry.

A completed Contest Entry Form must accompany your work and be signed by both you and your parent/guardian.

WHEN IS MY ENTRY DUE?

The deadline for all submissions is Friday, March 9, 2012.

All performing art entries will be videotaped at various locations from March 19 through March 27, 2012.

WHERE DO I SUBMIT MY ENTRY?

Reflection in Action: building healthy communities™

Harvard Medical School

Office for Diversity Inclusion and Community Partnership

164 Longwood Avenue, 2nd Floor

Boston, MA 02115

WHAT ARE THE CONDITIONS FOR SUBMISSION OF A CONTEST ENTRY?

Contest entries will not be considered unless submitted with a completed Contest Entry Form signed by both you and your parent/guardian.

- All entries must be original work done by the student(s) and adhere to the guidelines.
- Any entries that contain inappropriate or profane language will not be accepted.
- Printed works that are not legible will not be considered.

See detailed guidelines for individual categories on page 7.

HOW MANY WORKS CAN I SUBMIT?

One entry per student or group of students may be submitted. Each entrant must complete and return an individual entry form (with student and parent/guardian signature).

WHAT INFORMATION SHOULD BE INCLUDED ON MY ENTRY?

All projects must be clearly labeled with the student's:

- Name
- Address
- Phone number
- Grade
- School, Organization or Program affiliation
- Title of work
- Category of entry: Visual, Written or Performing Arts

Visual art entries may also include an optional written description.

WHO WILL JUDGE THE CONTEST ENTRIES?

The judging will be conducted by a select committee of "celebrity" judges.

WHEN WILL I KNOW IF I'VE WON?

Contest winners will be notified by May 11, 2012. The works of the winners will be displayed at Harvard Medical School during the Reflection in Action: building healthy communities™ celebration on Thursday, May 31, 2012.

CONTEST CATEGORY GUIDELINES

CONTEST SUBMISSION DEADLINE: FRIDAY, MARCH 9, 2012

THEMES:

safety, healthy eating, physical fitness, health disparities, urban health issues, anti-violence, oral health, public health, heart, lung, blood and kidney diseases, and sleeping disorders

VISUAL ARTS

(Painting, Drawing, Animation, Collage, Sketch, Photography, Sculpture, etc.)

- Judged on expression of contest theme, creativity, originality, neatness and overall artistic quality and effort.
- Work must be smaller than 4ft x 4ft.
- You may submit an optional written description of your artwork.

PERFORMING ARTS

(Song, Rap, Spoken Word, Skit, Play, Monologue, Short Film, Dance, Step, etc.)

- Your script and a completed and signed Contest Entry Form must be received by March 9, 2012. Once entries are received, you will be contacted to schedule a videotaping of your performance.
- Entries will be videotaped at various locations by HMS between March 19 and March 27, 2012.

Spoken Word

- Spoken pieces must be under 3 minutes.
- Words must be typed (12 point font, double-spaced) or neatly printed in blue or black ink on 8.5x11" sheet(s) of paper.

Dance / Stepping

- Judged on expression of contest theme, choreography, creativity, originality and overall performance.
- May include up to 6 people.
- Dance or Step routine must be under 5 minutes.
- Students must supply their own CD to use during performance.

Skit / Play / Monologue / Short Film

- Judged on expression of contest theme, diction, creativity, originality and overall performance.
- May include up to 6 people.
- Skits/Plays/Monologues must be under 5 minutes.
- Skit may be memorized or read.
- Students may use props they supply themselves.
- Script must be typed (12 point font, double-spaced) or neatly printed in blue or black ink on 8.5x11" sheet(s) of paper.

Song / Rap

- Judged on the expression of contest theme, diction, creativity, originality and overall performance.
- May include up to 6 people.
- Song/Rap must be less than 5 minutes.
- Students must supply their own CD to use during performance.
- Lyrics must be included with tape, and must be typed (12 point font, double-spaced) or neatly printed in blue or black ink on 8.5x11" sheet(s) of paper.

WRITTEN ARTS

(Essay, Short Story or Poetry)

- Written work must be typed (12 point font, double-spaced: or neatly printed in blue or black ink on 8.5x11 paper).
- All written work is judged on expression of contest theme, creativity, originality, neatness and overall best written work.

Essay

- Length must be less than 500 words.
- Essay must include: title, introduction, body and conclusion.

Short Story

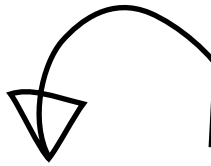
- Length must be less than 750 words.
- Short Story must include: title, introduction, body and conclusion.

Poetry

- Length must be less than 250 words.



Although precautions will be taken for the safety of the contest entries, Harvard Medical School will not be responsible for loss or damage, however caused. Once submitted, the contest entries become the property of Harvard Medical School and may be used for promotional purposes. Your entry into this contest constitutes agreement with these terms.



HOW TO... TIPS AND TRICKS

PERFORMING ARTS

How to Write a Rap Song

www.lessonplanspage.com/MusicWriteRapSong68.htm

Offers advice on creating your own rap song and discusses its form and rhyming patterns. Also talks about making a useful "rhyming alphabet" to help with the lyrics.

How to Create a Skit

www.scouters.com/features/0119.asp

Offers nine steps to prepare for a successful skit presentation. Talks about the importance of speaking loudly, simplifying dialogues and practicing often.

How to Create a Play

<http://artswork.asu.edu/arts/>

A website which teaches helpful definitions and allows you to create characters within your own play.

How to Create a Monologue

www.vcu.edu/arts/playwriting/monologue

Answers questions about what a monologue is, as well as tricks and tips on how to write one.

How to Create a Dance

<http://www.wikihow.com/Make-a-Dance-Routine>

Provides advice on planning, preparing and competing in a dance. Suggests practice tips and how to choose the background music.

VISUAL ARTS

How to Draw

www.drawingforkids.net/

Demonstrates how to draw various animals step-by-step and offers useful tips and tricks.

www.artistshelpingchildren.org/howtodraw.html

Includes mini drawing lessons for different animals and objects.

How to Paint

www.paintbasket.co.za/artists.htm

South African art website with sample galleries, an in-depth glossary and tutorials on different styles.

www.nga.gov/kids/zone/index.htm#brushster

Interactive website that allows you to make your own abstract painting.

How to Create an Animation

www.idleworm.com/how/index.shtml

Step-by-step tutorial lessons on animation including how to animate a bouncing ball or show someone walking.

How to Make a Collage

www.pbskids.org/zoom/activities/do/collage.html

Basic how-to instructions for collages. Provides ideas on different materials that can be used.

www.creativeparents.com/travelcollage.html

Information about the required materials and assembly steps of a collage.

How to Do Photography

www.digital-photography-school.com/blog/13-lessons-to-teach-your-child-about-digital-photography/

A list of tips to keep in mind while trying to take a picture.

WRITTEN ARTS

How to Write an Essay

www.timeforkids.com

Includes helpful hints for writing essays. It provides different stories from other kids and teens who overcame writing difficulties.

How to Write a Short Story

<http://www.coreygreen.com/storytips.html>

Provides tips and tricks for those starting to write short stories.

How to Write a Poem

<http://www.kidspoet.com/tips.htm>

Includes tips from different authors about writing poetry. Discusses different types of poems that can be written.

CONTEST RESOURCES

Feel free to use these, or any other resources, to find information on your chosen topic:

AIR POLLUTION

<http://www.epa.gov/gateway/science/air.html>

www.mass.gov/dep/public/forkids.htm

Provide information on what air pollution is, as well as how different climates are affected by air pollution and global warming.

www.epa.gov/students

Environmental Protection Agency site to educate youth about air pollution, the environment, recycling and air pollution in relation to human health.

ANEMIA

www.kidshealth.org/kid/health_problems/blood/anemia.html

This site offers information on anemia, specifically on how it relates to youth. It includes tips on how to treat and how to avoid getting anemia.

www.kidshealth.org/parent/medical/heart/anemia.html

Provides detailed scientific explanations of the causes of anemia, and ways to diagnose and treat the illness.

www.nlm.nih.gov/medlineplus/ency/article/000560.htm

Medical encyclopedia entry for anemia: when the number of red blood cells is lower than normal. Also includes nine pictures showing what the cells of patients look like.

ANGINA

<http://www.webmd.com/heart-disease/angina-directory>

Provides basic information on different types of angina and information on who is at risk, signs, symptoms, diagnosis, treatment and other effects of the disease.

<http://www.mayoclinic.com/health/angina/DS00994>

Offers information about the causes and treatments for angina. Also has a FAQ section about different components of angina.

THEMES:

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ASTHMA

www.asthma-kids.ca

This site is designed to educate youth on the different aspects of asthma through personal stories from their peers and interactive games.

www.kickasthma.org.uk

Designed especially for middle-school students, this site gives tips on how to avoid asthma triggers as well as ways to stay healthy with asthma.

http://kidshealth.org/kid/asthma_basics/what/asthma.html

Boston Urban Asthma Committee is an organization that works for asthma education. Includes information on public housing reforms and asthma legislation.

ATHEROSCLEROSIS

http://www.heart.org/HEARTORG/Conditions/Cholesterol/WhyCholesterolMatters/Atherosclerosis_UCM_305564_Article.jsp

This official website of the American Heart Association offers a breakdown of what atherosclerosis is, causes and prevention.

<http://healthguide.howstuffworks.com/atherosclerosis-dictionary.htm>

Website which includes diagrams and risk factors of atherosclerosis.

BLOOD CANCERS

<http://www.teenslivingwithcancer.org/cancer-facts/what-is-cancer/leukemia-2/>

This site helps children and teens with cancer cope and recover. There are personal stories and information on different cancers and the effects they have on the body.

<http://www.lls.org/>

Official site of the Leukemia-Lymphoma Society provides detailed information about leukemia itself, as well as symptoms, treatment and patient care.

www.cancer.gov/cancertopics/types/leukemia
National Cancer Institute's official page gives detailed information about leukemia treatment, prevention, genetics, causes and research.

BRONCHITIS

www.kidshealth.org/teen/infections/common/bronchitis.html

Created for teens, describes the types of bronchitis (acute and chronic) and how each is diagnosed and treated. The effects smoking has on bronchitis are also discussed.

<http://www.fotosearch.com/illustration/bronchitis.html>
Information and diagrams on bronchitis, symptoms and treatments.

<http://www.webmd.com/lung/tc/acute-bronchitis-topic-overview>

Provides an overview of bronchitis causes, symptoms and treatments for the disease. Related topics such as smoking and asthma can also be linked to from this page.

CARBON MONOXIDE POISONING

www.carbon-monoxide-poisoning.com

Discusses the effects smoking has on bronchitis. The causes of bronchitis are examined on this site. Related articles from other sites are also available.

www.firstaid.webmd.com/tc/carbon-monoxide-poisoningtopic-overview

Discusses the definition of carbon monoxide and why it is so dangerous to our health. Also includes links about carbon monoxide safety and pollution issues.

www.cdc.gov/co/faqs.htm

Reviews the symptoms of carbon monoxide poisoning and ways to prevent carbon monoxide buildup in a house or car. Also provides a fact sheet in nine languages.

CHOLESTEROL

www.kidshealth.org/kid/talk/qa/cholesterol.html

Useful graphics help to explain what cholesterol is. This page shares healthy cooking recipes.

www.askdrsears.com/html/4/T040800.asp

Offers basic cholesterol information and tips on avoiding unhealthy cholesterol levels. There is also a list of healthy and unhealthy foods.

www.bbc.co.uk/health/conditions/cholesterol1.shtml

Provides information on a healthy range of cholesterol levels and kinds of treatment from changes in diet and exercise.

COMMUNITY RESOURCES

<http://www.bphc.org/programs/Pages/Home.aspx>

Offers information on and links to educational programs on health-related issues in Boston communities, including adolescent wellness, cancer prevention and oral health.

www.cambridgepublichealth.org

Services for disease control, air quality, hazardous waste, disaster planning, violence prevention, asthma prevention, tobacco control, dental health and health advocacy.

CYSTIC FIBROSIS - CF

www.kidshealth.org/parent/medical/lungs/cf.html

This site designed for youth describes what cystic fibrosis is, as well as diagnosis and treatment information.

www.keepkidshealthy.com/welcome/conditions/cysticfibrosis.html

This site for families provides information on cystic fibrosis, what it is, who has it, how it occurs, and how family members of those with the disease can cope and help.

www.children.webmd.com/tc/cystic-fibrosis-topicoverview

Web MD cystic fibrosis website with helpful fact sheet.

DEEP VEIN THROMBOSIS - DVT

www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Deep_vein_thrombosis?OpenDocument

This Australian Better Health Channel site lists the different symptoms and risk factors for DVT.

www.merck.com/mmhe/sec03/ch036/ch036b.html

This site has medical information on DVT and other disorders that may be related to it. It includes a diagram to show what DVT is and where/how it occurs in the body.

<http://familydoctor.org/online/famdocen/home/seniors/common-older/800.html>

This site includes information on DVT including what the disease is, who is at risk, symptoms and treatment.

DIABETES

<http://kids.jdrf.org>

Created for youth who have been diagnosed with diabetes to keep them informed on how to live and thrive with it.

www.kidshealth.org/kid/centers/diabetes_center.html

Kid friendly “diabetes center” for children to learn more about the disease.

www.joslin.org/newly_diagnosed.html

This website of the Joslin Diabetes Center includes recent news on medical discoveries concerning diabetes and a beginner’s guide for understanding the disease.

www.cdc.gov/omh/AMH/factsheets/diabetes.htm

Discusses how minority populations are more likely to have Type 2 diabetes. Proposes early screening and clinical research in order to solve the problem.

DISABILITIES

www.kidshealth.org/kid/feeling/friend/special_needs.html

A website with information on children with special needs.

www.disabilityhistory.org/people.html

This site includes a list of famous people who have/had disabilities. The list includes Harriet Tubman and Helen Keller. Information is given about each person.

www.sussex.ac.uk/equalities/documents/languageandetiquette.doc

A document on appropriate etiquette and communication with the disabled.

DIVERSITY RESOURCES

www.boston.com/business/articles/2005/07/26/mgh_seeks_to_bridge_healthcares_racial_gap

Boston Globe article on Massachusetts General Hospital’s initiative to find reasons and solutions behind current health care disparities. Informative graphs included.

www.healthlaw.org

Provides electronic articles about health care disparities and health care for people with low incomes.

www.ahrq.gov/qual/nhdr03/nhdrsum03.htm

Summary of the National Healthcare Disparities Report by the Agency for Healthcare Research and Quality (AHRQ).

www.prrac.org

Lessons from the civil rights health care struggle, with articles on poverty and race as they relate to health, racism, immigration, environment and education, among others.

www.med.umich.edu/haahc/Oralbios/anderson.htm

Provides historical information on diversity with regard to health care, health sciences and health professions.

EMPHYSEMA

www.emphysemafoundation.org

This site has information on emphysema, including risk factors, symptoms, treatment and what it’s like for patients experiencing the disease.

www.emedicinehealth.com/emphysema/article_em.htm

Provides an overview on emphysema as well as risk factors, symptoms and treatment of the disease.

www.webmd.com/hw-popup/emphysema

Detailed facts about chronic obstructive pulmonary diseases including emphysema. Includes statistics, symptoms and treatment methods.



ENVIRONMENTAL JUSTICE

www.niehs.nih.gov/kids/justice.htm

This site, designed for kids and teens, explains what environmental justice is in a way that's easy to understand. There are links to related articles and games.

www.greenpeace.org/international/about

Explains environmental justice and what people can do to be actively involved in improving our communities and planet.

PHYSICAL FITNESS

www.pbs.org/parents/fitness

This site is designed for kids and families, and provides fun fitness ideas including mapping a neighborhood walking route and designing dance moves.

<http://www.ymcaboston.org/programs>

Teen fitness programs available at Dorchester YMCA, East Boston YMCA and Roxbury YMCA.

HEART ATTACK

www.healthcentral.com/heart-disease/gsk/?ap=800

Gives information about what happens to a person after experiencing a heart attack. Provides lifestyle changes as well as ways to cope after facing an attack.

www.heartinfo.org/ms/guides/11/main.html

Day-by-day descriptions of a typical recovery program for heart attack patients, including changes in lifestyle for the long term.

www.heart.org

Information about heart care and heart attacks. Offers advice and information about stress tests, surgery and rehabilitation for heart attack patients.

HEART DISEASE

<http://heartdisease.about.com>

A general guide to the scientific details of heart disease and the impact of arrhythmias and cholesterol. Also explains why some patients hesitate before calling a doctor.

<http://www.webmd.com/heart-disease/default.htm>

Describes heart disease in detail, including the potential risks, symptoms and treatments. Also offers readings for maintaining a healthier heart.

www.cardiosource.org

Offers a summary of those who are at risk the most for heart disease. Also explains the methods of prevention and detection during a hospital visit.

HEMOPHILIA

www.hemophilia.org

This is the website for the National Hemophilia Foundation. It includes information about the disorder, advocacy information and how to help those with the disease.

www.ygyh.org/hemo/whatisit.htm

This interactive website answers questions such as what causes hemophilia, how it is inherited, as well as treatment procedures.

HIGH BLOOD PRESSURE/HYPERTENSION

www.kidshhealth.org/parent/medical/heart/hypertension.html

This page is designed especially for youth to understand high blood pressure. It explains risk factors as well as methods to prevent high blood pressure.

www.heart.org

Website of the American Heart Association about high blood pressure, the risk factors and treatment of high blood pressure, and commonly asked questions.

www.ash-us.org

Educational resources, clinical data from drug trials and links to free articles in the Journal of Clinical Hypertension.

INFANT MORTALITY

www.mchlibrary.info/KnowledgePaths/kp_infmort.html

Explains and gives statistics on the different factors leading to infant mortality.

www.cdc.gov/mmwr/preview/mmwrhtml/mm5422a1.htm

Provides a racial overview of infant mortality. There are lists of facts about it as well as many links to other sites on the same subject.

LEAD POISONING

www.keepkidshealthy.com/welcome/lead.html

Provides articles as well as charts and graphs on lead poisoning. It includes a screening quiz to find out whether or not a home could be at risk.

www.epa.gov/lead

Environmental Protection Agency site with facts about lead and its harmful effects especially to children. Tips on how to find lead in homes and drinking water.

www.nlm.nih.gov/medlineplus/ency/article/002473.htm

Medical dictionary which explains where lead can be found and what some common symptoms are.

LUNG CANCER

www.fhcr.org/research/diseases/lung_cancer

Provides information on different types of lung cancer, who is at risk and what some risk factors are. There is also information on treatment options.

www.lungusa.org/lung-disease/lung-cancer

Offers general information and facts about lung cancer and includes a collection of links about the statistics and causes of the disease.

MALNUTRITION

www.kidshealth.org/teen/food_fitness/nutrition/hunger.html

Kidshealth.org is for kids and teens to learn about health problems affecting people of their age. This section discusses malnutrition and hunger around the world.

www.childinfo.org/undernutrition.html

This section of the UNICEF website outlines aspects of malnutrition. The site uses numerous charts and graphs to show statistics of malnutrition around the world.

NUTRITION

<http://kidshealth.org/kid/nutrition>

Helps learn about calories, proteins, fats, carbohydrates and figuring out food labels. Advice on eating like a professional athlete, including how the US Womens' Soccer Team and the NY Giants make every calorie count.

<http://pbskids.org/itsmylife/body/foodsmarts/article7.html>

Designed for teens, this site provides information and interactive games. Includes tips on being smarter than food companies, and restaurants and advice on eating the rainbow.

OBESITY

<http://www.kidzworld.com/article/6191-overview-of-obesity>

This was created especially for youth. There's information on eating healthy as well as information on sports and overall healthy lifestyle tips.

www.surgeongeneral.gov/topics/obesity/calltoaction/fact_glance.htm

Offers statistics concerning obesity in the general population along with comparisons between overweight/obese people in various racial groups.

www.kidsource.com/kidsource/content2/obesity.html

Statistics dealing with the problem of obesity.

ORAL HEALTH AND GUM DISEASE

www.healthyteeth.org

Information, games and puzzles on how to maintain good oral health. There are also science experiments that can be done at home to learn more about oral health.

www.ada.org/

Includes tips on good oral health as well as statistics about oral health and careers in dentistry.

www.kidshealth.org/kid/stay_healthy/body/bad_breath.html

Focuses on how gum disease and oral health can have an effect on things such as bad breath. Information on this page is given to avoid gum disease.

www.kidshealth.org/teen/diseases_conditions/body_basics/mouth_teeth.html

Information about the mouth and teeth: how they develop and function. Also talks about the things that can go wrong (mouth and dental diseases).

SICKLE CELL ANEMIA

www.sicklecelldisease.org

Has information on finding a universal cure for sickle cell disease while improving the quality of life for patients and their families.

www.kidshealth.org/teen/diseases_conditions/blood/sickle_cell_anemia.html

Provides detailed scientific explanations of sickle cell anemia including the genetic causes and what happens to the red blood cells of patients.

www.sicklecellkids.org

Website for children that have or are looking to understand sickle cell anemia. This site has games, letters from celebrities and general information about the illness.

SLEEP DISORDERS

<http://www.healthcommunities.com/sleep-disorders/overview-of-sleep-disorders.shtml>

Website contains information on all sleep disorders.

www.sleepnet.com/disorder.html

Website contains information on each of the most common sleep disorders.

http://www.helpguide.org/life/sleep_disorders.htm

Website contains full list and causes of each of the sleep disorders.

SMOKING

<http://www.kidzworld.com/article/5671-the-dangers-of-smoking-things-you-may-not-know>

Information on health problems associated with teens who smoke. Tips for overcoming peer-pressure are listed. There are also games on this site that are relevant to the topic.

www.cdc.gov/tobacco/quit_smoking

A guide to help stop smoking.

www.kidshealth.org/kid/watch/house/smoking.html

Provides health-related warnings about underage smoking. Discusses immediate symptoms like bad breath and yellow teeth, and long term risks like cancer and heart disease.

SOCIAL JUSTICE

www.pih.org/pages/usa

Describes preferential options for the poor and their health care on the global scale.

www.tuskegee.edu/bioethics

Nation's first bioethics center devoted to the core moral issues which underlie research and medical treatment of African Americans and other underserved people.

http://www.tuskegee.edu/about_us/centers_of_excellence/bioethics_center.aspx

The Nation's first bioethics center devoted to the core moral issues which underlie research and medical treatment of African Americans and other underserved people.

www.medadvocates.org/default.htm

Provides information on the health care needs of the sick, the poor, and others disenfranchised from health care access because of poverty and/or discrimination.

STROKE

www.stroke.org

Offers a brief definition of a stroke and its impact on America's health. Also contains a section about the risk factors of the disease and tips on reducing the chances of a stroke through changes in lifestyle.

www.strokecenter.org/prof/basics.htm

Provides illustrations on the brain and how it is affected by a stroke. Also has links to educational sites on stroke anatomy.

http://www.strokeassociation.org/STROKEORG/AboutStroke/AboutStroke_UCM_308529_SubHomePage.jsp

Statistics provided by the American Heart Association about Americans affected by strokes. Includes survival rates and numbers of recurrent attacks in the population organized by race and gender.

YOUTH VIOLENCE

www.safeyouth.gov/resources

This site was created for youth and offers information on youth violence and what can be done to prevent it. Statistics are given to better understand the impact of youth violence in America.

www.cdc.gov/violenceprevention/youthviolence/index.html

Provides tips and strategies to prevent youth violence in communities. Links to other sites with the same cause are given to further educate people about youth violence.

www.stopbullying.gov/

Comprehensive resource for kids, teens, young adults, parents, educators and communities. Provides tips for identifying and recognizing the warning signs of bullying, guidance on getting help, and modeling ways to stop bullying.

www.pacerteensagainstbullying.org/#/home

Students give advice on ways to identify, respond to, communicate about and take action against bullying. Students show how to speak out, become a peer champion or peer advocate. Numerous stories about bullying are also related.

STAND UP



COMMUNITY, STATE, NATIONAL AND PUBLIC HEALTH LINKS

BOSTON

www.bphc.org

Boston Public Health Commission (BPHC)

CAMBRIDGE

www.cambridgepublichealth.org

Cambridge Public Health Department (CPHD)

MASSACHUSETTS

www.mass.gov/dph

Massachusetts Department of Public Health (DPH)

www.hcfama.org

Health Care For All (HCFA)

NATIONAL

www.Letsmove.gov

Let's Move! campaign

www.nih.gov

National Institutes of Health (NIH)

www.nhlbi.nih.gov

National Heart, Lung and Blood Institute (NHLBI)

www.cdc.gov

Centers for Disease Control and Prevention (CDC)

www.ada.org

The American Dental Association (ADA)

STAND UP FOR
HEALTH + SAFETY!

RIA
2012

IMPORTANT DATES

MARCH 9, 2012

All contest submissions are due.

MARCH 19-27, 2012

All performing art entries will be videotaped by HMS at various locations.

MAY 31, 2012

EVENT: Reflection in Action: building healthy communities™ held at Harvard Medical School



THE OFFICE FOR
Diversity Inclusion &
Community Partnership

For more information about the contest and the event, please contact:

Reflection in Action: building healthy communities™
Harvard Medical School Office for Diversity Inclusion and Community Partnership
164 Longwood Avenue, 2nd Floor
Boston, MA 02115
Phone: 617-432-4634
Fax: 617-432-3834

Find us: reflectioninaction.org

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RIA supports the national Let's Move! campaign

Join us: letsmove.gov

